



Standard Triple P Session 1 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick if the item was covered. Leave blank if the item was omitted.

Client number: Date of session:

Start time: Finish time:

Content Checklist

01. Introduction _____

- Welcome and self-introduction

02. Agenda _____

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
 - Intake interview (discussion of each parent's main concerns about their child's behavior, factors influencing the child's behavior, and obstacles to change)
 - Keeping track of children's behavior

03. Intake Interview _____

- Exercise 1: Sharing information

Family Details

- Obtain identifying information

Referral Source

- Establish the source of referral

Diagnostic Information

- Record any available diagnostic information

Child Behavior

- Discuss each parent's main concerns about their child's behavior (nature, context, intensity, onset, course, frequency, duration)
- Use the questionnaires as a prompt if necessary

Parenting Skills

- Explore current parenting strategies

Previous History of Psychological Help

- Ask about any previous help sought for the child

Factors Influencing Child Behavior

- Obtain a developmental history for the child
- Explore the child's educational history

Obstacles to Change

- Discuss family circumstances and history
- Review family relationships and interaction
- Discuss parental adjustment

Health Status

- Review the child's health status
- Review the parent/s' health status

Parent/s' Perception of the Problem

- Discuss each parent's ideas about their child's current behavior problems



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Parent/s' Expectations

- Discuss each parent's expectations for the intervention process

04. Keeping Track of Children's Behavior

- Introduce monitoring of children's behavior
- Decide on the target behavior/s to monitor
- Exercise 2: Choosing what to monitor
- Devise a system for keeping track of the target behavior/s
- Explain the monitoring form/s chosen
- Exercise 3: Keeping track

05. Session Close

- Review the session
- Explain homework tasks
 - Monitor the target child behavior/s
 - Note any important information not discussed in the session
 - Read Session 2 in *Every Parent's Family Workbook* (and, if available, watch *Every Parent's Survival Guide Part 2: Causes of Child Behavior Problems, Goals for Change*) and make a start on the exercises
 - Ensure *Assessment Booklet One* is completed and returned prior to the next session
- Schedule the next appointment (prompt the parent/s to bring their child to the next session)
- Close the session (outline the content of the next session and thank the parent/s for attending)

06. Interview the child's teacher if required (arrange parental permission)

- Explore the child's general adjustment to school
- Ask about classroom and playground behavior
- Review academic achievement
- Discuss peer relationships
- Ask about any assistance to date

Session Notes

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Additional Agenda Items (note any additional content or major deviation from the set program)

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Homework Tasks

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Signed: Date completed: