



# Standard Triple P Session 5 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. Agenda

- Establish an agenda (negotiate the session goals with the parent/s)
  - Practice task
  - Self-evaluation, feedback and goal setting
  - Review of homework
  - Additional agenda items

### 02. Practice Task

- Review the rules
- Review the parent/s' goals for the practice task as listed in Exercise 1: Setting goals for the practice task
- Check how the parent/s feel
- Prompt the parent/s to complete Exercise 2: Keeping track of what you do, as part of the practice task
- Begin the practice task (on a Practice Session Observation Form, keep a tally and note examples of descriptive and general praise comments, and specific and vague instructions; note strengths and weaknesses in incidental teaching and back-up consequences)

### 03. Feedback

- Set up to conduct self-evaluation and feedback (prompt the parent/s to set their child up in an activity and to encourage independent play)
- Exercise 3: Reviewing the practice task (use the minimal amount of prompting to help the parent/s identify their strengths and weaknesses, shape the parent/s' skills as appropriate)

### 04. Goal Setting

- Set goals for behavior change (prompt the parent/s to set specific goals for practice before and during the next session)

### 05. Homework Review

- Discuss homework tasks (setting ground rules, implementation of behavior chart, use of positive parenting strategies, monitoring)

### 06. Additional Agenda Items

- Discuss any additional agenda items
- Use minimal prompts to help the parent/s solve problems
- Note any additional content or major deviation from the set program

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## 07. Session Close



- Review the session
- Check homework tasks
  - Practice skills as per goals set in this session
  - Reading
  - Monitor the target child behavior/s
  - Prepare for the next practice session (set goals for the practice task and record them in Exercise 1 in Session 6 of *Every Parent's Family Workbook*)
- Schedule the next appointment (prompt the parent/s to have their child with them for the next session)
- Close the session (thank the parent/s for participating)

### 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: .....