



Standard Triple P Session 7 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 the next session)

05. Homework Review _____

- Discuss homework tasks (skills practiced, 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 practice sessions
- Explain homework tasks
 - Practice skills as per goals set in this session
 - Reading
 - Monitor the target child behavior/s
 - Read Session 8 in *Every Parent's Family Workbook* (and, if available, watch the Going Shopping segment of *Every Parent's Guide to Preschoolers*) and make a start on the exercises
- Schedule the next appointment (prompt the parent/s to leave their child with carers for the next session)
- Close the session (provide a rationale for planned activities training, outline the content of the next session and 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: