



# Standard Triple P Session 8 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 \_\_\_\_\_

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
  - Review of practice sessions and homework
  - Update on progress
  - High-risk situations
  - Planned activities routines

### 02. Review \_\_\_\_\_

- Recap main points from the practice sessions
- Review homework (skills practiced, monitoring, reading/viewing and workbook exercises)

### 03. Update on Progress \_\_\_\_\_

- Exercise 1: Reviewing progress

### 04. High-Risk Situations \_\_\_\_\_

- Introduce high-risk situations
- Exercise 2: Identifying high-risk parenting situations

### 05. Planned Activities Routines \_\_\_\_\_

- Provide a rationale for planned activities
- Introduce the steps of the planned activities routine
- Discuss the use of practice sessions
- Use an example to illustrate an entire planned activities routine
- Exercise 3: Developing a planned activities routine
- Summarize planned activities

### 06. Session Close \_\_\_\_\_

- Review the session
- Explain homework tasks
  - Develop and try out planned activities routines for two high-risk situations and monitor the steps completed
  - Monitor the target child behavior/s
  - Prepare for Session 9 (develop a planned activities routine for encouraging independent play and prepare the checklist on page 123 in *Every Parent's Family Workbook*, arrange a fun activity for the session, plan an outing for after the session and note details on page 127)
- 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)



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## 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: .....