



Group Triple P

What is Group Triple P?

Group Triple P is a broad-based parenting intervention delivered over eight weeks for parents of children up to 12 years old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child's development and potential or they may have concerns about their child's behavioural problems. The programme involves four (2 hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for high-risk situations. Then there are three (15 to 30 minute) individual telephone consultations to assist parents with independent problem solving while they are practising the skills at home. The group then re-convenes to review progress, discuss maintenance and generalisation issues and complete final assessments.

Who is it for?

Parents or caregivers who benefit from Group Triple P are those who have concerns about their child's mild to moderate level of behavioural problems or simply wish to prevent behaviour problems from developing. Parents who have completed lower-level interventions and have not achieved the goals they want, may benefit from a Group Triple P intervention. They usually want to learn a variety of parenting skills to apply to multiple contexts. Parents need to be able to commit to the whole eight sessions.

What is covered in sessions with parents?

Session 1: Positive parenting. This session provides parents with an introduction to what is positive parenting, why children behave as they do and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session.

Session 2: Helping children develop. During this session, the practitioner discusses how to develop good relationships with children, how to encourage good behaviour, and the four strategies for how parents can teach their children new skills and behaviours.

Session 3: Managing misbehaviour. The practitioner offers additional strategies to assist parents with managing misbehaviour during this session. Parents will also learn to develop parenting routines to promote compliance and manage non-compliance from their children. They have an opportunity to rehearse these routines during the session.

Session 4: Planning ahead. This session covers family survival tips, identifying high-risk situations that still cause concern, how to develop planning ahead routines to promote good child behaviour in high risk situations (e.g. shopping, learning how to take turns, fighting with siblings, getting ready for school). Parents also prepare for their telephone consultations during this session.



Session 5-7: Using positive parenting strategies 1-3. During the telephone consultation the practitioner provides feedback from initial assessments that the family completed and then uses the self-regulatory feedback model to help parents review their implementation of planning ahead routines for their high-risk situations. From this, parents set goals for further refinement of their routines, if needed.

Session 8: Programme close. Parents return for a final group session to review progress, look at ways to maintain changes and plan for the future, and to close the programme. If necessary, referral options are discussed.

What resources do parents receive?

Each family receives a copy of the Every Parent's Group Workbook. This workbook provides them with the content of all sessions, space to complete written exercises and an outline of all homework tasks.

How much time is needed to deliver the intervention?

In addition to consultations, the practitioner should allow time for reviewing satisfaction questionnaires, and preparing for the sessions and/or supervision. Please see the table below for an approximate delivery guideline time for each group.

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment*	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/ Supervision	Case notes and Report Writing**	Total Time
Group Triple P	10 hours (2 hours per session for 5 weeks)	5 hours	15 hours (10 families, 30 minutes each week for 3 weeks)	5 hours	5 hours	40 hours per group

*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ).

**Not including comprehensive reports for government agencies.

What is involved in provider training?

To provide Group Triple P to families, practitioners must have completed an active-skills training programme and demonstrated their knowledge and competence in programme delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support.



Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Group Triple P	3 days	1 day	4-6 hours (quiz and competency preparation)	Half day	2-3 hours (hourly meetings per month)	5½ days

What resources do practitioners receive?

Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Facilitator’s Kit for Group Triple P (includes Facilitator’s Manual, CD Rom with Group Triple P PowerPoint presentations, and the Every Parent’s Group Workbook); and
- Every Parent’s Survival Guide [DVD].