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

1. Introduction
   • Welcome and self-introduction

2. 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 behaviour, factors influencing the child’s behaviour, and obstacles to change)
     • Keeping track of children’s behaviour

3. 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 Behaviour
     • Discuss each parent’s main concerns about their child’s behaviour (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 Behaviour
     • 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 behaviour problems
Parent/s' Expectations
• Discuss each parent's expectations for the intervention process

4. Keeping Track of Children's Behaviour
• Introduce monitoring of children’s behaviour
• Decide on the target behaviour/s to monitor
• Exercise 2: Choosing what to monitor
• Devise a system for keeping track of the target behaviour/s
• Explain the monitoring form/s chosen
• Exercise 3: Keeping track

5. Session Close
• Review the session
• Explain homework tasks
• Monitor the target child behaviour/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 Behaviour 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)

6. Interview the child’s teacher if required (arrange parental permission)
• Explore the child's general adjustment to school
• Ask about classroom and playground behaviour
• Review academic achievement
• Discuss peer relationships
• Ask about any assistance to date

Session Notes

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

Homework Tasks

Signed: ______________________ Date completed: ____________________