STANDARD TRIPLE P SESSION 2 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. Agenda
   • Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
     • Interview with the child (if appropriate)
     • Brief update and review of homework
     • Observation of parent–child interaction
     • Feedback of assessment results and summary of main areas of concern
     • Causes of child behaviour problems
     • Goals for change
     • Intervention negotiation

2. Interviewing the Child
   • Ask about the presenting problem
   • Check if there are any associated problems
   • Talk about social and peer relationships
   • Check for any school issues
   • Complete a mental status examination
   • Provide a summary and thank the child

3. Review
   • Obtain a brief update (current family situation, information not covered in previous session)
   • Review homework (monitoring, reading/viewing and workbook exercises)

4. Observation of Parent–Child Interaction
   • Set up an observation of parent–child interaction
   • Exercise 1: Interacting with your family
   • Thank the parent/s and child (debrief at completion of observation task)

5. Feedback of Assessment Results
   • Formulate hypotheses
   • Set the child up with an activity
   • Explain the feedback process
   • Exercise 2: Sharing assessment findings
   • Discuss the data from each information source (interview, questionnaires, monitoring, observation) and keep a record of the baseline rates of the problem behaviour/s.
   • Provide an integrating summary

6. Causes of Child Behaviour Problems
   • Outline the purpose of discussing causes of child behaviour problems
   • Introduce causes of child behaviour problems
   • Exercise 3: Identifying causes of child behaviour problems
   • Share your own observations (if necessary)
• Ask the parent/s for any additional factors not listed
• Provide an integrating summary

7. Goals for Change
  • Exercise 4: What skills should we encourage in children?
  • Exercise 5: Setting goals for change (note the parent/s’ goals)

8. Intervention Negotiation
  • Introduce the format of Standard Triple P
  • Negotiate an intervention plan

9. Session Close
  • Review the session
  • Explain homework tasks
  • Monitor the target child behaviour/s
  • Read Session 3 in Every Parent’s Family Workbook (and, if available, watch Every Parent’s Survival Guide Part 1: What is Positive Parenting? and Part 3: Promoting Children’s Development) 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 (outline the content of the next session and thank the parent/s and child for attending)

Session Notes

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

Homework Tasks

Signed: .................................................  Date completed: .................................................