

APPENDIX A – Training Course Outlines



Selected Triple P (Seminars) Triple P Provider Training Course

Level 2 Seminars

What does the cost of the training include?

- Part 1: 1 training day
- Part 2: 1 accreditation day
- Training materials include: set readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P Practitioner resources (refer below for description).
- Access to the Triple P Provider Network

What Triple P Practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Selected Triple P (Includes a Facilitator's Manual and CD Rom with Seminar Series PowerPoint presentations)
- Triple P Tip Sheet Series – Seminar Series (Includes a tip sheet from each Seminar Series)

Do pre-requisites apply?

Practitioners must have attended either a Level 3 or Level 4 Triple P training course prior to enrolling in this course including *Primary Care or Primary Care Stepping Stones Triple P; Group or Group Stepping Stones Triple P; Standard or Standard Stepping Stones Triple P*

Who is best suited to this course?

This delivery modality is best suited to experienced and confident facilitators involved in education or health services e.g. school counselors, nurses.

Overview

The Selected Triple P Provider Training Course (Seminars) course teaches Triple P providers the skills to conduct parenting information seminars with parents of children 0 to 12 years of age.

Selected interventions are typically delivered through primary care services including maternal and child health services, general practitioners and family doctors, day care centers, kindergartens, and schools. These services are well positioned to provide brief information presentations to groups of parents.

Selected Triple P consists of the *Triple P Seminar Series*, 3 seminars of 2 hours in duration. The Triple P Seminar Series assists parents to learn more about positive parenting; raising confident and competent children; raising resilient children. The seminar series may also assist parents with specific concerns about their child's behavior by building awareness of other Triple P services. This level of intervention is designed for the management of discrete child problem behaviors that are not complicated by other major behavior management difficulties or family dysfunction.

The Selected Triple P Provider Training Course (Seminars) consists of the following components:

1. Attendance at a 1-day training program (Part 1),
2. Set readings, and
3. Demonstration of knowledge and competence in program delivery through a skills-based accreditation process (Part 2).

Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents questions.

Estimating the number of parent resources required

Where Selected Seminars are considered part of core business for organizations it can be expected that each trained practitioner will run 2 rounds of the 3 seminars every year (6 seminars) with an average of 50 families attending each seminar. This equates to 300 seminar places.

Each parent who attends a seminar will be provided with 1 tip sheet corresponding to the seminar they are attending, therefore a total of 300 tip sheets per practitioner trained, per year, are required. As there are 3 tip sheets which correspond to each of the seminars each practitioner will require 100 of each.

Implementation Resource Formula

1 x Seminar Tip Sheet per seminar place



Primary Care Triple P

Triple P Provider Training Course

Level 3

What does the cost of the training include?

- Part 1: 2 training days
- Part 2: 1 accreditation day
- Training materials include: set readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P Practitioner resources (refer below for detail).
- Access to the Triple P Provider

What Triple P Practitioner resources are included with training?

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

- Practitioner's Kit for Primary Care Triple P (Includes Practitioner's Manual, Consultation Flip Chart, and Positive Parenting wall chart)
- Triple P Tip Sheet Series – Sample Pack. (Includes the Positive Parenting Booklet and a sample of the Triple P Tip sheet series)
- Every Parent's Survival Guide [DVD]

Do pre-requisites apply?

No Triple P pre-requisites apply.

Who is best suited to this course?

This course is best suited to practitioners working in a brief consultation format with families experiencing mild behavioral/emotional difficulties with recent onset, including school counselors, nurses, home visitors, family physicians, pediatricians, and other allied health professionals.

Overview

The Primary Care Triple P Training Course is relevant to practitioners who regularly offer advice and support to parents of children (aged 0 to 12 years) during brief consultations carried out in the course of providing routine health surveillance and care. Using this model, practitioners have 3 to 4 brief consultations (15 to 30 minutes) with families over a 4 to 6 week period.

The Primary Care Triple P Provider Training Course consists of the following components:

1. Attendance at a 2-day training program (Part 1),
2. Set readings, and
3. Demonstration of knowledge and competence in program delivery through a skills-based accreditation process (Part 2).

Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development
- Effective parent consultation
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

Estimating the number of parent resources required

Where Primary Care Triple P consultations are conducted part of core business it can be expected each practitioner will see 50 families per year. Each of these families is likely to receive, on average 3 tip sheets (any combination of topics) plus the Positive Parenting Booklet.

Implementation Resource Formula

3 x Tip Sheets per family

plus

1 x Positive Parenting Booklet per family

Note: In addition, organizations may expect practitioners to use additional tip sheets as part of one-off opportunistic Triple P consultations with families. Organizations may like to factor in an additional tip sheet per family per practitioner to account for this.



Group Triple P

Triple P Provider Training Course

Level 4

What does the cost of the training include?

- Part 1: 3 training days
- Part 2: 1 accreditation day
- Training materials include: set readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P Practitioner resources (refer below for description).
- Access to the Triple P Provider Network

What Triple P Practitioner resources are included with training?

Each practitioner will receive a copy of the following:

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

Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development and psychopathology to undertake this training.

Who is best suited to this course?

Those who are able to provide long term regular group interventions, including school counselors, nurses, psychologists, social workers.

Overview

The Group Triple P Provider Training Course skills practitioners to deliver a broad focused parenting support program to groups of parents with children (aged 0 to 12 years). Group Triple P is suitable for parents with concerns about their child's behavior or who wish to learn a variety of parenting skills that will promote their child's development and potential. Group Triple P is ideal as a universal prevention strategy where all parents entering an early intervention or school age service participate. Specifically,

Group Triple P is delivered to parents over the course of 8 weeks. The program involves 5 (2 hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations that follow a self-regulatory format to facilitate independent problem solving.

This Provider training course consists of the following components:

1. Set readings,
2. Attendance at a 3-day training program (Part 1) and
3. Demonstration of knowledge and competence in program delivery through a skills based accreditation process (Part 2).

Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Application of key parenting strategies to a broad range of target behaviors
- Strategies for promoting generalization and maintenance of behavior change
- Use of active skills training strategies in a group format
- Group dynamics and common process issues
- Telephone support consultations with parents
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

Estimating the number of parent resources required

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner would conduct (on average) 3 group programs per year with approximately 10 families in each program. Thus, each practitioner would require 30 copies of *Every Parent's Group Workbook* per annum.

Implementation Resource Formula

1 x Every Parent's Group Workbook per family



Standard Triple P

Triple P Provider Training Course

Level 4

What does the cost of the training include?

- Part 1: 3 training days
- Part 2: 1 accreditation day
- Training materials include: set readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P Practitioner resources (refer below for description).
- Access to the Triple P Provider Network

What Triple P Practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Standard Triple P (Includes Practitioner's Manual and Every Parent's Family Workbook)
- Every Parent's Survival Guide [DVD]

Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development and psychopathology to undertake this training.

Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals who regularly consult with parents about children's behavior.

Overview

The Standard Triple P Provider Training Course skills practitioners to deliver an intensive broad focused parenting support intervention individually to parents with children (aged birth - 12 years). Standard Triple P is suitable for parents with concerns about their child's behavior or who wish to learn a variety of parenting skills that will promote their child's development and potential.

Standard Triple P is designed as a 10 session intervention with each session being approximately 1 hour duration. The intervention involves a thorough assessment of parent-child interaction, the application of parenting skills to a broad range of target behaviors and the use of generalization enhancement strategies to promote parental autonomy. The course provides practitioners the opportunity to develop advanced assessment and intervention skills.

The Standard Triple P Provider Training Course consists of the following components:

1. Set readings,
2. Attendance at a 3-day training program (Part 1) and,
3. Demonstration of knowledge and competence in program delivery through a skills-based accreditation process (Part 2).

Learning Outcomes

On completion of this program, practitioners will have enhanced knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Risk and protective factors operating within families
- Core principles of positive parenting and behavior change.
- Advanced assessment of child and family functioning
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

Estimating the number of parent resources required

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner could conduct (on average) 250 consultations per year equating to 25 families per year (given 10 sessions per Standard Triple P delivery per family).

Implementation Resource Formula

1 x Every Parent's Family Workbook per family



Pathways Triple P

Triple P Provider Training Course

Level 5

What does the cost of the training include?

- Part 1: 2 training days
- Part 2: 1 accreditation day
- Training materials include: set readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P Practitioner resources (refer below for description).
- Access to the Triple P Provider Network

What Triple P Practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Pathways Triple P (Includes Practitioner's Manual, CD Rom with Group Pathways PowerPoint presentations, Parent Workbooks)
- Coping with Stress [DVD]

Do pre-requisites apply?

Practitioners must have previously attended a Level 4 program including either *Standard*, *Standard Teen*, *Standard Stepping Stones*, *Group*, *Group Teen*, or *Group Stepping Stones Triple P*

Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals.

Overview

Pathways Triple P is a comprehensive parenting intervention for parents at risk of maltreating their children. Training to deliver this intervention is recommended for professionals who in the course of their duties regularly consult with parents at risk of maltreating their children, and have the capacity to deliver an extended group or individual program.

This course extends understanding of parent training with parents at risk for child maltreatment and the factors associated with abuse of children. It includes components addressing risk factors commonly encountered with maltreating parents, such as anger control problems and attributional biases. Modules include: Avoiding Parent Traps; Anger Management; Closure and Maintenance.

The Pathways Triple P Provider Training Course consists of the following components:

1. Set readings,
2. Attendance at a 3-day training program (Part 1) and,
3. Demonstration of knowledge and competence in program delivery through a skills-based accreditation process (Part 2).

Learning Outcomes

On completion of this course, practitioners should have knowledge and skills in the following areas:

- Advanced assessment of child and family functioning
- Identification of indicators suggesting the presence of additional risk factors within families
- The delivery of interventions targeting additional risk factors, including anger management training and cognitive restructuring skills
- Strategies for promoting generalization and maintenance of behavior change.

Estimating the number of parent resources required

Where Triple P is adopted by organizations as part of core business it can be estimated that a proportion of families accessing Level 4 interventions (e.g. 10%) will require additional support in one or more of the Pathways Triple P modules. Organizations will need to determine what proportion of their clientele will require this Level 5 intervention. It is predicated that an average of 3 out of the available 4 supplementary workbooks are used by each family who access this level of support.

Implementation Resource Formula

3 x Every Parent's Supplementary workbooks per family