



## Pathways Triple P

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### What is the course

Pathways Triple P has been developed as an intensive intervention program for parents who have difficulty regulating their emotions and as a result are considered at risk of physically or emotionally harming their children. Pathways Triple P requires parents to have received Level 4 sessions teaching them positive parenting and child management skills. The Pathways Triple P program can be completed in either a group or on an individual basis over two to five 60-90 minute sessions. There are three core modules that provide parents with support and to learn new attributional styles and anger management techniques that will assist in improvement and/or maintenance of positive parenting skills.

### Families suitable for course

Parents who benefit from Pathways Triple P are those that persistently make negative misattributions about why their child misbehaves and have difficulty managing their anger when interacting with their child. They have usually completed a Level 4 program and need further personal support to improve or maintain positive parenting skills.

### Outline of parent sessions

**Module 1, Session 1: Parent traps.** During this session, parents learn to identify parent traps, understand the impact of their own behaviour on their children, and identify dysfunctional attributions.

**Module 1, Session 2: How to get out of the parent trap.** This session covers the reasons parents get caught in parent traps and teaches parents thought switching and breaking out of a parent trap.

**Module 2, Session 1: Understanding anger.** This session introduces cognitive behavioural strategies to recognise and understand anger, how to stop anger escalating, abdominal breathing and relaxation techniques, and planning pleasurable activities.

**Module 2, Session 2: Coping with anger.** During this session parents will learn to catch unhelpful thoughts, develop personal anger coping statements, challenge unhelpful thoughts, and develop coping plans for high risk situations.

**Module 3, Session 1: Maintenance and closure.** This final session focuses on how parents can maintain changes, problem solve for the future, and create future goals.

### Family resources

Each family receives a copy of the three Pathways to Positive Parenting Module Workbooks.



## Time commitment

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.

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
<b>Pathways Triple P*</b>  (individual program)	<b>4-6 hours</b>  (60-90 mins per session for 4 sessions)	<b>½ hour</b>	<b>1 hour</b>	<b>1 hour</b>	<b>1 hour</b>	<b>7½ hours per family</b>
<b>Pathways Triple P</b>  (group program)	<b>8 hours</b>  (2 hours per session for 4 sessions)	<b>2 hours</b>  (8 families on average per group)	<b>n/a</b>	<b>4 hours</b>	<b>2 hours</b>  (8 families, 15 mins per family)	<b>16 hours per group</b>

\*Based on an average of 2 modules completed per family in addition to Level 4 programs.

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

\*\*\*Not including comprehensive reports for government agencies.

## Training Requirements

To provide Pathways Triple P to families, practitioners must have completed an active-skills training program and demonstrated their knowledge and competence in program 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
<b>Pathways Triple P*</b>	<b>2 days</b>	<b>n/a</b>	<b>4-6 hours</b>  (quiz and competency preparation)	<b>Half day</b>	<b>n/a</b>  (combined with Level 4 Course)	<b>3½ days</b>

\*Practitioner must have previously attended Level 4 Triple P Course.

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

- Practitioner's Kit for Pathways Triple P (includes Practitioner's Manual, CD Rom with Group Pathways PowerPoint presentations, and Pathways to Positive Parenting Modules); and
- Coping with Stress [DVD].