

# PATHWAYS TRIPLE P

## WHAT IS PATHWAYS TRIPLE P?

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 Triple P 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.

## WHO IS IT FOR?

Parents who benefit are those who have difficulty regulating their emotions or persistently make misattributions about reasons for their child's behavior and as a result are considered at risk of physically or emotionally harming their children. They have usually completed a Level 4 program and need further personal support to improve or maintain positive parenting skills.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Module 1, Session 1: Parent traps

During this session, parents learn to identify parent traps, understand the impact of their own behavior on their children, and identify dysfunctional attributions.

### Module 1, Session 2: How to get out of a 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: Recognising and understanding anger

This session introduces cognitive behavioral strategies to recognize and understand anger, how to stop anger escalating, abdominal breathing and other relaxation techniques, and planning pleasurable activities.

### Module 2, Session 2: Managing your 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: Maintenance and closure

This final session focuses on how parents can maintain changes, problem solve for the future, and create future goals.

## WHAT RESOURCES DO PARENTS RECEIVE?

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

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

NUMBER OF INTERVENTIONS PER YEAR	25 families
NUMBER OF FAMILIES PER INTERVENTION	1 family
RESOURCES PER FAMILY	3 x Pathways to Positive Parenting Modules
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	75 x Pathways to Positive Parenting Modules

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

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

INDIVIDUAL PROGRAM	
CONSULTATION TIME*	5-7½ hours (60-90 mins per session for 5 sessions)
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT**	½ hours
TELEPHONE SUPPORT OR HOME VISIT***	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	2 hours
CASE NOTES AND REPORT WRITING***	2 hours
TOTAL TIME	9½-12 hours per family
GROUP PROGRAM	
CONSULTATION TIME*	10 hours (2 hours per session for 5 sessions)
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT**	2 hours (8 families on average per group)
TELEPHONE SUPPORT OR HOME VISIT***	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	4 hours
CASE NOTES AND REPORT WRITING***	4 hours (30 mins per family, 8 families)
TOTAL TIME	20 hours per group

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

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

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



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Pathways Triple P to families, practitioners must have completed an approved 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.

NUMBER OF TRAINING DAYS (9.00AM - 4.30PM)	2 days
PRE- ACCREDITATION DAY (9.00AM - 4.30PM)	n/a
PREPARATION TIME FOR ACCREDITATION DAY	4-6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	n/a (combined with Level 4 course)
TOTAL TIME	3½ days

## DO PROVIDER PRE-REQUISITES APPLY?

Practitioners must have completed a Level 4 Triple P Provider Training Course. This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- 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.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

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 with Group Pathways PowerPoint presentations, and Pathways to Positive Parenting Modules).
- Coping with Stress [DVD].