



Level 4

Standard Teen Triple P Provider Training Course

What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for a description).
- Access to the Triple P Provider Network for up to 20 Providers.

What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Standard Teen Triple P (includes Practitioner's Manual and the Teen Triple P Family Workbook).
- Every Parent's Guide to Teenagers [DVD].

Do pre-requisites apply?

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

Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counsellors, school guidance officers, behaviour management teachers and other allied health professionals who regularly consult with parents about adolescent behaviour.

Overview

The Standard Teen Triple P Provider Training Course skills practitioners to deliver an intensive broad focused parenting support intervention individually to parents with teenagers (up to 16 years). Standard Teen Triple P is suitable for parents with concerns about their teenager's behaviour or who wish to learn a variety of parenting skills that will promote their teenager'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-teen interaction, the application of parenting skills to a broad range of target behaviours and the use of generalisation enhancement strategies to promote parental autonomy. The course provides practitioners the opportunity to develop advanced assessment and intervention skills.

The Standard Teen Triple P Provider Training Course comprises of attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

Learning Outcomes

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

- Early detection and effective management of teenager behaviour problems.
- Risk and protective factors operating within families.
- Core principles of positive parenting and behaviour change.
- Advanced assessment of teenager and family functioning.
- Application of key parenting strategies to a broad range of target behaviours.
- Strategies for promoting generalisation and maintenance of behaviour 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 organisations 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 Teen Triple P delivery per family).

Implementation Resource Formula

1 x Teen Triple P Family Workbook per family