FAMILY TRANSITIONS TRIPLE P

WHAT IS FAMILY TRANSITIONS TRIPLE P?

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During five sessions, Family Transitions Triple P assists parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

WHO IS IT FOR?

Parents who benefit from this program are those who have been or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course usually have concurrent concerns about their child's behavior.

WHAT IS COVERED IN SESSIONS WITH PARENTS?

Session 1: Divorce - a family transition
During this session, parents learn about parent traps during separation and divorce, how to talk to their children about separation and divorce, and how to help children manage their emotions.

Session 2: Coping with emotions (1)
Parents learn to identify unhelpful emotions (e.g. stress, anxiety, anger) and the link between these unhelpful emotions and parenting. Coping skills and relaxation strategies will also be discussed during this session.

Session 3: Coping with emotions (2)
This session teaches parents how thoughts influence emotions and how they can challenge those automatic unhelpful thoughts. They will also learn coping strategies and how to take care of themselves.

Session 4: Managing conflict
During this session, the practitioner introduces parents to a model of conflict and explains different conflict response styles. Parents will learn assertive communication skills, how to hold a child-related discussion with their former partner, problem solving techniques, and develop a parenting plan.

Session 5: Balancing work, family and play
During this session, the practitioner discusses developing a new family identity, social support, and new romantic relationships.

Note: These five sessions may be followed by a Level 3 or 4 Triple P program.

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

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

CONSULTATION TIME	10 hours (2 hours per session for 5 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	2 hours (8 participants on average per group)
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING**	4 hours (30 mins per participant, 8 participants)
TOTAL TIME	21 hours per group

*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 RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of the Family Transitions Triple P Workbook and Relaxation CD.

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	1 x Family Transitions Triple P Workbook 1 x Family Transitions Relaxation CD
TOTAL NUMBER OF FAMILIES	25 families
TOTAL RESOURCES PER YEAR	25 x Family Transitions Triple P Workbook 25 x Family Transitions Relaxation CD

WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Family Transitions 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. Training is available via video conference or in-person[1].

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 days
PRE-ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	4½ days

DO PRE-REQUISITES APPLY?

This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course. Assumes an organization has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programs).

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Assessment of personal adjustment in parents following divorce.
- Specific strategies for improving personal coping skills and reducing parenting stress, anxiety and anger.
- Specific strategies for reducing conflict between parents and improving communication.
- Strategies for promoting work, family, and play balance, and gaining appropriate social support.
- Helping parents develop independent problem solving skills.

WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resource:

- Facilitator's Kit for Family Transitions Triple P (includes Facilitator's Manual and Family Transitions Triple P Workbook).
- Access to the Family Transitions Triple P PowerPoint presentations.
- Access to the Family Transitions Triple P Relaxation audio.
- Access to the Family Transitions Triple P video.

1 In-person is an option when government rules, safety and insurance requirements allow.