

The Triple P System

The table below provides an overall summary of the Triple P System with a description of the target parent group, the practitioners best suited to each level, delivery format, and Triple P pre-requisite training required

Triple P Course	Target client group*	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
Level 1 Population Information Strategy					
Universal Triple P	General population targeted through a communication strategy.	Universal Triple P is not a training course. It is a communications premise that underpins the delivery of Triple P across populations. Universal Triple P aims to raise awareness of parenting issues and destigmatise asking for parenting help. A specific communications strategy, "Stay Positive", has been developed to support Universal Triple P and is available to regions undertaking a population rollout. Stay Positive communications materials are available for purchase as a full suite, or elements may be purchased separately.	Includes brochures, posters, flyers, parent newspapers, outdoor artwork, radio scripts, TV spot, online banner artwork.	To be implemented in conjunction with a Level 2-5 Triple P course.	None
Level 2 Brief Intervention					
Selected (Seminars) Triple P**	Parents interested in general information about promoting their child's development.	Those involved in education, social services, health services, or voluntary organisations.	Three 1 ½ hr seminars delivered to large groups of parents.	None	2 days training 1 day pre-accreditation 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants each)
Selected (Seminars) Teen Triple P**	Parents interested in general information about promoting their teen's development.	Those involved in education, social services, health services, or voluntary organisations.	Three 1 ½ hr seminars delivered to large groups of parents.	None	2 days training 1 day pre-accreditation 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants each)

Triple P Course	Target client group*	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
Selected (Seminars) Stepping Stones Triple P Extension	Parents of children with a disability (up to 12 years old) interested in general information about promoting their child's development.	Those involved in education, disability services, health services, or voluntary organisations.	Three 1 ½ hr seminars delivered to large groups of parents.	Primary Care Stepping Stones, Group Stepping Stones, Standard Stepping Stones Triple P	1 day training 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants each)

Level 3 Brief Intervention

Primary Care Triple P***	Parents with a specific concern about their child's behaviour who require one-to-one consultations and active skills training. These parents may be unable to commit to regular treatment over longer periods of time. It can also be offered to families with complex needs where access to more intensive interventions is not immediately available.	Those who may be involved in occasional support for the client and are able to provide focused therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, and allied health professionals.	Brief individual consultations (possibly 4 x 20-30 min sessions over 1-2 months).	None	2 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Primary Care Teen Triple P****	Parents with a specific concern about their teen's behaviour who require one-to-one consultations and active skills training. These parents may be unable to commit to regular treatment over longer periods of time. It can also be offered to families with complex needs where access to more intensive interventions is not immediately available.	Those who may be involved in occasional support for the client and are able to provide focused therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, and allied health professionals.	Brief individual consultations (possibly 4 x 20-30 min sessions over 1-2 months).	None	2 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Primary Care Stepping Stones Triple P	Parents of children with a disability (up to 12 years old) with a specific concern about their child's behaviour who require one-to-one consultations and active skills training. These parents may be unable to commit to regular treatment over longer periods of time. It can also be offered to families with complex needs where access to more intensive interventions is not immediately available.	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians, and allied health professionals.	Brief individual consultations (possibly 4 x 20 – 30 min sessions over 1-2 months).	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)

Triple P Course	Target client group*	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
Triple P Discussion Groups	<p>Parents with a specific concern about their child's behaviour who would benefit from a focused topic based 2-hour group discussion. The discussion group topics are:</p> <ul style="list-style-type: none"> • Hassle free shopping with children. • Managing fighting and aggression. • Developing good bedtime routines. • Dealing with disobedience. 	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions to small groups of parents, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians, allied health professionals, and parent educators.	A single session 2 hour group discussion with an average of 10 parents.	None	<p>2 days training</p> <p>1 day pre-accreditation</p> <p>1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants each)</p>
Teen Triple P Discussion Groups	<p>Parents with a specific concern about their teen's behaviour who would benefit from a focused topic based 2-hour group discussion. The discussion group topics are:</p> <ul style="list-style-type: none"> • Getting teenagers to cooperate. • Coping with teenagers emotions. • Building teenagers survival skills. • Reducing family conflict. 	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions to small groups of parents, including teachers, school counsellors, nurses, family physicians, allied health professionals, and parent educators.	A single session 2 hour group discussion with an average of 10 parents.	None	<p>2 days training</p> <p>1 day pre-accreditation</p> <p>1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants each)</p>

Triple P Course	Target client group*	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
Level 4 Intensive Intervention					
Group Triple P	Parents with concerns about their child's behaviour who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 8 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers, and parent educators.	5 x 2 hr group sessions + 3 x 20 min individual telephone consultations for a group of up to 12 parents of children aged 0-12 years.	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Group Teen Triple P	Parents with concerns about their teen's behaviour who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 8 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, and social workers, and parent educators.	5 x 2 hr group sessions + 3 x 20 min individual telephone consultations for a group of up to 12 parents of teens.	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Group Stepping Stones Triple P	Parents of children with a disability (up to 12 years of age) requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 9 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers, and parent educators.	6 x 2 ½ hr group sessions + 3 x 20 min individual telephone consultations for a group of up to 9 parents of children with a disability (aged 0-12 years).	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Standard Triple P	Parents with concerns about their child's moderate to severe behavioural problem who require intensive training in positive parenting on a one-to-one basis. These parents can commit to 10 weeks of regular appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers, and allied health professionals.	10 individualised 1 hr weekly sessions.	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)

Triple P Course	Target client group*	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
Standard Teen Triple P	Parents with concerns about their teen's moderate to severe behavioural problem who require intensive training in positive parenting on a one-to-one basis. These parents can commit to 10 weeks of regular appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers, and allied health professionals.	10 individualised 1 hr weekly sessions.	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Standard Stepping Stones Triple P	Parents of children with a disability (up to 12 years old) who have concerns about their child's moderate to severe behavioural problem and are able to commit to 2 months of regular one-to-one appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers, and allied health professionals.	10 individualised 1 ½ hr weekly sessions.	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Triple P Online	Parents of children up to 12 years who have concerns about their child's behaviour and prefer to complete an online program due to busy schedules, geographical isolation, or unable to attend regular parenting courses.	Triple P Online is not a training course. It is a stand-alone web-based intervention designed to promote positive parenting practices and teach parents the application of principles to specific situations. Parents can complete the program in their own time on a computer or tablet.	8 x 30 – 60 min online modules completed weekly.	None	None

Level 5 Adjunctive Support

Group Lifestyle Triple P	Parents of overweight or obese children (5-10 years of age) who have concerns about their child's weight and are willing to make changes in their family's lifestyle. These parents can commit to up to 6 months of regular appointments.	Those who are able to provide regular group interventions, including dietitians, physical education teachers, nurses, psychologists, and physicians.	10 x 1 ½ hr group sessions + 4 x 20 min telephone consultations for a group of up to 10 families.	None	3 days training 1 day pre-accreditation 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
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Triple P Course	Target client group*	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
Family Transitions Triple P	Parents going through separation and divorce who have concurrent concerns about their child's behaviour.	Those who are able to provide regular interventions, including family support workers, school counsellors, nurses, psychologists, social workers and allied health professionals.	5 x 2 hr individual or group sessions in addition to a Level 4 Triple P program.	Any Level 4 Triple P training course	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Enhanced Triple P	Parents of children with concurrent child behaviour problems and family adjustment difficulties, e.g. parental depression or stress and partner conflict. These parents have attempted a Level 4 program and shown minimal improvements.	Those who are able to provide regular interventions, including school counsellors, nurses, psychologists, social workers, and allied health professionals.	3 – 10 individualised 60 – 90 min parenting sessions.	Any Level 4 Triple P training course	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)
Pathways Triple P	Parents who have anger management issues and other issues that put them at risk of child abuse and neglect.	Those who are able to provide regular interventions, including school counsellors, nurses, psychologists, social workers, and allied health professionals.	2 – 5 individualised or group 60 – 90 min sessions.	Any Level 4 Triple P training course	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants each)

*The word "parent" referred to in relation to Triple P is used to refer to any person who is a biological parent, adoptive parent, guardian, caregiver, or who is otherwise acting in a parental role in respect of a person who is a minor or adolescent.

**Assumes an organisation has established a successful referral process for families requiring further assistance.

***Practitioners trained in Primary Care Triple P are eligible to provide Brief Primary Care Triple P sessions with parents. For more information, please contact TPI.

****Practitioners trained in Primary Care Teen Triple P are eligible to provide Brief Primary Care Teen Triple P sessions with parents. For more information, please contact TPI.