



C.O.P.E. Family Support Center

Primary Care Triple P



What is the course?

Primary Care Triple P is a brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night). These focused consultations are carried out in the course of providing routine health care for all health professionals. Practitioners provide 3-4 sessions (15-30 minutes each) over a period of 4-6 weeks. Sessions can be done in person, over the phone, or as a combination of both.

Families suitable for the course

Parents or caregivers who benefit from Primary Care Teen Triple P are those with a specific concern about their teenager’s behavior and who prefer one-to-one consultations. They are likely to benefit when their teenager’s behavior problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do a Group Teen Triple P course if problems persist.

Parents learn:

Self-Regulatory	Participants learn skills that enable them to be effective problem-solvers. Promotes self-reflection, self-regulation and self-awareness.
Self-Management	Participants are responsible for the way they choose to raise their children; they can select the behavioral aspects they wish to work on (own and child), set goals and choose specific parenting strategies to use.
Self-Efficacy	Participant’s belief that they can overcome or solve a parenting or behavioral problem. They have more confidence and positive expectations about the possibility of change.
Personal Agency	Participants increasingly attribute changes or improvements in their situation to their own or their child’s efforts rather than to chance, age, or other uncontrollable events (e.g. genetic make-up).
Problem Solving	Participant’s ability to flexibly adapt or generalize what they have learned to new problems and situations.
Self-Sufficiency	Participants becoming independent problem solvers so that they trust their own judgment and become less reliant on others in carrying out basic parenting responsibilities. They have the resilience, resourcefulness, knowledge and skills to parent with confidence.
Minimally Sufficient Intervention	The least amount of intervention required to achieve a meaningful outcome



C.O.P.E. Family Support Center

Outline of parent sessions

Consultation Session 1: Assessment of the presenting problem. In this session the practitioner conducts an initial interview, discusses options for intervention, and introduces the parent to keeping track of their child's behavior.

Consultation Session 2: Developing a parenting plan. In this session the practitioner provides the parent with feedback of assessment results, helps the parent identify causes of their child's behavior problem, and to set goals for change.

Consultation Session 3: Review of implementation. In this session the practitioner uses a self-regulatory feedback process to assist the parent to review their implementation of their parenting plan and to set goals for further refinement if needed. Behavioral rehearsal in this session is used when parents want to rehearse specific parenting techniques.

Consultation Session 4: Follow up. A review of the child's progress and how Triple P is being used is discussed along with any maintenance issues. If it is necessary, referral options are discussed.

**For more information about Primary Care Triple P, please call
C.O.P.E Family Support Center at (925) 689-5811**
