

Family Transitions Triple P Session 1 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: Number of Participants:

Start time: Finish time:

Content checklist

1. Introduction

- Welcome and self-introduction
- Congratulate parents on making the commitment to participate
- Provide an overview of Family Transitions Triple P

2. Agenda

Working in groups

- Exercise 1 – Setting basic ground rules
- Exercise 2 – Getting to know you
- Exercise 3 – What you would like to get out of the group sessions

3. What is a positive transition through divorce?

Discuss the challenges of divorce

- Write words on whiteboard to describe divorce
- What are the challenges for parents going through divorce?

Five key principles of positive transitions through divorce

Mention these will be looked at in detail in:

- Managing intense feelings – Session 2
- Co-parenting – Session 3
- Communicating with children – today
- Setting up life as a single parent – Session 4
- Taking care of yourself – each week

Ask parents if they think there is anything else that is important for a positive transition for children following divorce

- Exercise 4: Making a family transition

4. Introduce parent traps

Ask parents to turn to page 7 in their workbooks to mark off factors influencing their own child as it is discussed

This is a lengthy exercise so stop after each section

- Ongoing relationships
- Conflict
- Parenting
- Burdening children with adult concerns
- Exercise 5: Identifying causes of impact of behaviour on children
- Exercise 6: Understanding how children are affected by parent behaviour

5. Talking to your child about divorce

- What children need to know
- Discuss challenges parents may have with this
- How parents can help
- Discuss challenges parents may have with this

6. Helping children manage emotions

- Introduce characteristics of emotions in children
- Discuss helping children manage their emotions routine
- Exercise 7: How to deal calmly with children's emotions
- Have parents role-play strategy

7. Set goals for change

- Encourage parents to reflect back over the 5 principles and factors impacting on children and set some goals for changes they may want to make
- Exercise 8: Goals for change

8. Session close

- Keeping track
- Review the session
- Explain tasks to be completed
- Monitor behaviour that parent has set as a goal to change
- Mention what we will do in the next session
- Thank parents for their participation and attendance

Session notes

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Additional agenda items (note any additional content or major deviation from the set program)

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Signature: Date completed:

Family Transitions Triple P Session 2 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: Number of Participants:

Start time: Finish time:

Content checklist

1. Agenda

- Provide an overview of the session

2. Review of Session 1

- Ask parents what was the most important thing they learned in the last session. *Why was that important to you?... has anyone got any other comments?... I'm glad the session gave you some food for thought*
- Review session content
- Review homework
- Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn

3. Unpleasant emotions

- Introduce unpleasant emotions
- Exercise 1: Common triggers
- Exercise 2: Recognising unpleasant emotions
- Discuss each emotion (stress, anxiety, anger, depression) and then prompt parents to do Exercise 2 as a large group after each section
- Exercise 3: How does anger affect my co-parenting relationship?
- Exercise 4: Linking thoughts to feelings

4. How emotions affect parenting

Coping with unpleasant emotions

- Without introduction, do the sultana exercise
- Exercise 5: Reactions to the sultana exercise
- Introduce Exercise 6: Mindfulness of breath and automatic pilot

5. Relaxation overview

- Practise Exercise 7: Abdominal breathing
- Practise Exercise 8: Progressive muscle relaxation
- Practise imagination visualisation
- Ask parents what they have found useful and why
- Discuss indications for each type of relaxation
- Exercise 9: Relaxation to manage anger
- Exercise 10: Imagination
- Discuss common problems with mindfulness and relaxation practise
- Exercise 11: Setting goals for practise

6. Pleasurable and mastery activities

- Have parents generate their own pleasurable activities
- Explain activity scheduling

7. Session close

- Review the session
- Explain tasks to be completed
- Select mindfulness/relaxation task to complete daily
- Prompt and problem-solve problems to practicing
- Mention what we will do in the next session
- Thank parents for their participation and attendance

Session notes

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Family Transitions Triple P Session 3 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: Number of Participants:

Start time: Finish time:

Content checklist

1. Agenda

Provide an overview of the session

2. Review of Session 2

- Ask parents what was the most important thing they learned in the last session. *Why was that important to you?... has anyone got any other comments?... I'm glad the session gave you some food for thought*
- Review session content
- Review homework
- Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn

3. How emotions work

- Discuss how emotions work
- Exercise 1: Linking thoughts to feelings

4. Catching unhelpful thoughts

- Introduce unhelpful thoughts
- Introduce coping statements; prompt parents to turn to page 30 in workbook
- Exercise 2: How to monitor your thoughts

5. Coping statements

- Introduce coping statements and their applicability
- Exercise 3: Developing your own coping statements
- Exercise 4: Preparing for high-risk situations
- Ask parents to monitor their use of coping statements to register

6. Getting ready to challenge unhelpful thoughts

- Provide rationale for challenging unhelpful thoughts
- Suggestions for questioning automatic thoughts

7. Common thinking errors

- Describe each common thinking error and prompt parents to illustrate each situation with a divorce related example

8. Steps for challenging automatic thoughts

- Review steps for challenging automatic thoughts
- Exercise 5: Getting ready to challenge unhelpful thoughts
- Ask parents next week to challenge automatic thoughts to register

9. Taking care of yourself

- Provide rationale for taking care of yourself
- Exercise 6: Taking care of myself

10. Preparing for high-risk times

11. Session close

- Review the session
- Explain tasks to be completed
- Select mindfulness/relaxation task to complete daily
- Prompt and problem-solve problems to practicing
- Complete daily record of helpful thoughts
- Mention what we will do in the next session
- Thank parents for their participation and attendance

Session notes

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Family Transitions Triple P Session 4 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: Number of Participants:

Start time: Finish time:

Content checklist

1. Agenda
 - Provide an overview of the session
2. Review of Session 3
 - Ask parents what was the most important thing they learned in the last session. *Why was that important to you... has anyone got any other comments?... I'm glad the session gave you some food for thought*
 - Review session content
 - Review homework
 - Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn
3. Introduction Session
 - Introduce the need for a constructive way to deal with conflicts
 - Emphasise that learning new skills takes time
4. Model of conflict
 - Introduce and explain model of conflict
 - Exercise 1: Conflict styles
5. Importance of communication skills
 - Ask parents what are common sources of conflict following separation or divorce
 - Discuss the characteristics of passive, aggressive and assertive communication; have parents demonstrate aspects
 - Exercise 2: Communication styles
 - Exercise 3: Using assertive communication to solve a problem
 - Exercise 4: Managing anger
6. Problem-solving process
 - Define steps for problem-solving
 - Work through an example as a group
 - Exercise 5: Practising using problem-solving
 - Group debrief

7. Parenting plan

- Why have a parenting plan?
- Suggested content for a parenting plan
- Refer parents to page 93 for guidelines relating to child age

8. Session close

- Review the session
- Explain tasks to be completed
- Use assertive communication
- Develop parenting plan
- Continue with relaxation/mindfulness practise
- Mention what we will do in the next session
- Thank parents for their participation and attendance

Session notes

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Family Transitions Triple P Session 5 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: Number of Participants:

Start time: Finish time:

Content checklist

1. Agenda
 - Provide an overview of the session
2. Review of Session 4
 - Ask parents what was the most important thing they learned in the last session. *Why was that important to you?... has anyone got any other comments?... I'm glad the session gave you some food for thought*
 - Review session content
 - Review homework tasks
 - Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn
3. Balancing work, family, and play
 - Introduce the challenges facing divorced parents
 - Exercise 1: Assessing the balance
4. Building a new family identity
 - Building a new family identity
 - Exercise 2: What is going well in my life?
5. Social support
 - Discuss the influence of social support following divorce
 - Exercise 3: Assessing social support
 - Exercise 4: People who have a negative effect
6. Making changes
 - Exercise 5: Deciding what you want your new life to look like
 - Exercise 6: Setting priorities
7. Planning for change
 - Making changes
8. Balancing work and family
 - Discuss strategies on pages 118–119

9. Developing a new family identity

- Group discussion about strategies
- Exercise 7: Setting personal standards

10. Session close

- Review the session
- Explain tasks to be completed
- Mention what we will do in the next session
- Thank parents for their participation and attendance

Session notes

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