



Family Transitions Triple P

What is the course?

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. It is delivered to parents before or after they complete Level 4 Group 2-12 or Teen and consists of five sessions. Family Transitions Triple P assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. 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 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 the 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 behaviour.

What is covered in sessions with parents?

Session 1: Divorce – a family transition. During this session, parents learn the 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 explains to parents the model of conflict and provides 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 with parents developing a new family identity, social support, and developing new romantic relationships.

What resources do parents receive?

Each family receives the Family Transitions Triple P Workbook. This workbook provides them with the content all sessions, space to complete written exercises, and an outline of all homework tasks.