



Pathways Triple P

What is the course

Pathways Triple P has been developed as an intensive intervention program for parents who have difficulty regulating their emotions and are at risk of physically or emotionally harming their children. (Referral and Level 4 Triple P Course required prior to attending).

Families suitable for course

Parents who benefit from Pathways Triple P are those that persistently make negative misattributions about why their child misbehaves and have difficulty managing their anger when interacting with their child. They have usually completed a Level 4 program and need further personal support to improve or maintain positive parenting skills.

Outline of parent sessions

Module 1, Session 1: Parent traps. During this session, parents learn to identify parent traps, understand the impact of their own behaviour on their children, and identify dysfunctional attributions.

Module 1, Session 2: How to get out of the parent trap. This session covers the reasons parents get caught in parent traps and teaches parents thought switching and breaking out of a parent trap.

Module 2, Session 1: Understanding anger. This session introduces cognitive behavioural strategies to recognise and understand anger, how to stop anger escalating, abdominal breathing and relaxation techniques, and planning pleasurable activities.

Module 2, Session 2: Coping with anger. During this session parents will learn to catch unhelpful thoughts, develop personal anger coping statements, challenge unhelpful thoughts, and develop coping plans for high risk situations.

Module 3, Session 1: Maintenance and closure. This final session focuses on how parents can maintain changes, problem solve for the future, and create future goals.

Family resources Each family receives a copy of the three Pathways to Positive Parenting Module Workbook



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How does it work:

Attend online or in-person with one of our accredited Practitioners at a time flexible to your needs.

Fees:

- Online: £800.00 In
- Person: 1220.00

Instalment Plans Available.