

PuP Training Overview

An Online Training Model for 2020

Training and Clinical Supervision: A Model of Applied Learning

The training and clinical supervision model used by the Parents under Pressure (PuP) program is an applied learning model in which practitioners are provided with initial 2-days of training and then ongoing support across 8 – 12 months.

In the light of COVID-19 we have made a number of significant changes to the Parents under Pressure (PuP) training process.

Our current model is as follows:

Training and Supervision Schedule

Training is delivered via ZOOM. A link to the ZOOM meeting is provided by PuP Trainers and each trainee is provided with their own ZOOM link. A computer with a camera, microphone and reliable internet connection is required to access ZOOM. Breakout rooms are used to facilitate small group training.

Initial training

Day 1: seminars across 5 hours

Day 2: seminars across 5 hours

Followup Case Review Seminars

Month 1: seminar 3-4 hours

Month 2: seminar 3-4 hours

Month 4: seminar 3-4 hours *or combine* Month 4 and Month 6 as a face-to-face training depending on COVID-19 restrictions

Month 6: seminar 2 hours

Month 8: seminar 5 hours

Month 12: Development Day (an optional extra and face-to-face planned)

PuP Program

Promoting a nurturing environment for families



Costing

The training and clinical supervision costs are \$3000 per therapist. Every 7th place is provided as a complimentary place.

The cost of training to become an Accredited Supervisor is \$1500. Once an agency has an Accredited Supervisor then additional staff can be trained as PuP Therapists at a cost of \$2000.

Accreditation

In order to become an Accredited PuP therapist each trainee is required to show competence in the PuP model by working with three families. These families can be existing clients although we strongly recommend that at least one family is new to the service to allow for assessment skills to be consolidated. The PuP practitioner completes one case study using our existing PuP Case Study Template. This provides an opportunity to demonstrate

- (i) an understanding of the PuP assessment process,
- (ii) how this assessment knowledge is used to set shared goals with the family and
- (iii) ways in which these goals can be achieved using the PuP program.

Digital Badge

Griffith University provides participants engaged in a continuing professional development program the opportunity to receive a Digital Badge representing achievements. Digital badges provide employers with a clear description of the content of the learning required for the professional development. Digital badges symbolise the achievement in a way that can be displayed, accessed, verified and shared online.



We are pleased to advise that the PuP program is now able to provide participants who have completed training and met accreditation requirements, a Parents under Pressure (PuP) Digital Badge. There is no additional cost associated with this Badge.

Supervisor Accreditation

In order to build in sustainability, the PuP program offers senior practitioners or team managers the opportunity to become an Accredited PuP Supervisor. This process takes place following accreditation as a PuP Therapist. Once an agency has an Accredited PuP Supervisor, future training and case study completion can be supported by the PuP Supervisor.



PuP Program

Promoting a nurturing environment for families

PuP Resources

The PuP program is underpinned by a theoretical framework that draws on the literature on child and family functioning, in particular Attachment Theory, the concept of Emotional Availability, neuro-biological models of stress and trauma and the ecological model of child development. A Therapist Manual details the theoretical background of the PuP program. A Parent Workbook provides a series of exercises and discussion topics for families. These are organized across 12 discrete modules that reflect components of the theoretical framework.

The PuP Online Toolkit

The PuP program is supported by a purpose-built Online Toolkit for practitioners. This has a suit of resources that includes standardised measures that can be downloaded, completed by families and subsequently scored using the Online Toolkit. A feedback form is automatically generated to provide an interpretation of the scores that help practitioners integrate the findings into the PuP family support process.

The PuP Online Toolkit also contains interactive worksheets that can be used by practitioners with families. These worksheets come from the Parent Workbook and are editable PDFs. They can be sent these to families by email, filled via phone or other platforms (ie ZOOM) or simply use them to structure conversations.

The Online Toolkit has a 128bit SSL Security Certificate in place which ensures that encryption occurs between the user and the Online Toolkit as an added security measure. No identifying biographical details of families are entered onto the Online Toolkit.

Delivery of the PuP Program

The PuP program provides a buffet of options for the therapist and parent to choose from. There is no set order to complete the Parent Workbook and the areas that the parent chooses to work on will be guided by the assessment process. Identifying shared, mutual goals is the key to the establishment of a strong therapeutic relationship.

The PuP program is flexible. If a parent is not comfortable with workbooks then either delay the introduction of the workbook or alternatively, use the exercises without the workbook.

The PuP program can be delivered to families in their home, in a community or residential setting. Each family is worked with individually. If there are two parents or more than two carers, e.g., grandparents, then we advise working with the family as a team.

The PuP Group program is intended to compliment the individual case work and is best seen as an additional resource for parents who may benefit from attending a group. The PuP Group program has been run agencies such as a drug and alcohol residential treatment service.

Enquiries about training can be directed to either Sharon Dawe (s.dawe@griffith.edu.au), Paul Harnett (p.harnett@griffith.edu.au) or via the PuP website www.pupprogram.net.au.