

TRIPLE P – POSITIVE PARENTING PROGRAM®

PROFESSOR MATT SANDERS

Matt Sanders is a Professor of Clinical Psychology and the founder of the Triple P – Positive Parenting Program®. His home base is in Brisbane, Australia, where he is Director of the Parenting and Family Support Centre, University of Queensland. Professor Sanders is also a visiting Professor at Manchester University, University of South Carolina, Glasgow Caledonian University and the University of Auckland.



Over four decades, Professor Sanders has built a highly-regarded international reputation for conducting outstanding research and translating it into practical programs which address childhood behavior problems and promote stronger families.

Professor Sanders' Triple P parenting system has now helped approximately 4 million children and their families. It is used in 25 countries and has been translated into 21 languages other than English. More than 91,000 practitioners have been trained in its delivery. Triple P is the most researched parenting program in the world and is currently utilized in over 40 states in the US.

Professor Sanders is the author of more than 360 publications, including more than 300 peer-reviewed articles, and has written or co-written 62 books, including the popular *Every Parent: A Positive Approach to Children's Behaviour*. His work has inspired three international TV series, including the UK's high-rating *Driving Mum and Dad Mad*.

Professor Sanders has consulted and advised governments at senior policy levels in Australia, Canada, the UK, Ireland, Switzerland, New Zealand, Hong Kong, Singapore, Japan, Iran, Germany, France, Sweden, Belgium and the Netherlands.

He has been a consultant to the World Health Organization and is Expert Consultant on Positive Parenting to the Council of Europe. In 2006 he met and discussed policy with the then British Prime Minister, Tony Blair, shortly before the Home Office launched a national parenting initiative which includes Triple P.

Career awards have included:

- International Collaborative Prevention Research Award (from the Society for Prevention Research in the US)
- President's Award for Distinguished Contribution to Psychology (from the Australian Psychological Society)
- Trailblazers Award (from the Association for Behavioural and Cognitive Therapy)
- National Violence Prevention Award (from the Australian Heads of Government)
- Queenslander of the Year
- Distinguished Career Award (from the Australian Assoc. for Cognitive Behaviour Therapy)

Professor Sanders is also a compelling communicator who effectively shares his knowledge with the community. He writes regular newspaper columns and is a sought-after family commentator on radio and TV.

He is married to Trish and they have two adult children. He is also a proud grandfather of four.