MHPN WEBINAR

Borderline Personality Disorder: Caring for the Carers

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

Your details

Your name:	
Date completed:	
Activity Name:	Borderline Personality Disorder: Caring for the Carers
Learning outcomes	• Discuss how practitioners can engage and support carers to manage their own self-care and mental health while supporting a person living with Borderline Personality Disorder. • Explore practical strategies to engage and validate carers who support a person living with Borderline Personality Disorder. • Outline the benefits of a multidisciplinary approach when considering carers' mental health as they support a person living with Borderline Personality Disorder.
Time spent engaged in the activity:	(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:
   - Explore the topic further in a supervision session or with a peer/colleague
   - Identify and read the latest research
   - Undertake additional courses, study or training
   - Search MHPN's webinar or podcast libraries for more PD content
   - Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.

Mental Health Professionals' Network
ABN 67 131 543 229

Please note, this form is for your own records. MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.