

Tips and strategies in using technology for mental health consultations

Continuing Professional Development Learning Record

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Your details

Your name:

Date completed:

Activity Name: Tips and strategies in using technology for mental health consultations

Learning outcomes Watch this facilitated panel discussion to be better equipped to:

- improve awareness of the opportunities, challenges and risks in conducting mental health consultations by telephone and/or videoconferencing
- identify practical tips and strategies which support good outcomes (for the practitioner and the client) for telephone and/or videoconferencing mental health consultations
- Increase confidence in using telephone and/or videoconferencing to establish and/or maintain the therapeutic relationship with your client/s.

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.