

MHPN PODCAST

Trauma & Resilience: Exploring Resilience

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.

Your details

Your name:	
Date completed:	
Activity Name:	Trauma & Resilience: Exploring Resilience
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.

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