

## Trauma & Resilience: The Lived Experience of Trauma

### 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: The Lived Experience of Trauma

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?

