

# Understanding the Military Experience: From Warrior to Civilian

## 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: Understanding the Military Experience: From Warrior to Civilian

Learning outcomes This webinar provides the opportunity to be better equipped to:

- better understand the meaning of military culture for veterans; in particular their mental health when they are at home, on deployment and/or transitioning out of the Australian defence force
- be more confident to respond to veterans' mental health needs
- have increased knowledge about evidence based treatments and practices in treating veterans' mental health conditions.

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.