

Understanding Anger in Veterans: Tips and strategies to support Veterans struggling with anger

Continuing Professional Development Learning Record

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Activity Name: Understanding Anger in Veterans: Tips and strategies to support Veterans struggling with anger

Learning outcomes Through a facilitated panel discussion of a vignette, this webinar provides the opportunity to:

- better recognise the characteristics, prevalence and risks associated with anger amongst military personnel and veterans
- describe the evidence-based approaches which are most effective in supporting military personnel and veterans struggling with anger
- increase confidence in supporting and managing military personnel and veterans challenged by anger

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.