

Military Member to Civilian: Identity in transition

Continuing Professional Development Learning Record

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Your details

Your name:

Date completed:

Activity Name: Military Member to Civilian: Identity in transition

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

- identify challenges to sense of self and identity that ADF personnel may face when they are transitioning out of the defence force and adjusting to civilian life.
- better understand effective evidence based strategic interventions which minimise the negative impact of transitioning and maximise the veteran's strengths.
- increase confidence in supporting and treating transitioning veterans presenting with identity and adjustment issues.

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.