

The Military Experience and Mental Health: Understanding the nexus

Continuing Professional Development Learning Record

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Activity Name: The Military Experience and Mental Health: Understanding the nexus

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

- understand the experience and meaning of military culture for veterans; in particular how it might impact on their mental health when they are at home, on deployment, and/or transitioning out of the Australian Defence Force
- understand the mental health risk indicators and/or red flags in veterans' presentations
- apply knowledge about evidence-based treatments and services 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.