

Complex Trauma: Working together, working better to support adult survivors of childhood abuse

Continuing Professional Development Learning Record

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Your details

Your name:

Date completed:

Activity Name: Complex Trauma: Working together, working better to support adult survivors of childhood abuse

Learning outcomes Through a facilitated panel discussion of a case study, this webinar will

- raise your awareness of the prevalence and indicators of complex trauma
- help you be better able to identify the key principles for effective assessment and management of mental health issues for people with complex trauma
- help you better recognise the challenges and opportunities of interdisciplinary collaboration in the provision of mental health services for people with complex 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?

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.