

## Grief, trauma and anxiety

### 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

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**Your name:**

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**Date completed:**

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**Activity Name:** Grief, trauma and anxiety

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

- acquire skills to identify mass, personal and/or vicarious trauma in patients, treatment teams and communities
- recognise the key principles of intervention and the roles of different disciplines in providing a staged response to trauma - including psychological first aid, psychological recovery, and post traumatic mental health conditions.

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**Time spent engaged in the activity:**

(including completing this form)

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*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.