

Perinatal Mental Health COLLAB LAB (2023 Conference session)

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.

Your details	
Your name:	
Date completed:	
Activity Name:	Perinatal Mental Health COLLAB LAB (2023 Conference session)
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.

Mental Health Professionals' Network ABN 67 131 543 229

Postal PO Box 203 Flinders Lane VIC 8009 Email webinars@mhpn.org.au

Telephone 1800 209 031