MHPN WEBINAR

An Interdisciplinary Approach to Perinatal Anxiety and Depression

Continuing Professional Development Learning Record

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Your details

Your name:	
Date completed:	
Activity Name:	An Interdisciplinary Approach to Perinatal Anxiety and Depression
Learning outcomes	• Discuss biological, social and environmental factors that increase the risk of developing perinatal anxiety and depression, including associated stigma. • Discuss screening, identification, assessment and diagnosis of perinatal anxiety and depression. • Evaluate the recommended therapeutic approaches that have proven successful in the treatment of perinatal anxiety and depression. • Outline the importance of collaboration and appropriate referrals when providing care to women experiencing and living with perinatal anxiety and depression.
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

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