

## Coercive Control and its Impact on Mental Health

### 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:** Coercive Control and its Impact on Mental Health

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**Learning outcomes**

- Outline strategies used by perpetrators that impact their partner's sense of agency, including elimination of alternative sources of social, emotional and financial support.
- Discuss the role of mental health professionals in raising awareness and supporting people affected by coercive control.
- Elaborate on the importance of collaboration and appropriate referrals when providing care to people affected by coercive control.

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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.