MHPN WEBINAR

Supporting the Wellbeing of Infants and Children through a Trauma-Informed Lens

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

Your name:	
Date completed:	
Activity Name:	Supporting the Wellbeing of Infants and Children through a Trauma-Informed Lens
Learning outcomes	• Discuss the evidence behind the prevalence and effects of complex trauma on early child development and wellbeing • Discuss the approaches which support a trauma-informed approach, and how these can support children and their parents • Outline the skills required to recognise and respond to the effects of complex trauma in practice with infants and children, and their parents and caregivers • Outline the skills required to have preventative and early intervention conversations with parents and caregivers of infants and children who have experienced 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.

Mental Health Professionals' Network
ABN 67 131 543 229

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