

## Is it depression or adjustment disorder?

### 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: Is it depression or adjustment disorder?

Learning outcomes

- describe the symptoms of adjustment disorder
- Identify associations, comorbidities and patterns of treatment-seeking behaviour of people experiencing adjustment disorder
- describe tips and strategies that can improve the mental health and wellbeing of a person experiencing adjustment disorder
- demonstrate the importance of collaboration and appropriate referrals when providing care for people experiencing adjustment disorder.

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.