

# Working Together to Support the Mental Health of Injured Workers

## 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: Working Together to Support the Mental Health of Injured Workers

Learning outcomes Watch this webinar to:

- develop an improved understanding of the relationship between mental health and work-related injury
- be better able to identify the key principles of best practice and the roles of different practitioners in assessing, treating, managing and supporting individuals dealing with a work-related injury
- better recognise the merits, challenges and opportunities in providing collaborative care to optimise recovery following a work-related injury.

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.