

Trauma-Informed Care: Therapies and Approaches to Improve Your Practice

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: Trauma-Informed Care: Therapies and Approaches to Improve Your Practice

Learning outcomes

- Outline therapies and approaches that can improve practice when delivering trauma-informed care.
- Discuss different stages of life where trauma can occur and how practitioners can support clients through providing trauma-informed care.
- Discuss how to communicate effectively with other mental health practitioners to better support people affected by 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.