

## Recognising and Responding to Complex Trauma

### 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: Recognising and Responding to Complex Trauma

Learning outcomes Watch this facilitated panel discussion of Tanya's story be better equipped to:

- develop an improved understanding of the prevalence, epidemiology, characteristics and impact of complex trauma
- be better equipped to recognise the physical, mental and psychosocial presentations which might indicate unresolved trauma
- have explored tips and strategies for interdisciplinary collaboration to support people who have been exposed to or 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.