

# Supporting the Wellbeing of People Experiencing a Trauma Response

## 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 People Experiencing a Trauma Response

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

- a better understanding of the impact on the mental, physical, familial and social wellbeing of people experiencing a trauma response
- a better understanding of how services and practitioners can respond effectively in their assessment, treatment and support of people who are experiencing a trauma response
- take home tips and strategies for interdisciplinary collaboration to support people who are experiencing a trauma response.

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.