MHPN WEBINAR

Working Collaboratively to Support the Mental Health of Men Experiencing Difficulties Regulating their Emotions

Continuing Professional Development Learning Record

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Your details

Your name:	
Date completed:	
Activity Name:	Working Collaboratively to Support the Mental Health of Men Experiencing Difficulties Regulating their Emotions
Learning outcomes	Watch this facilitated panel discussion of Trevor's story be better equipped to: • understand the prevalence of dysfunctional anger, its consequences and strategies to help adult men overcome their dysfunctional anger • understand the impact of childhood trauma, disrupted attachment and masculine socialisation on emotional regulation in adult men • explore tips and strategies for interdisciplinary collaboration between practitioners working with adult men who seek assistance for emotional regulation.
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.

Mental Health Professionals' Network
ABN 67 131 543 229

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