

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

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.

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?

