

## Shrinking Problems with Children and Families

### 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: Shrinking Problems with Children and Families

Learning outcomes

- discuss how to enable children to describe problems in their own terms and in ways that are meaningful and useful for them
- outline how to work with children to understand how problems are impacting on their lives and noticing the limits of these impacts so that children's strengths, skills, and know-how can be explored
- identify how to ensure problems are understood in the social context of children's lives so that shame is minimised and overcome in the lives of children discuss how to help children to notice when problems are shrinking, and the skills and know-how they have used to shrink the problem.

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.