



Your Name Here

completed the following mental health activity:

“Your Completed Session”

by

The Presenter’s Name

Completion of this session accrues a minimum of 60 minutes of Professional Development



SUPERVISOR

18 September 2018

DATE

Gary Pike

CLINIC DIRECTOR

wisemind.com

PROFESSIONAL DEVELOPMENT REPORT

LEARNING OBJECTIVES:

To review, analyse and reflect on the style, content & presentation of this session.

FOR: “Your name will go here”

DATE: “Today’s date will go here”

TASK DURATION: “You set the time taken: from 15 to 180 minutes”

SERIES: “Your chosen series will go here”

SESSION: “Your chosen session will go here”

PRESENTER: “Your chosen presenter will go here”

PRESENTER BIOGRAPHY:

Your chosen presenter’s biography is filled in automatically and goes here. The following is an example for Dr Bessel van Der Kolk:

Bessel van der Kolk, MD, is a world-leading authority on traumatic stress. He is the founder of the Trauma Center at JRI in Brookline, Massachusetts; past President of the International Society for Traumatic Stress Studies, and Professor of Psychiatry at Boston University Medical School. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment. He has published extensively on the impact of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development in traumatised children and adults, and the psychobiology of trauma. His current research is on how trauma affects memory processes and brain imaging studies of PTSD.

SESSION OVERVIEW:

Your chosen session’s overview is filled in automatically and will go here. The following is an example of one of Dr Bessel van der Kolk’s sessions:

In this session, Dr Bessel van der Kolk investigates breathing in response to trauma in the body. Dr van der Kolk explains how ‘the body keeps the score’, and shows us how we can move our way out of the effects of trauma.

This session is helpful to explore our trauma with breath and the body. We discover how trauma effects the survival part of the brain. Dr van der Kolk provides us with tools to help regulate our breathing and identify the effects of trauma by learning to pay attention to ourselves, to help reclaim ownership of our bodies.

WHAT WERE THE MAIN POINTS COVERED IN THIS SESSION?

Your response to this question will go here. It might include a summary of your understanding of the content and relevant points covered.

HOW RELEVANT IS THE INFORMATION IN THIS SESSION?

Your response will go here. This might include you comparing your personal experience to the session content and the relevance to you professionally.

HOW DOES THIS FIT INTO YOUR PRACTICE?

Your response will go here. This might include your observations and reflections on how the content of this session fits into your clinical and professional practice.

HOW WOULD YOU IMPROVE THIS SESSION?

Your response will go here. This might include your thoughts and observations on how the session could be improved, including information on other therapeutic modalities or delivery in an individual or group session.

Please note that there is a space on the “Certificate of Completion” that allows for your Supervisor to sign-off on your professional development.