



PERSONAL LEARNING CPD

Certificate of Engagement

Date of issue: 21 May 2026

Health Anxiety at Work,
Friday 25 September 2020

Personal Learning Statement

Following my attendance at the above event, my key learning points are as follows:

*What Health Anxiety is, how its caused
How to help/assist an employee who has Health Anxiety
How to get them back to work/workplace*

The implications for my practice are as follows:

This course has highlighted for me the prevalence of HA and I can use new knowledge to help employees

I have undertaken the following further reading and activities to consolidate my learning and reflected on its relevance to my practice:

*OH Journal, speak with Clinical Psychologist
Find out which materials we have in OH where I work which could help*

Time spent reflecting on the course content and learning objectives*

3 hour(s)

* You are accountable for recording your own learning time.