



PERSONAL LEARNING CPD

## Certificate of Engagement

Date of issue: 09 May 2025

Health Anxiety at Work: COVID-19 and mental health at Work webinar 5,  
Tuesday 18 May 2021

### Personal Learning Statement

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

*Definition of Health Anxiety particularly during current pandemic and implications for use of strategies to aid recovery.*

---

The implications for my practice are as follows:

*Better understanding of health anxiety in relation to the current pandemic and translating the strategies for recovery to those employees who are RTW from being CEV or isolating.*

---

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

*Re visiting CBT literature to refresh the use of exploring individuals thoughts, beliefs and interpretations as a tool through guided discovery. Dr Elaine Beaumont Psychotherapist.*

---

Time spent reflecting on the course content and learning objectives\*

**1 hour(s)**

\* You are accountable for recording your own learning time.