



PERSONAL LEARNING CPD

Certificate of Engagement

Date of issue: 21 May 2026

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.