



COUNSELLORS & PSYCHOTHERAPISTS IN PRIMARY CARE

CONTINUING PROFESSIONAL DEVELOPMENT

CPD is an essential and integral facet of the professional life of a counsellor or psychotherapist. All practitioners have a responsibility to maintain and improve their standards of practice and to participate in activities which can be evidenced and/or verified and as such they need make specific and adequate on-going arrangements for monitoring and updating their own knowledge base and committing to continual professional development.

CPC requires members to complete a minimum of 30 hours CPD per year, 12 hours of which they must provide evidence of attendance. 30 hours minimum CPD is essential to maintain membership, the number of hours required does not decrease with a reduction in client hours.

CPC recommends that the 30 hours CPD should be undertaken across the range of activities such as:

<p>a) Learning and Participating:</p> <p>Attending conferences, Workshops, Training seminars relevant to professional practice or practice issues; Participation in Groups</p>	<p>b) Training</p> <p>Studying for further qualifications</p>
<p>c) Developing</p> <p>Research, Audit, Evaluation projects; Writing articles; Developing services; Training others – facilitating workshops, Awarding courses; Formal mentoring</p>	<p>d) Working with others</p> <p>Committee work – local, national</p>

Informal discussions with colleagues, attendance of service business meetings and reading of professional journals, new books, research etc would be expected practice for any professional and would not constitute additional CPD. Similarly Self Awareness and Personal Development is essential to the health, well being and ethical practice of counsellors and psychotherapists, as is taking responsibility for participating in Personal Therapy when appropriate - or taking a break from professional practice to protect the self and clients. These activities, however essential to ethical practice, cannot be included as CPD

Please supply details of your CPD, either on a separate sheet or on the reverse page (30 hours minimum, 12 hours photocopied evidence of attendance) you have undertaken during the past membership year. You should include dates, type of activity, subject matter, hours, and whether or nor you are attaching evidence.

