



## **CPC INFORMATION SHEET**

### **CONTINUING PROFESSIONAL DEVELOPMENT**

#### **What is Continuing Professional Development?**

Continuing Professional Development (CPD) is ongoing development of one's skills, theoretical understanding and practice.

#### **Why do counsellors who work within the NHS have to undertake CPD?**

For three key reasons:

1. To ensure that the practitioner is up-to-date with their skills and knowledge and demonstrates a professional approach to the work.
2. To meet the requirements of Clinical Governance (which applies to all healthcare professionals working in the NHS).
3. To meet the 30 hours per year requirement for membership of CPC.

#### **What would constitute Continuing Professional Development?**

Attendance at talks, seminars, conferences or meetings that are relevant to one's profession. This could cover subjects such as: Child Protection Issues, Drugs, Substance Abuse. It could also cover formal discussion with colleagues on matters of good practice, e.g. note taking or management of a waiting list. Areas relevant to primary care counselling that included the development of skills in clinical supervision, teaching, research, management and audit and evaluation would also be seen as valid.

Informal discussions with colleagues that would be a normal part of practice would not constitute CPD. Neither would private reading, as that would also be expected of any professional.

#### **How do you demonstrate your Continuing Professional Development for CPC?**

You complete the CPD Evidence Form which will be sent to you with your membership renewal form. A copy can also be obtained by phoning the CPC office.

#### **Will the form be checked?**

CPC will trust the members to fill in the form honestly. It will require your signature confirming that it is a true record. CPC will hold occasional checks to ensure that the system is not abused.