



The Association for Therapeutic Healers

Continuing Professional & Personal Development (CPPD)

The ATH was one of the first healing organisations to introduce CPPD, and it has been a formal voluntary requirement for full members of the ATH since 2003. It is now important for us to bring CPD into the next phase.

With this in mind, we will be requiring a minimum of 20 hours CPPD per year for full members. Associate members are encouraged to do CPPD, but it is not a requirement.

If you are a member of another organisation for which you are already doing CPPD, you can submit the same hours to ATH. You will be asked to submit a certificate, letter, or receipt confirming that you have attended courses and workshops, but personal activities will be taken on trust.

If you are not already familiar with CPPD, don't panic! You are probably already doing activities that count towards your hours without even realising it. Have a look at the suggestions and listed categories below.

ATH requires from its members not only continuing *professional* development but also *personal* development: through what may be termed 'holistic CPPD', we are expected to keep ourselves fit to work with clients. By renewing our personal energy and keeping ourselves clear to channel energy through daily practice or attending workshops, we attempt to maintain our grounding and protection.

Relaxation, meditation, movement work, receiving healing, massage or cranio- sacral work contribute to helping us to know ourselves better, so that we may be clearer about the personal issues we bring to our work and able to connect with our clients on deeper and more subtle levels — ***personal development is professional development!***

What is CPPD?

CPD means practitioners take responsibility for their own continued learning and development after their initial training and apply this knowledge and understanding to the improvement of their practice in the interests of their clients or patients. In doing so, practitioners offer the public the best service possible and help to raise the standing of the Healing profession. It helps practitioners to achieve excellence in their work.

The benefits of CPPD

Develops resources for self and clients and increases self-awareness, leading to improved ability to differentiate client's issues from own, i.e., identifying projection and transference; this also helps to maintain clear boundaries Keeps awareness of energy sharpened up – without regular input we all tend to 'run down'

Nourishes us – many healers give so much of themselves that they become depleted, which can lead to ill-health; depleted healers do not serve their clients well

Going back to basics never hurts – revisiting familiar ground can open up new perspectives, better understanding, deeper insights.

Helps us keep up to date with research that validates the efficacy of healing

Leads to a better understanding of how energy therapies may work.

Both are useful when speaking with sceptics, especially those from the medical profession; Enables us to learn new skills that can be useful adjuncts to our core healing skills/gifts, e.g., counselling, flower essences, use of crystals, techniques for identifying and working with stress, working with trauma, **facing death, working with the bereaved, etc**

What constitutes CPPD?

Anything that contributes to a better understanding of ourselves and how we work or that extends and expands our repertoire.

CPPD does not have to be expensive and most of us are probably already doing some of these things.

CPPD can include:

- Attending energy-based workshops, e.g., working with chakras, aura, meridians, pressure points ...
- Attending other workshops or training that provide extra tools and resources; this can include IT training
- Attending workshops or courses that enhance personal and professional development
- Attending workshops or classes in energy-based movement work (yoga, tai-chi, chi-gung, aikido, spontaneous movement, Authentic Movement, etc)
- Daily practice, including grounding, protection, clearing, movement, relaxation, meditation
- Noting a challenge faced and what resource was used. This could provide a helpful reference for the healer and new resource for their work.
- Receiving healing, other energy-based therapy, such as acupuncture, or shiatsu,
- Body work, such as holistic massage, cranio-sacral work, Alexander Technique Feldenkrais etc.
- Regular supervision sessions, which may be individual, group or peer
- Leading workshops in energy-based or self-awareness work
- Reading books, listening to tapes or CDs, watching TV programs or videos that are inspiring and informative about healing or healers and related work
- Writing articles or books
- Participating in related meetings
- Attending talks, seminars, network events

Reporting CPPD

You will be asked to report your CPPD activities and attendance each year with your membership renewal.

The ATH are supporting the “CPPD Cycle” as a basis for reporting:

1. Assessment

Review yourself and your practice; identify areas where you could develop your knowledge and skills to benefit your practice, clients, or yourself, or where you might feel the need for support and supervision

2. Planning

Find a course, workshop, etc, that will provide what you need/want

3. Action

Participation in your chosen activity

4. Evaluation

A short written review of how you feel the chosen activity has benefited your development

Portfolio

For your own benefit, we suggest you keep an ongoing CPPD record. This will help you to keep a record of activities as you engage in them, and assist you in identifying your learning and support needs and assessing your own development as time goes on.

CPPD Planning Sheet

We have provided a CPD Planning Sheet, which you can either photocopy to use for planning each activity, or use as a guide for planning. This is not a requirement of your submission, but is supplied as an aid. You can include a completed copy with your final submission if you feel it is relevant.

Activity Record Sheet

We have also enclosed an individual Activity Record Sheet. We suggest you photocopy a number of them to keep ready for use in your portfolio. Alternatively, use it as a guide for keeping notes of your activities.

Categories

To help you assess what sort of activities can be counted as CPPD, we are listing a number of categories. Activities for the year should always include personal activities, plus at least 2 other categories. We recommend that you rotate them, so you are participating in different types of activities from one year to another. These categories are for guidance only. If you have participated in something that is not listed, and you feel it has been of value to you and your development, please include this.

Courses, workshops, seminars, etc, are assessed by number of hours attended; personal activities, professional development, and reading, watching and listening have a limit to

the number of hours you can claim.

Here are the various ways to gain CPPD hours

Short courses, and workshops relevant to your work

Attending seminars, conferences, Core Group meetings and AGMs

Active committee work for a professional body related to your work

Act as an officer, such as secretary, for an organisation

Study for further qualifications

Advanced diploma and certificated courses

Encouraging the development of others

Teaching workshops and courses, giving a talk at a conference, giving a talk to an organisation such as WI, organising a peer group for discussion and sharing, giving supervision, producing a newsletter

Personal Activities such as:

Regular meditation, or participating in other practice such as yoga or Chi Kung, keeping a journal; you can claim a maximum of 25% of your total hours in this category, but we encourage you to do more than this during the year

Professional development :

Receiving personal therapy (counselling, psychotherapy), supervision; you can claim a maximum of 25% of your total hours in this category, but we encourage you to do more than this during the year

Attending classes in energy-based movement work Yoga, tai-chi, chi-kung, a kido, spontaneous movement, Authentic Movement, etc

Reading, watching and listening Reading a book, article, journal, watching a TV programme, listening to a CD, watching a DVD, or accessing the Internet for information that is relevant to your work or enhances your personal development; you can claim a maximum of 25% of your total hours in this category, but we encourage you to do more than this during the year.

IT Attending a course or workshop to improve your computer skills in a way that will enhance your practice, for example, a course in book keeping.

Writing Write an article or book; you can claim a maximum of 25% of your total hours in this category, but we encourage you to do more than this during the year

Formal Training The definition of formal training is a course that involves more than 50 contact hours per year; if you are participating in formal training, it may be possible to roll over or adapt the hours you present for the following year

A number of ATH recommended workshops and courses, facilitated by ATH members, are posted on the ATH website.

In assessment, we value each member's situation, such as financial state and geographical location. We will also try be aware of the individual and how they learn, and will be open and reflect this in assessment.