

EXAMPLES OF CPD ACTIVITIES

The text below gives examples of some types of activities that you may wish to consider when planning your CPD.

CPD can be gained via:-

- a) Group-based learning
- b) Self-directed activities
- c) Group Supervision
- d) Personal therapy

Examples:-

1 ➤ GROUP BASED ACTIVITY

- Attending or delivering ANY related professional training that could reasonably be expected to add to a practitioner's competency
- Attendance at seminars, webinars, workshops and lectures which enhance your knowledge and skills as an EFT Practitioner/Trainer.
- Attendance at conferences or meetings which are dedicated to EFT or a discipline that will enhance your skills.
- Being an examiner, tutor or assessor
- Participating in EFT discussion groups webinars or teleconferences
- Attending or delivering ANY professional training (EFT oriented or otherwise)
- Taking EFT into the community through taster sessions, workshops, demonstrations etc
- Group supervision where there are more than 8 in the group.
- Group demonstrations, talks or exhibitions on EFT

2 ➤ SELF DIRECTED ACTIVITIES/STUDIES

- Client case studies. writing up and reflecting on the Practitioner's own case studies and/or theory and philosophy of practice

- Personal study which could include following a formal programme of study either taught or possibly distance-learning.
- Reading such as articles in journals, books, newsletters or information online which provide learning you are able to put into practice in your work as a practitioner.
- Research. If you are participating in a piece of research which is enhancing your understanding of your discipline and / or practice.
- Writing articles or books which are published.
- Developing and sending out Newsletters.
- Watching EFT You Tube/and other videos, DVD's , listening to CDs
- Making EFT You Tube Videos & DVD's, CDs
- Making EFT podcasts
- Translating EFT material into another language
- Applying EFT or using other forms of personal therapy, with or without the help of others on a regular basis
- Documenting the integration of EFT into an existing practice
- Feedback/Evaluation forms from clients or students which you carry out about your work. This can be something you do individually or any significant involvement you may have with a wider survey or practise evaluation
- Developing a specific application of EFT (e.g. for sports or business)

Note from Betty: Suggestions for the remaining two categories were not given in the document but I will add these brief suggestions, which are consistent with AAMET rules.

3. ➤GROUP MENTORING/SUPERVISION: If you participate in EFT discussions in groups of more than 8 people, these hours can count towards CPD - and the leader doesn't have to be an AAMET-approved mentor/supervisor.

4. ➤PERSONAL THERAPY: Any personal therapy sessions, even if they are not EFT, can be considered 'doing your due diligence' for self-care and self-awareness and can count towards CPD.