

Association of Child Art Psychotherapists (ACAP)

CONTINUED PROFESSIONAL DEVELOPMENT STATEMENT

May 2021

The Association of Child Art Psychotherapists (ACAP) requires therapists to keep their knowledge and skills up to date. Continued Professional Development (CPD) is a mechanism for maintaining member's professional knowledge and skills. The importance of CPD is reflected in ACAP's code of ethics whose objective is to protect the public and enhance the practice of all therapists.

In developing this statement consideration has been given to the CORU CPD Guidance Document guidelines and CPD Support Document Record Template 2020.

What is CPD?

Continued Professional Development (CPD) is any activity where an individual learns new skills or knowledge relevant to their professional role. CPD is an ongoing cyclical process in which individuals reflect on their practice and assess their knowledge and skills, identify learning needs, decide on actions required to meet those learning needs, implement the learning plan and evaluate the effectiveness of their learning (The Therapy Project Office Continued Professional Development Planning TPO, 2007).

CORU has already stated that we must:

- Audit, reflect on and review practice
- Identify one's own professional development needs through reflective practice
- Develop and regularly review a personal development plan
- Understand the value of reflective practice and the need to record the outcome of such reflection

Benefits to the client: : The client receives a high quality, evidence-based service.

Benefits to the Professional : Improves confidence in delivery of professional service • Promotes and maintains competence to practise • Improves satisfaction with work role • Promotes lifelong learning

- Provides structure and support for the health professional and for his or her valued goals.

Benefits to the Profession: • Enhances the status of the profession • Promotes research and evidence-based practice increasing professional recognition.

Types of CPD

CPD involves any activity where the individual is learning. CPD can incorporate a range of formal, informal and work-based activities. The list below is not exhaustive.

Writing articles for a newsletter or journal (up to 5 points per publication)	Workshops attending or presenting	Attending courses and conferences
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Active involvement in your professional association or committees	Reflective practice/Journaling	Presenting/attending at an in-service training workshop
Further education and research Certificate courses and diploma and Postgraduate courses	E-learning and webinars	Developing new policies or procedures
Coaching of and from others	Attending or organising a journal club	Organising courses
Discussion about a clinical case with colleagues and Peer review	Reading Journal articles	Membership of relevant special interest groups

Self-Care and Personal Development, Fitness to Practice

- Paralleled with Continuous Professional Development are Fitness to Practice, Self-care and Personal Development.
- All of these to ensure the integrity of professional practice. ACAP sees Self Care as a separate activity and not a part of Continuous Professional Development as per the ACAP Code of Ethics.
- The Fitness to Practice of every Member will be assessed continuously over the period of supervision. Hours spent on Self-care and Personal Development including Personal Therapy will not be recorded in the CPD log.

How to measure CPD?

CPD Credits: The Association of Child Art Psychotherapists (ACAP) recommends you demonstrate a minimum number of CPD credits in a 12-month period. This will demonstrate that you are engaged in ongoing continuing professional development. Generally, one hour of CPD learning activity is equal to one CPD credit where the learning is new or enhanced. CPD credits are self-determined, meaning that you decide how many credits to apply to new or enhanced learning you achieved and how this has impacted your practice.

Activity Example of Credit Allocation: One hour spent reviewing a relevant journal article is equal to 1 CPD credit. Being an active member of a committee of one's professional body, which meets four times a year equals 8 credits, 7 hours spent on a training course (allowing for time for breaks) 1 to 6 CPD credits, Discussing a work problem with a colleague for 30 minutes, reflection on learning and application to professional practice 0.5 - 2 credits .

Record of engagement in CPD

It is advisable that a record of engagement in CPD is kept for such time as you are a member of ACAP. CPD records often include: your personal learning plan, the learning activities in which you have engaged, what you achieved and reflections on how this influenced your practice. There is a template CPD Record of Engagement at the end of this statement.

If you are called for an audit, you will be required to submit the following information: Record of your implementation of learning activities that achieved 50 CPD credits of new or enhanced learning.

Record of your evaluation and reflection of the learning achieved. Record of your review of learning needs for the next 12-month period. Record of your planned learning activities for the next 12-month period.

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Continuing Professional Development

Record Template

Name:		ACAP Membership Number:	
Audit period from:		Audit period to:	

Implement

Evaluate & Reflect

Date and time spent When did you undertake this learning activity?	Type of learning Activity What was the name of the activity ?	CPD credits Approx. 1 CPD credit for every hour of new enhanced learning achieved	Learning Outcome What have you learnt through completing this activity? How have your knowledge and skills improved or developed?	Impact on Practice How have you integrated this learning into your practice? How has this learning made a difference to your capability and performance in your role?

Review	Plan
What do I want or need to learn in the next 12 months?	What learning activities will I do to achieve this in the next 12 months?