



Continuing Professional Education Guidelines

It is a requirement for all practising members of the AACHP to complete a minimum of 20 points of CPE each year. The table below indicates the type of professional education activities which qualify for CPE points and the number of points that are applicable to each.

To qualify as “profession relevant” CPE, **the education activity should be related to Clinical Hypnotherapy and Psychotherapy** and the content may encompass a broad range of aspects including specific techniques and/or underpinning knowledge relevant to your professional development as a Clinical Hypnotherapist/Psychotherapist. Given the extensive scope of our profession, it is likely to be the case that you have developed particular interests and specialisations and this may be reflected in your choice of CPE activities: if you specialise in weight management, for example, it would be “profession relevant” to undertake CPE in the area of nutrition and if you have a particular interest in working with chronically ill patients, you may be drawn to CPE activities in the area of psychoneuroimmunology. Similarly any CPE activity which enhances your skills/knowledge in the broad areas of counselling/psychology/psychotherapy would be considered to be “profession relevant”.

Please note that although it is a requirement for your First Aid qualification to remain current, First Aid Training no longer counts towards your annual CPE points as it is not regarded as an enhancement of your professional skills.

| CPE Activity | CRITERIA | CPE Points |
|--|-----------------|------------|
| Profession Relevant Study Course (Inclusive of distance as well as face-to-face training) | 20 Hrs or more | 20 |
| Profession Relevant Seminar/Workshop (Inclusive of distance as well as face-to-face training) | Full Day | 7 |
| | Half Day | 4 |
| | Per Hour | 1 |
| Profession Relevant Conference (Inclusive of distance as well as face-to-face training) | Full Day | 7 |
| | Half Day | 4 |
| | Per Hour | 1 |
| AACHP CPE Presentation (Live or via DVD) | | 2 |
| Participation in Profession Relevant Forum | Per annum | 2 |
| Writing Article in Profession Relevant Peer Publication | Per 500 words | 2 |
| Writing Article in General Publication | Per 500 words | 1 |
| Author or Co-Author of Profession Relevant Book | | 20 |
| Author or Co-Author of Profession Relevant Study Course | | 20 |
| Subscription to Profession Relevant Publication/Website | Per annum | 2 |
| Learning from Profession Relevant Books, CDs, Tapes | Per Unit or Set | 2 |