

NCH CPD Policy

What is CPD?

Continual Professional Development is your commitment to ongoing learning that keeps your skills and knowledge up to date so that you can continue to deliver an effective, professional and ethical service to your clients.

In keeping with the NCH philosophy of personal responsibility, it is up to you to decide the specific activities you will undertake each year to meet your personal development needs.

However, as a member of the NCH we require you to:

- 1) Keep an up to date record of the activities you undertake for CPD.
- 2) Ensure that all CPD recorded enhances your work as a Hypnotherapist.
- 3) Ensure you strike a balance of types of CPD activity (see below), with no more than one third of your annual CPD spent on any one activity.
- 4) Spend at least 15 hours per year on CPD activities, of which at least 10 hours must be directly related to Hypnotherapy. Up to 5 hours may be general learning to support your practice (e.g. first aid, marketing etc)
- 5) Confirm your CPD log is up to date annually, and be prepared to send us a copy of your CPD log when asked.

Types of CPD

This list is not exhaustive, but is designed to give you an idea of the types of activity you can use to further your professional development.

- Reflection on practice: e.g. case studies, supervision
- Peer review: e.g. submitting articles/case studies to the NCH Journal
- Groups: e.g. peer discussion, specialist groups, practise groups
- Mentoring or being mentored
- Teaching or assisting on a hypnotherapy related course
- Involvement in the NCH / CNHC
- Presenting at a conference
- Reading: e.g. journals, articles, books
- Attending CPD courses, seminars, workshops or conferences
- Researching a topic: e.g. internet, TV, library
- Conducting peer reviewed research
- Online / distance learning
- Voluntary work