

## PROFESSIONAL DEVELOPMENT HOURS

*Did you know that professional training events do not need to be endorsed by the Australian Psychological Society (APS) to be considered acceptable for the Continuing Professional Development (CPD) requirements set by the Psychology Board of Australia (PBA)?*

### **CPD requirements for the PBA and the APS are the same**

To download the CPD requirements for the PBA see <http://www.psychotherapy.com.au/PBA.pdf>

The APS has decided to align 'the existing APS CPD requirements with the new PBA requirements to save members additional complexities in meeting the requirements of two different systems.' *InPsych*, December 2010, page 6.

In the same *InPsych* article, under the heading of 'Acceptable CPD Activities' the following comment was made:

***'A wide range of CPD activities is acceptable providing these fulfil the goals of enhancing psychologists' professional competencies (both skills and knowledge) in their own area of psychological practice ... Psychologists can choose whether to undertake CPD activities that have been formally endorsed by the APS or to engage in other selected activities relevant to their learning needs. The relevance of activities will need to be able to be justified if audited.'***

PsychOz Publications offers events with a clear focus on psychotherapy and counselling. The trainers selected for these events are highly qualified senior Australian and International members of the psychology and psychotherapy community. On this basis, APS endorsement is not necessary. Certificates of Attendance are provided that detail the number of hours of training and the qualifications of the trainer that delegates can use to document their selected activities relevant to their learning needs.

### **Put simply**

While psychologists need to familiarise themselves with the details, the PBA requires that:

- each psychologist designs an individual learning plan for the annual CPD cycle based on a self-assessment of skills and knowledge,
- the goals of this learning plan must be met through a minimum of 30 hours of CPD activities comprising: a minimum of 10 hours of 'peer supervision'; a minimum of 10 hours of 'active' CPD (engages active learning through written and oral activities designed to enhance and test learning) but this is only 'recommended' at this stage, and will probably become mandatory in 2012; and a further 10 hours of relevant CPD activities,
- if the psychologist is a member of a specialist college, 16 of these 30 hours must be CPD activities relevant to the specific college,
- if the psychologist is a Medicare provider it is a requirement of the Australian Government that they undertake 10 hours of 'Focused psychological strategies' relevant training,
- the psychologist maintains a journal of direct relevance to their learning plan and record a half a page of reflective journal content for each hour of CPD.

The system is enforced through random annual audits conducted by both the PBA and the APS. The APS is developing an Online CPD Logging System where learning plans, journal entries etc can be entered.