

## **CASPARI FOUNDATION CONTINUING PROFESSIONAL DEVELOPMENT (CPD) POLICY**

**Definition of CPD activity:** *Any learning experience that can be used for the maintenance, improvement and broadening of competence, knowledge and skills to ensure that the practitioner has the capacity to practise safely, effectively and legally within their evolving scope of practice.*

**This document sets out the Caspari Foundation’s policy for Continuing Professional Development (CPD).**

The intention of the policy is to provide guidance for Caspari Foundation organisational members who are trained Educational Psychotherapists (EPTs) and who have been awarded UKCP accreditation.

Educational Psychotherapy is a Child Psychotherapy training and therefore the Caspari Foundation CPD guidance follows the standards set by the UKCP College for Child and Adolescent Psychotherapies (C-CAP) for ongoing professional development of its qualified Educational Psychotherapists. CPD must include awareness of developments in contemporary thinking and best practice, and evidence of reflective/reflexive practice within Child Psychotherapy and Educational Psychotherapy practice.

**The Caspari Foundation adheres to and promotes the value of continuing professional development as a way of ensuring that trained EPTs value:**

- That they are responsible for accessing CPD opportunities
- That they are responsible for maintaining the credibility, aliveness and development of their own practice
- A reflective and reflexive approach to their practice
- That they are responsible for attending regular, refresher safeguarding trainings
- That, at all times, safeguarding standards are adhered to
- Their responsibility for continuing good practice as EPTs
- Their continuing understanding of the social and political context of mental wellness
- Their continuing understanding of the ethical issues involved in therapeutic work
- Their continuing understanding of contemporary thinking and best practice of therapeutic work
- Their continuing fostering and appreciation of the ways diversity and social inclusion across all demographics may be included

**As part of its responsibility to its member EPTs, the Caspari Foundation undertakes to value:**

- The importance of protecting the public interest by ensuring the maintenance and improvement of standards of practice of its organisational and direct member EPTs
- The importance of training standards in respect of ongoing CPD
- The provision of a suitable range of CPD resources and CPD training opportunities to support organisational and individual members in meeting CPD requirements
- The provision of CPD guidance and support to all EPT organisational and direct members
- The maintenance and adherence to the 5-year cycle of CPD experience essential for EPT re-accreditation with the UKCP C-CAP Register

**Caspari Foundation CPD expectations for all organisational EPT members:**

*CPD is a requirement of UKCP re-accreditation which takes place every five years.*

*Organisational member EPTs will receive a reminder when their re-accreditation is due.*

1. EPTs should undertake an appropriate range of CPD activities and include evidence of ethical, inclusive and anti-discriminatory practice.
2. EPTs must maintain safeguarding training every three years and keep up to date with legal requirements.
3. That EPT members participate in a minimum of 250 hours of CPD activity over a 5-year period. CPD activities will normally amount to a minimum of 50 hours per year. The minimum of 20 hours during any one year is expected within that 5-year period. It is recommended that a CPD record is maintained throughout the 5-year period with certificates for courses attended attached.
4. A minimum of 18 hours per year of seminar led/taught CPD is expected through attendance at training events, conferences and/or workshop attendance. CPD needs to be relevant to the practice of Educational Psychotherapy and/or Child Psychotherapy, and child development and current learning/issues.
5. A minimum of another 32 hours per year of CPD can be drawn from:
  - Reading of books and journals and internet research, private study
  - Formal reading groups
  - Formal professional support networks (that are supported with an agenda and presentations)
  - Distance learning or webinar experience
  - Research activity
  - Conference presentations

- Service to the Profession (e.g. committee membership related to the profession) and related activities e.g. moderating reaccreditations, policy writing, marking assignments.
  - Further training not necessarily confined to Educational Psychotherapy
  - Article writing related to the profession e.g. contributions to and editing of the Caspari Journal
6. The first five years post-qualification and registration, CPD requirements may be more prescriptive and guided by advice within supervision.
  7. For professional members, the Caspari Foundation can offer an annual assessment of an EPT's CPD activities. It is suggested that members take advantage of this at some point during the 5-year cycle.
  8. Caspari Foundation EPT members may at times have difficulties in maintaining CPD requirements. It is recommended that should such a situation arise they contact the Chair of the Ethics and Professional Affairs Committee who can make recommendations as to the best management of a break in CPD. Where Educational Psychotherapists work part time with the minimum number of clients and cannot manage these ratios, please email the Chair of Ethics and Professional Affairs Committee [trisha.reid@caspari.org.uk](mailto:trisha.reid@caspari.org.uk) to let us know: This is an issue that Caspari Foundation are aware of and are discussing with UKCP and C-CAP.