

CPD (Continuing Professional Development) is COMPULSORY for all members on the Shiatsu Society public register / list from 1st January 2010

CPD is compulsory for all graduates on the Graduate listing and Practitioners on the MRSS Register.

We have adopted the Shiatsu Regulatory Groups' CPD scheme so that if members decide to join the Regulator's register you will not be doing two separate schemes.

You have to accrue a minimum of 45 points per 3 years (on average 15 points per year) some of which can be carried over and accrued over 3 years although a minimum of 7 hours must be attained per year. You can choose how you get your points from the table below. The Society will randomly ask members to provide evidence of their CPD so you need to keep a CPD folder. If you are one of the members whose file is called for you also need to submit a Statement of Personal Development to a maximum of 100 words.

For full documentation giving further information and guidance please either contact the office or you can find it on the Downloads page in the Members area of the website.

List of CPD activities:-

	Description of Activity	Allocation of Points	Annual points limit
A	Practitioner/peer exchange session	1 per hour	3
B	Informal learning activity	1 per hour	3
C	Promotion of Shiatsu in the community	1 per hour	8
D	Personal development and Reflective Practice, including mentoring or supervision	1 per hour	10
E	Volunteer Shiatsu work for special needs and vulnerable people including hospices and charities	1 per hour	8
F	National or international or other relevant Shiatsu conference	4 per day	10
G	Shiatsu research project	2 per hour	15
H	Participation on Shiatsu sub committees or working party	1 per hour	10
I	Contributing to the development of Shiatsu as a profession	1 per hour	10
J	Attendance at a Shiatsu relevant event or workshop	6 per day	12
K	Further professional training at bona-fide training establishment in other related Shiatsu enhancing therapy	Minimum 1 year training	45 over 3 years
L	Delivery of an extra curricular/specialist Shiatsu or relevant workshop, course or seminar	1 per hour	8
M	Publication of case study, article or review	1 per hour	8
N	Travel to attend a CPD activity	1 per 50 miles, over 50	5

How the CPD scheme works: Step-by-Step Guide

- Step 1 Decide on your development needs
- Step 2 Look into the suitable options for activity
- Step 3 Check that the activity is valid
- Step 4 Consider evidence you will need before starting
- Step 5 Carry out the activity
- Step 6 Reflect on how that activity benefited your practice
- Step 7 Complete your CPD log (*see over*)
- Step 8 Place any evidence in your CPD folder

CPD Log

Name: Membership Number:

Activity undertaken	How long the activity was in hours & Date	Number of points awarded	How this activity has benefited my practice

Notes: You will see that 'travel to attend a CPD activity' accrues 1 point per 50 miles, when travelling over 50 miles, to a maximum of 5 points. This is a controversial part of the scheme, but one that was very well discussed between the Society and the CNHC (Complementary Natural Healthcare Council) Schools Forum of the new Regulator before a compromise was reached. It is included to acknowledge the time and energy spent travelling by those practitioners who live in rural areas.

Please do attach a separate sheet if you need more space to log your CPD.