



# ALLIED HEALTH PRACTITIONERS' COUNCIL OF ZIMBABWE

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CPD POINTS CLARIFICATION  
PRESENTED BY ZEBRON S.

# INSTRUCTION ON HOW TO USE THIS BOOKLET

*\*\*All activities should be in line with counselling*

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The holder of this booklet should ensure that all the continuous professional development (CPD) hours are recorded and signed immediately after each activity.

- This CPD booklet should be used for continuous professional development activities that are relevant to the counselling profession only;
- The CPD booklet will be presented to ZAFTPC Education and Liaison Committee for recommendation for renewal of the practicing certificate; and It is an offence to falsify information in this booklet.

## Possible activities to enhance professional development

Lecturing/Attending Lectures

- Training Workshops
- Additional qualification (relevant to the profession)
- Publishing articles in refereed journals
- Attending and Participating in Conferences
- Supervision
- Peer reviews
- Community service
- Professional growth

OTHER SUGGESTED ACTIVITIES – BLOGGING, NEWSPAPER  
ARTICLES ON COUNSELLING, ETC

# Categories

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1.a) Lecturing/presentation – 5 points/1 hour b) attending- 2 points/day(8 hrs)

2. Seminar- a) half day: attending – 2points, presenting -5points b) full day: attending -5 points, presenting – 10 points

c) conference/annual congress: attending – 10 points, presenting – 15 points( 1 day)

3. Publishing articles in

a) Refereed journal – 10 points(abstract 200-250 words, single author 10 points, co-authoring 5 each

b) Review of journal article/research proposal – 5 points (abstract 200-250 words)

# Activities (continued)

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4. Professional group meetings(ZAFTPC meetings)

a) attending – 2 points b) Presenting – 4 points (2 hrs)

5. Achieving an extra relevant qualification: 5 points (certificate/diploma)

Attainment of a degree: 10 points

6. Direct mentoring or supervision of interns – 5 points for 2 students per semester (mentoring should be linked to counselling profession)

7. Community service – 10 points (activities linked to are of specialization/counselling.

8. Personal Psychotherapy for professional growth – 2 points/session(minimum of 10 sessions compulsory)

# Activities (continued)

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9. Professionally related training activities that are specific to each discipline (eg CBT/Trauma/Gerontology/Palliative Training etc) 5 points – at least 2 days training.

## Further explanation

- The Education committee authenticates the activities recorded
- Counsellors to make sure they get signatures and /or stamp on the activity from the organizers of the event/ provide a programme for the event which shows presentation.
- For reviewed articles, to get a certificate of reviewing or copy of the acknowledgement from the editors

# Further explanations

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- Publication to be indicated by ISSN/ISBN numbers or journal details
- Testimonials to be directly sent to the Education Committee by the interns with evidence of activities mentored on.
- For personal care, counsellors should go for counselling or retreats where they engage in activities that help them detox. These should be related to their profession and compulsory. Burnout can wear down the carer so once in a while counsellors should get together to discuss issues and also engage in exercises that make them rejuvenate their minds.

# Further explanations

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Community service includes pro-bono services where counsellors offer free services to the community in different ways that counselling manifests itself.

Continuous training to enhance their skills need to be done – in other professions they talk of staff development trainings. These make the counsellor keep abreast with the everchanging trends in the field.

Attaining a higher qualification indicates that the counsellor does not want to remain on the same level – appetite to continuously learn makes the counsellors' skills better.

Blogging, publishing in the newspaper on counselling issues are other activities that can be done to earn CPD points.

# *The end!*

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Counsellors are healers of nation, so we all have a lot on our hands that can make the dream come true.

*Let's keep the profession alive!*

*Thank You!*