

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

Continuing Professional Development (CPD) is the means by which members of the profession broaden the expertise required in their professional lives. Below are possible activities to enhance professional development.

The minimum CPD points will be 50 per year. To facilitate transition, the registration, renewal certificates for Practising Psychologists and Interns would require that these practitioners accrue a **minimum of 30 points** in 2016, then 40 in 2017 and 50 from 2018 onwards. NB: One cannot accumulate **more than 40%** of their points from the same category.

Below is the CPD points Guide Chart.

CATEGORY		POINTS AWARDED	MINIMUM	COMMENTS
1	a. Psychological lecture/ Presentation to the public	2	1 Hour	Points will be awarded to the presenter. The education and liaison committee are supposed to confirm the authenticity of the lecture Lectures should be in line with psychological education
	b. Lecturing	2	Semester	
2	a. Morning/afternoon seminar	1/hour	1/hour	Seminar should be in line with continuous psychological education. Conference should be in line with continuous psychological education
	b. Psychology Conference/Annual Congress	Attending- 5 Presenting- 10	2 Days	
3	a. Publishing in Peer reviewed Journal.	20		First author gets 20 points. Other listed authors get 10 points. Lecturers should not claim points from reviewing proposals of their students which is part of their everyday job
	b. Review of journal article or research proposal	5		
4	a. Professional group meetings	Attending- 2 Presenting- 4	2 hours	e.g. Therapist Support Group (TSG) e.g. ZPA, IPMZ
	b. Attending professional board meetings/functions	2	1 Hour	
5	Achieving an extra Psychology qualification	5 10	Certificate Degree	The qualification should be in line with continuous psychological education
6	Registration with a professional board e.g. ZPA, AHPCZ, PAPU, IPMZ, TSG	2		
7	Participation in external consultation, e.g., external examination/ evaluations/ assessments	2		
8	Direct mentoring or supervision of interns on register with AHPCZ	33 per student per year		A point for each for each student's quarterly supervision report submitted to AHPCZ
9	Community Service	2	per service	

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10	Personal psychotherapy for professional growth	2	Session	At least six sessions, compulsory for interns.
12	In-service training activities that are specific to each discipline (e.g. MMPI Training, EMDR training)	5		At least two days

<u>Date</u>	<u>CME Category</u>	<u>Topic</u>	<u>Stamped/Signed by</u>
17/01/2022	4a - 4	Positive Relationships for a Positive Workplace presentation	Sikoliwe E Sibanda Workplace Options
2 - 3/02/2022	12 - 5	EMDR: A Rapid Safe, and Proven Treatment for Trauma 2 days training	Megan Boardman - PESI
3/02/2022	4b - 4	Clinical Division Quarterly Meeting	ZPA
14/02/2022	4a - 4	Well being in the Month of Love presentation	Sikoliwe E Sibanda Workplace Options
1/03/2022	2a - 1	The Impact of the Pandemic on People who use Drugs and Treatment Services: What we can learn from research.	Kate Halliday Addiction Professionals
2/03/2022	9 - 2	Importance of Mental Health for Caregivers and Patients - Diabetes	Sikoliwe E Sibanda Mabvuku Clinic - ASAC
9/03/2022	2a - 1	Feminist Therapies in EAP Setting	Joanna Almeida Workplace Options
30/03/2022	2a - 1	Long Covid and Chronic Illness among Health Workers in Africa. Post Covid Treatment Network	Dr. Dube - Amari Consortium
13/04/2022	4a - 2	Somatic Mindfulness Based Therapy in single session therapy	Leslie Butler Workplace Options
25/04/2022	4a - 2	Prolonged Grief Disorder: Does this new diagnosis help or hurt?	Danna L Schuurman, et al. PESI
/05/2022	4a - 2	Trauma and Isolation	Mertha M Nyamande ZPA
18- 20/05/2022	12 - 5	Dialectical Behavioural Therapy DBT 3 days training	Katelyn Baxter- Musser Evergreen
19/05/2022	2a - 1 2a - 1	War - Psychological Skills for Surviving (coping with) Traumatic Events	Sonya Norman ISSUP.

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		Mental Health in the Workplace	Verywell Mind Eventbrite
27/05/2022	2a - 1	New Psychoactive Substances NPS: Synthetic Stimulants/Synthetic Cannabinoids	Aviv Weinstein et al. ISSUP
13/06/2022	4a - 4	Personal Life Boundaries presentation	Sikoliwe E Sibanda Workplace Options
16/06/2022	2a - 1	War - Psychological skills for surviving and coping with Traumatic events: Helping Older Adults	Sonya Norman ISSUP UKRAINE
20 - 21/06/2022	4a - 8	Mental Health Well being among Funeral Staff members presentations	Sikoliwe E Sibanda Doves Harare
8/06/2022	2a - 1	Supporting clients dealing with Survivor's guilt	Flavia Previtali Workplace Options
6 - 9/06/2022	4a - 16	Men's mental Health: Sexual Dysfunction, DSM 5 presentations	Sikoliwe E Sibanda ZIMPLATS Selous
1/07/2022	6 - 2	Affiliation to ZPA 2ND YEAR as clinical division vice chair	ZPA
6/07/2022	2a - 1	New Psychoactive Substances NPS: Black market and Policy of new psychoactive substances in the Asian region	Oleksiy Feshchenko et al. ISSUP
7/07/2022	2a - 1	Highlights from the 2022 UNODC World Drug Report	Giovanna Campello ISSUP
13/07/2022	2a - 1	Attachment Styles at the Workplace	Carla Montague Workplace Options
20/07/2022	4a - 2	Dementia	Dr Ruwizhi - ZPA
11/08/2022	2a - 1	ADHD across the lifetime using Strength Based Approach	Tiara Puspita - Workplace Options
5- 6/09/2022	4a - 8	Workplace mental health: Stress and coping presentations	Sikoliwe E Sibanda Cellmed
9/09/2022	2a - 1	Caring for the carer, Psychological Well being for Health care Workers	Dr Mwamuka Friendship Bench
10/09/2022	9 - 2	Caregivers of people living with mental health issues: Psycho-social support	Sikoliwe E Sibanda St Luke' Anglican Church Greendale
14/09/2022	2a - 1	Supporting co-occurring Disorders through Brief Counselling	Workplace Options
21/09/2022	4a - 2	Relationships and suicide	Tanatswa Chikaura - ZPA

26/09/2022	4a - 4	Cognitive Behavioral Therapy Training: Master the core skills and competencies of CBT 8 HOURS	Charles Jacob - PESI
12/10/2022	4a - 2	How to manage being triggered by a client	Talisha Kelly Workplace Options
13/10/2022	4a - 4	Pink day: Coping with stress and Breast cancer presentation	Sikoliwe E Sibanda ZIMPLATS NGEZI
14/10/2022	4a - 4	Pregnancy and Infant loss: Effective Strategies to Support Grief and Treat Trauma, anxiety, and depression in bereaved parents 8 HOURS	Julie Bindeman - PESI
26/10/2022	12 - 5	EMDR 2 days training	Megan McQuary Psychotherapy Network
28/10/2022	4a - 2	Therapy and Spiritual Care in a Shattered World	Boston University Danielsen Institute
9/11/2022	4a - 2	Single session Safety Planning	Flavia Previtali Workplace Options
14/11/2022	4a - 4	Men's mental Health - Movember presentation	Sikoliwe E Sibanda Workplace Options
6/12/2022	12 - 5	Dialectical Behavioral Therapy DBT 3 DAY TRAINING	Lana Pederson PESI
14/12/2022	4a - 2	The Use of Ecotherapy in Short term Solution Focused Approach	Workplace Options
21/12/2022	4a - 4	World Aids Day Commemoration: Hiv/Aids and Mental Health presentation	Sikoliwe E Sibanda Workplace Options
/08 - 31/12/2022	1 - 2	Women's University in Africa: Part time lecturer PSYCHOLOGY department	WUA
July - Sept 2022	10 - 12	Personal psychotherapy	Friendship Bench
TOTAL POINTS	130		

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