



**ZIMBABWE ASSOCIATION OF FAMILY THERAPISTS AND PROFESSIONAL
COUNSELLORS (ZAFTPC)**

In collaboration with

ALLIED HEALTH PRACTITIONERS COUNCIL OF ZIMBABWE (AHP CZ)

CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

TRACKING BOOKLET

COUNSELLORS

Counsellors and Family Therapists

REQUIRED POINTS

Yearly: 50

Name: Patience Dube _____

Registration Number: A/COU N0362 _____

NAME: **Patience Dube**_____

PHYSICAL

ADDRESS: **990-3 Shawasha Hills Harare**_____

POSTAL

ADDRESS: **None**_____

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ID NUMBER: **29-176204P29**_____

EMPLOYER : **Population Solution for Health**

ADDRESS : **Block C , Sam Levy Office Park ,Sam Levy Village, Harare**

SIGNATURE: _____ *P. Dube*

DATE _____ *12 January 2022*

12 December 2022

INSTRUCTION ON HOW TO USE THIS BOOKLET

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.

PREAMBLE

Continuing Professional Development (CPD) is the means by which members of the profession (therein known as counsellors) broaden the expertise required in their professional lives. This serves to ensure that both academic and practical qualifications do not become obsolete and redundant, thus allowing them to continuously upgrade. This booklet shall be legal property of Zimbabwe Association of Family Therapists and Professional Counsellors (ZAFTPC) in collaboration with the Allied Health Professions Council of Zimbabwe (AHP CZ). Below are 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

The minimum CPD points will be fifty (50) per year to facilitate transition, registration and renewal of practicing certificates.

CPD points Guide Chart.

CDP CATEGORY		POINTS AWARDED	MINIMUM	COMMENTS
1	a. Lecturing/ presentation	5	One 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 counselling education
	b. Attending a lecture (students/interns)	2	Day	
2	Seminar a. Half-day	Attending- 2 Presenting- 5	Half-day	Seminar should be in line with continuous counselling education.
	b. Full day	Attending- 5 Presenting- 10	Day	Conference should be in line with continuous counselling education
	c. Conference/Annual Congress	Attending- 10 Presenting- 15	Day	
3	a. Publishing article in a Refereed Journal.	10	Abstracts of 200-250 words	Single author gets 10 points. Co-authors share points.
	b. Review of journal article or research proposal	5	Abstracts of 200-250 words	
4	Professional group meetings	Attending- 2	2 hours	Zimbabwe Association of Family Therapists and Professional Counsellors (ZAFTPC).
		Presenting- 4		
5	Achieving an extra relevant qualification	5	Certificate/ Diploma	The qualification should be relevant to the counselling profession
		10	Degree	
6	Direct mentoring or supervision of interns	5	2 students per semester	The mentoring should be linked to the counselling profession
7	Community Service	10	Activity	Linked to area of specialisation subject to verification
8	Personal psychotherapy for professional growth	2	Session	Minimum 10 sessions (compulsory)
9	Professionally related training activities that are specific to each discipline (e.g.CBT/Trauma/Gerontology/Palliative Training, etc.)	5	At least two days training	Minimum of two days

Date	CPD Category	Description	Stamp & Signature
June 2022	1a	I facilitated during a 2-day PrEP training for new recruits (3 different groups) of New Start Center community footprint. I facilitated counselling skills, techniques, and role plays	POPULATION SOLUTIONS FOR HEALTH Block C. Sam Levy Office Park Borrowdale, Harare 12 DEC 2022 Tel 0242-334631, 0242-332586/87 0242-333060
	3a	I was a co-author writing an abstract with the following topic 'ART continuation among Key Populations through Multi-month Scripting and Dispensing during the COVID-19 Pandemic: Lessons from Zimbabwe' 300 words	
January 2021 to date	5	I am currently studying a Post grad degree, MSc in Public Health with University of Suffolk. The course content includes understanding causes of mental health and counselling the patients.	
May 2022 5 to 9 December 2022	6	I supervised 6 counsellors within the New Start network 1. Mutare - 2. Gweru- 5 December 2022 3. Bulawayo -6 to 9 December 2022. As part of routine mentorship, counsellors in the New Start Network are supervised once a quarter.	POPULATION SOLUTIONS FOR HEALTH Block C. Sam Levy Office Park Borrowdale, Harare 12 DEC 2022 Tel 0242-334631, 0242-332586/87 0242-333060
March to May 2022	6	I completed a Nurse AIDE course with Red Cross focusing on palliative care from March to May 2022. Certificate available	
15 to 19 August 2022 5 to 9 December 2022	8	Engaged in 10 counselling sessions focusing on the following 1. Anxiety disorders 2. Depression 3. Psychoses 4. Stress 5. Self care I engaged with 5 sessions, 3 HIV testing and counselling sessions while 2 were clients receiving PrEP counselling at the New Africa House, Mutare and Gweru New Start center	
29-11-2022 to 01-12-2022	9	I attended a 3-day Mental Health training and participated in practical role plays on managing mental health using the Cognitive Behavior Therapy approach	POPULATION SOLUTIONS FOR HEALTH Block C. Sam Levy Office Park Borrowdale, Harare 12 DEC 2022 Tel 0242-334631, 0242-332586/87 0242-333060
24 to 27 November 2022		I attended a trip to Binga with 10 colleagues. This was a getaway debriefing trip to eustress and engage in self-care activities	

NB: Please note that the counselling sessions, trainings and self-care activities highlighted were organized by my employer who will sign to confirm attendance.

