

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

**In collaboration with**

# ALLIED HEALTH PRACTITIONERS COUNCIL OF ZIMBABWE (AHPCZ) CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

**TRACKING BOOKLET**

# COUNSELLORS

**Counsellors and Family Therapists**

# REQUIRED POINTS

**Yearly: 50**

# Name: TICHAENZANA NYASHANU

Registration Number**: A/PSY0672**

NAME: **TICHAENZANA NYASHANU**

PHYSICAL

ADDRESS: **5041 MHIZHA STREET, RUJEKO A, MASVINGO, ZIMBABWE**

POSTAL

ADDRESS: **5041 MHIZHA STREET, RUJEKO A, MASVINGO, ZIMBABWE**

TEL: (Home) (Cell) **+263 772 345520**

(Work) **+263 39 2266649**

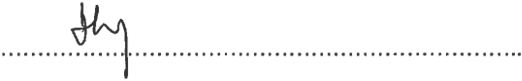
ID NUMBER: **27-145548E27**

EMPLOYER **GREAT ZIMBABWE UNIVERSITY, MASVINGO**

EMPLOYER

ADDRESS **GREAT ZIMBABWE UNIVERSITY, JULIUS NYERERE SCHOOL**

**OF SOCIAL SCIENCES, DEPARTMENT OF PSYCHOLOGY, MASVINGO**

SIGNATURE:

DATE **06/03/2023**

# 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 (AHPCZ). 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.  Conference should be in line with continuous counselling education |
| b. Full day | Attending- 5  Presenting- 10 | Day |
| 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/Gero ntology/Palliative Training, etc.) | 5 | At least two days training | Minimum of two days |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **CPD**  **Category** | **Description** | **Stamp & Signature** |
|  |  |  |  |
| **10 September 2022**  **23 November 2022**  **23 September 2022** | 2 A  Seminar Presenting (half day)  2 C Presenting at Conference (Day)  2 C  Presenting at  Conference  (Day) | Mubatirapamwe Trust:Train the Trainer: Raising Awareness on Identifying Signs of Substance Use    Gauteng Substance Use Symposium (23 November 2022).  9th ICCP Conference on Community Psychology, Naples, Italy. |  |
| **Published**  **19 November 2022**  **Published**  **14 June 2022**  **Published**  **02 August 2022**  **Reviewed an article from Zimbabwe Journal of Health Sciences**  **13 August 2022**  **Reviewed an article from the Journal of Substance Abuse treatment, Prevention, and Policy**  **14 September 2022** | 3 A  Publishing article.  3 A  Publishing article  3 A  Publishing article  3B  Review of  Journal Article  3B  Review of  Journal Article | Two authors: Nyashanu, T & Visser, M. (2022). Treatment barriers among young adults living with a substance use disorder.  **https://doi.org/10.1186/s13011-022-00501-2**  Two authors: Nyashanu, T & Zirima, H. (2022). Treatment barriers and gender based perceptions: Establishing gender-based treatment specialty facilities as a strategy to motivate South African young women to seek treatment.  **DOI: 10.1002/jcop.22896**  One author: Nyashanu, T. (2022). The rationale for setting up gender-specific facilities for the treatment of substance use-related problems.  **DOI: 10.24966/AAD-7276/100096**  Emotional Intelligence among single mothers during COVID-19 pandemic: Insights from women in Masvingo urban, Zimbabwe.  Inpatient care provider perspectives on the development and implementation of an Addiction Medicine Consultation Service in a small urban setting |  |
| **24 April 2023** | 5  Achieving an extra relevant qualification | PhD in Psychology. University of Pretoria, South Africa. |  |
| **31 December 2022** | 8  Personal psychotherapy for professional growth | Completed 12 sessions. |  |
|  |  |  |  |