

AAMET Level 3 Continuous Professional Development (CPD) and Supervision Requirements

Last modified 24th February 2008

Section 1

Level 3 AAMET Practitioners are required to maintain their knowledge of EFT and its most recent developments by means of a Continuous Professional Development (CPD) System. CPD Units are gained by undertaking various actions seen as helping the practitioner to keep up to date and abreast of new developments. (See details in the 'Regulations' section of www.aamet.org).

All Level 3 practitioners are now required to gain 5 CPD points annually and also to commit to regular supervision.

Submission of Supervision and CPD Points: Retaining Level 3 Status

To retain level 3 status a yearly supervision record documenting CPD points and supervision must be submitted to the AAMET Trainer or AAMET Supervisor. The date of submission of this information should be before completion of the year. Start of the year will correspond with the initial course attendance dates.

The responsibility for submitting this information lies with the level 3 student.

The AAMET trainer or supervisor must then submit confirmation that this information has been received to the AAMET.

Section 2: CPD OPTIONS AS FOLLOWS:

- | | |
|--|---------------------|
| A) Assessed case study (not more than two/year) | 1 CPD |
| B) Attending EFT based Workshops | Up to 6 CPDs |

(Please refer to: **CPD POINTS AND COURSES**, below to check that the course is eligible for CPD points)

C) Documented Personal Study/1 per year (1 CPD)

Personal study may include reading relevant books and watching videos relevant to a Level 3 Practitioner's development in EFT and must be documented by the practitioner so that it can be checked and assessed by a Trainer at the end of each year, or as deemed necessary by the Training Triumvirate or the Complaints Committee (in the event of a complaint)

D) Published Article. Maximum 2 per year. (1 CPD per article)

Articles published in magazines and newspapers or on the various EFT websites - UK Masters' (www.eftmasters.co.uk), or Gary Craig's (www.emofree.com), will be

acceptable. The practitioner must document these so that that it can be checked and assessed by a Trainer.

Submission guidelines:

Articles or case histories for www.eftmasters.co.uk will be checked by a Trainer to ensure high quality, technically accurate accounts. Articles for Gary's www.emofree.com site must be submitted directly to Gary Craig.

E) Leading Groups. 1 per year (1 CPD)

These must be documented by the practitioner.

SUPERVISION

Please Note: Supervision is now a compulsory component of maintaining Level 3 status, requirements are as follows:

Section 3: Following attendance at an AAMET level 3 workshop attendees have a choice of the following options:

- a) Group Supervision with qualified AAMET Trainer
(12 hours or 2 days per year)

Or

- b) Individual Supervision per year with a qualified AAMET Trainer, (6 hours)

Or

- c) Group/ Individual: A combination of 50% group (6 hours) and 50% Individual Supervision (3 hours)

Section 4: Second year of practice onwards a choice of the following options is required:

- a) Group Supervision with qualified AAMET Trainer (6 hours or 1 day per year)

Or

- b) Individual Supervision with qualified AAMET Trainer (Three hours) per year.

Or

- c) Group/ Individual: a combination of 50% group (3 hours) and 1.5 hours individual supervision with qualified AAMET Trainer

Or

- d) Peer Supervision: 6 hours combined **with either**:
 - o 1.5 hours Individual Supervision per year with qualified AAMET Trainer
 - o Half day (3 hours) day Group Supervision with qualified AAMET Trainer

Section 5: CPD POINTS AND COURSES

Course organizers can apply to the AAMET Co-ordinator (TLlewellyn@aol.com) to have workshops etc assessed. This application must be made by the organisers or presenters and must be made in advance.

Applications in retrospect or by course attendees cannot be considered.

The AAMET reserves the right to have observers at these courses to confirm that the courses contain the content expected and are up to the required standard