# European Association for Psychotherapy

**Continuing Professional Development**

**Continuing Professional Development** (CPD) is required for re-registration of the ECP holders in National registers in their country of practice. You are required to complete an average of 50 hours per annum of CPD. This CPD can be taken in the following forms:

1. Advanced or additional professional psychotherapy courses (Please list these, include detail of the provider (institute) and a synopsis of the course, and indicate the number of hours for each course on a separate sheet.)
2. Professional supervision for psychotherapy practice/clinical/group work and peer supervision (Please indicate this on a separate sheet with name of supervisor/institute, hours of supervision, and the total of number of hours).
3. Psychotherapy conference / symposium attendance (Please list title, date and organisation for each on a separate sheet and indicate number of hours of session time attended in each. Please attach copies of all conference attendance certificates).
4. Professional activities in psychotherapy. (Being elected to a Board or a Committee and attending meetings. Please indicate organisation, dates of committee/board meetings, and number of formal hours of each meeting.)
5. Participation in extra psychotherapy training as a supervisor/researcher/teacher.
6. Self-experience/therapy in one of the modalities recognized by EAP (Please list the name/s of the therapist/s, duration of the therapy, frequency of sessions and total number of obtained hours of self-experience/therapy)

**CPD hours should not consist of more than 30% from any one listed CPD category.**

CPD should be checked every 3 to 5 years by the NAO which maintains the national register of ECP holders. Each NAO remains in charge of determining the exact number of years for re/checking CPD within the given period of 3 to 5 years.

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