

AAPA

**AROMATHERAPY &
ALLIED
PRACTITIONERS'
ASSOCIATION**



CONTINUING PROFESSIONAL DEVELOPMENT

AAPA

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**Remember each year's
AGM is a whole day with a
workshop and counts for
6 CPD Units
AND ITS FREE!**

**The Morley College
Aromatherapy Club is
facilitated so it also counts for
CPD units**

AROMATHERAPY CPD This requires 36 hours / units to be achieved over a three year period. This period reflects the time and money a therapist might spend on a substantial course taken in one of the three years.

CPD should include at least 18 hours of

therapy specific training or workshops- such as advanced chemistry, new bodywork techniques, additional essential oils & methods of use, refresher courses, and facilitated support groups

Non specific but relevant topics or qualifications such as therapeutic communication skills, counselling skills or similar can make up the balance.

Reflective practice, portfolio development,

publication of articles & reviewing of books can also be used for this section.

Interaction with other therapists achieved by attending courses is essential to the professional development of a therapist in what could be otherwise isolated professional practice.

It is the suitability of the course or material which is important, not whether or not the provider had paid a fee to an association. For that reason any provider's course may be suitable but if in doubt pass it by the AAPA first for an answer.

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MESSAGE CPD is different to Aromatherapy and Massage Therapy members of the AAPA should follow the link

**[www.gcmt.org.uk/
documents.asp](http://www.gcmt.org.uk/documents.asp)**

The numbers of hours required each year are 18 and the policy is clearly broken down into components in the pdf download available from the link above.

NB This means that Massage therapists will need to achieve an extra 18 hours CPD in a three year period compared to aromatherapy only practitioners. In the fullness of time it is hoped that agreement can be reached on parity of standards but it is more likely that the standard for aromatherapy will be raised.

HOW TO EVIDENCE YOUR CPD

Therapists often forget how important paperwork is to being therapists. For evidencing CPD the following are useful rules:

Learn to reflect formally on what you do by keeping a record. When you read an article, a journal, a book or do research on the internet consider not only what new learning you have acquired but how you may be able to integrate it into your

practice. Get into the habit of writing this down in a formal way. Some people keep reflective journals while others write up particular experiences on an ad hoc basis. You may do whatever suits you as long as when you claim your CPD credits, for example when reading a new aromatherapy book you will need to produce written evidence that you

have reflected thoughtfully on its content and application and describe how you have utilised the new learning.

Keep details of any courses or workshops you attend and get a signature from the organiser of your attendance. Reflection will be just as important for these events as for reading and researching otherwise the time & money invested

may be wasted. **[Click here to go to Reflective Practice Guide](#)**

Develop a portfolio of evidence of any piece of paper which is relevant to your practice and personal development.

Put into a folder with an index. Include all diplomas and certificates. Not only will this help evidence your CPD but be invaluable when applying for posts.

