

My Personal CPE Planner 2016/18

Your guide to planning your
Continuing Professional Education



Australian Association
of Massage Therapists

Understanding your Continuing Professional Education (CPE) commitment

One of the most important obligations of AAMT members is the requirement to maintain professional standards. When you join AAMT, you are required to declare your ongoing compliance with the AAMT Constitution, Code of Ethics, Standards of Practice, and Continuing Professional Education requirements. Compulsory CPE applies for both membership of AAMT and for eligibility for approved provider status with private health funds. 'Advanced Members' (AAMT's new member category) must have 50 CPE points, Remedial Therapists must have 40 CPE points and Massage Therapists must have 30 points – valid at all times.

The Five Elements of AAMT CPE are explained in detail with tables of applicable points on pages 3 and 4 and you can find some examples on page 5. On the back page there is a step-by-step guide to maintaining your CPE points online.

You have a professional obligation to yourself, to your clients and to the public to plan and participate

in a continuing professional education program tailored to meet your own needs.

The underlying principle of CPE is that it should contribute to improving your ability to undertake your job by extending your knowledge and skills. It is additional to the normal requirements of your job and aims to ensure that you are up-to-date, providing you with a competitive advantage in your area.

CPE activities are offered by a range of providers, including educational institutions and private providers. There is no obligation to undertake CPE with AAMT. You may also elect to undertake online learning, a home study course or develop your own structured program of study.

AAMT offers an extensive range of events, webinars and online learning (including the new HALO platform (Health And Learning Online) and we encourage you to explore all of these CPE opportunities on the AAMT website: aamt.com.au.

The Five CPE Elements of AAMT Continuing Professional Education



The Five CPE Elements explained

People learn in many forms, auditory via webinars, visual through text and kinaesthetic via face-to-face learning. We require the same variety within the CPE structure: the capping system ensures our members garner information via all avenues of the learning systems. Using as many of the five elements as possible will ensure a variety and depth of education to assist you in your role and in your journey towards professional development and reflective practice.

1 Core

(Examples: Cert IV, Diploma, Advanced Diploma, Bachelor.)

Essential (formally qualified) knowledge for professional practice and currency of skills of the therapist. This includes the understanding of the dynamics and complexity of the human body at a level which has been assessed to a pass mark, competency or equivalent. This element predominantly focuses on knowledge of the human musculoskeletal system in relation to areas of function, dysfunction, homeostasis, balancing and rehabilitation. It can also include OHE equivalent e.g. Physiotherapy, BHSc Musculoskeletal, BHSc Human Movements.

Core	Value
CPR	5
First Aid Refresher	15
Cert IV – Massage Therapy	30
Diploma – Remedial Therapy	40
Advanced Diploma – Myotherapy	40
Bachelor of Health Science (Musculoskeletal, Myotherapy)	40
Advanced Diploma of Health Science (Soft Tissue Therapy)	40

2 Professional & Technical

Professional A

Adjunct knowledge for professional practice or currency of skills of the therapist that is delivered with formal certification from an examination or assessment. These CPE events are often included in the program, typically an AQF course.

This element includes techniques and tools that may not have been fully covered in the therapists' original formal qualifications. This would include techniques such as dry needling, cupping, advanced rehabilitation including stretching and exercise prescription, advanced reflexology, or the practice of aromatherapy.

Professional B

Adjunct knowledge for professional practice or currency of skills of the therapist that is delivered without formal certification, examination or assessment included in the program. This would be typically delivered by an industry specialist in a seminar or lecture style. This element may replicate some of the techniques as described in Professional A. The majority of CPE events run currently by AAMT fall into this category.

Endorsed Education Activities Program

Another option to earn CPE Points is to attend one of the Endorsed Education Activities Program (EEAP). The programs revise, enhance and build on education derived from initial or foundational massage therapy courses. They can also be characterised by program design that offers newly emerging concepts, principles, theories and research in massage, bodywork and healthcare. The National Education Committee assesses each EEAP application that expands and enhances the knowledge base of all our members as postgraduate opportunities. Visit aamt.com.au/students-education/eeap

Professional & Technical	Value
Professional A	
Additional Cert IV HLT (ie. Reflexology, Bowen, Formal Fitness, Business)	30
Additional Diploma HLT (ie. Aromatherapy, Naturopathy, TCM, Vodder, PT Trainer, Business)	40
Professional B – CPE/Conference/Approved Providers	
AAMT Webinar	5
Non-AAMT Online Education – unless specified	5
CPE/Endorsed Education Activities Program (Half day/Full day/Two full days)	5/10/20
Wetlab (Half day/Full day/Two full days)	5/10/20
AAMT National Conference	40

3 Non-Technical: Personal Effectiveness

(Examples: Business plans, reflective learning through case studies, attending other holistic conferences/workshops.)

Knowledge or practice that increases therapists' knowledge in researching, reflecting and implementation of change in their practices. This element assists practitioners to build and develop their business either as a sole practitioner, employer, as an employee or part of a multimodality practice.

This element also covers learning through reflective practice and the importance of communication with clients, other health professionals and peers.

Non-Technical: Personal Effectiveness	Value
Instructional Books – max of 3 per year	5
Instructional DVDs – max of 3 per year	5
AAMT <i>Massage Therapists Journal</i> (All four Journals in one year)	5
Draping Policy Review	10
Minimum Standard of Record Keeping Assignment	10
Mentoring Sessions (capped at two sessions)	10
Other industry journals – per subscription	10
Development of Business Plan	15
Marketing Plan	15
Case Study – max of 2 per year	15
Reflective Practice Journal	15
Health or Holistic Conference	15
Ethical Practice Module	15

4 Non-Technical: Business

(Examples: Working within committees, directorships, etc.)

The sharing of individual knowledge that contributes to industry knowledge and recognises commitment by those who work internally for the Association.

Non-Technical: Business	Value
National Board of Directors	10
National Committees of the Board	10
AAMT Ambassador Roles	10
Regional Group Facilitators	10
<i>Capped at no more than 20 points in any 12 month period per committee. Attendance required and to be audited separately from general CPE.</i>	

5 Professional Engagement & Industry Content

Industry A

(Examples: Charity volunteer massage, fun runs, etc.)

Professional practice, promotion and profiling of the massage profession that upholds the integrity of the profession and indicates commitment as a practitioner. Examples include how you make a difference to your clients or the profession or how the industry makes a difference to the client.

Industry B

(Examples: Writing articles within the industry greater than 10,000 words, research of relevant outcome producing material.)

This element is about research and publishing works that will develop the massage profession, treatment outcomes, and establish bodies of work that can be used by other health professionals, students and peers.

Professional Engagement & Industry Content	Value
Industry A	
Travel of more than 60km for CPE – inclusive to and from event	5
Professional Membership of another Association	10
Charity Events (Voluntary Work – max of 2 per year)	10
Promotion and Profile – authorised and documented	10
Editorial content for Journal (published)	10
Regional Meetings	10
Develop topic for discussion	10
Industry B	
Member of PRACI (Practitioner Research & Collaboration Initiative)	10
PRACI sub-study participation	15
Publishing – books, findings, workbooks	40
Research Project	40

Select from AAMT CPE Events & Webinars online

Here are some examples of AAMT CPE Events and Webinars you can choose from. Visit the website aamt.com.au for many more opportunities.

Collaborative Care for Chronic Conditions

Group: Professional and Technical

Type: AAMT Workshop 1 Day

Points: 10

Introduction to Ethics

Group: Professional and Technical (Other Workshop)

Type: HALO

Points: 15

Scoliosis – A Three Dimensional Approach

Group: Professional and Technical

Type: Webinar

Points: 5

Massage Through the Ages

Group: Non-Technical: Personal Effectiveness

Type: Books

Points: 5

Voluntary Program

Group: Professional Engagement & Industry Content

Type: Charity Event Voluntary Work

Points: 10

Bachelor of Myotherapy

Group: Core

Type: Bachelor

Points: 40



HALO or **H**ealth **A**nd **L**earning **O**nline is an AAMT education platform that provides AAMT members with further education across a range of different topics. HALO also provides instant accessibility for members who face the challenges of participating in CPE through geographical isolation and/or limited time resources because of clinical commitments.

Mandatory Modules (Free)

All AAMT members are required to complete two modules of study around ethical practice. These free modules are online and each module is worth 15 CPE points. New members are required to complete the modules in the first year of practice.

The modules are open book, have an 85 per cent pass rate and two attempts are available. For members who want to extend their ethical education, a further four modules will

be available which build knowledge and understanding in specific areas of ethical practice.

More HALO Modules

There are currently more than 40 modules available and this number is increasing regularly. Topics are wide-ranging and include subjects as diverse as:

- Assessment and Treatment of Postural Syndrome: Cervical Region
- Assessment and Treatment of Postural Syndrome: Lumbo-Pelvic and Hip Region
- The Importance of Research Capacity Building
- Branding for Massage Therapists
- Working within a Medical Model for Cancer Patients

Categories and Groups: Unsure what Category or Group a module belongs to according to AAMT CPE Policy? When you register online each module includes a symbol highlighting the colour that group belongs to along with the sub group.

More information: Visit aamt.com.au 'Members Only' and select the menu item 'HALO'.

Other Educational Options

Events, Sessions and Seminars: There is a wide variety of opportunities available to members for CPE. Members can also attend other professional Associations' events, seminars run by local government, the ATO and conferences, both local and international.

Distance: Other options to earn CPE Points are to read the AAMT *Massage Therapists* Journal, watch and review industry DVDs, books on both technical and practice-related topics, voluntary work and subscriptions. AAMT also provides you with HALO – Health And Learning Online – see above for more information.

Claiming your CPE Points

AAMT National Conference 2016, 2017 and 2018

Attending each conference earns you 40 CPE Points each year!



1 Login to the AAMT website.

Note: If you're unsure of your login details, click 'Forgotten Password?' You will receive an email at the email address registered with AAMT – don't forget to check your junk mail!

2 Select 'Education' on the AAMT website. Click 'Record your CPE Points'.

3 You can now fill out the online form to claim CPE Points. If you're unsure about the eligibility of a topic, or how many points you are eligible to claim, please refer to this planner before claiming. Please keep in mind you cannot claim points for a topic that is taking place in the future. IF you are claiming for a non-AAMT activity, please keep your evidence/paperwork in your records. Don't forget to click 'Activity complete' and to hit **Save**.

4 As you complete further CPE activities, update your CPE points online. There are a minimum number of points you must have valid at all times:

Membership	CPE Points required
Advanced Members	50
Remedial Therapists	40
Massage Therapist	30

Visit www.aamt.com.au
and book your courses today!

CONGRATULATIONS!

You have now planned your CPE activities.
If you have any questions, contact AAMT on
1300 138 872 or email: info@aamt.com.au.



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