

## CPD TRAINING RECORD

### Continuing professional development

Name: .....

Membership Type: ..... Membership No: .....

Period from: ..... to: .....

#### **Human Givens Journal** (Please note that reading the journal is an essential CPD requirement)

Please record below the titles of those journal articles or features that you found particularly helpful or interesting:

Date	Title of article	Comments
March 2018	"But he gave me flowers" (Ros Jeal) 1 hour Vol. 18, No. 3 – 2011	Really helpful ideas on helping victims of chronic domestic abuse.
April 2018	Testing the limits: using the HG approach with exacting clients (Denise Winn) 1 hour. Vol. 20, No. 2 - 2013	Great insight into the challenges of helping clients whose life circumstances are particularly difficult.
July 2018	Eating disorders: an empowering new perspective (Martin Dunne) 1.5 hours. Vol. 24, No.1 – 2017	Helpful explanation of how the organising idea of caetextia can aid understanding and treatment of anorexia, including atypical forms.
Dec 2018 - Jan 2019	General reading of HG journal. 5 hours.	Keeps me up to date with latest developments and news to help my clients.

#### **Other CPD activity**

Date	ACTIVITY TAKEN Please note course title and provider name, where applicable	Comments
February 2018	3 hours revision of Human Givens manual and listening to CD on anxiety.	Revising details to remind myself on how to deal with anxiety and general HG principles.

April 2018	6 hours presentation to work colleagues on how to deal with trauma.	Really good for me to pass this information on - had to revise thoroughly to make sure of my facts.
June 2018	6 hours re-taking 'From stress to psychosis' online course.	Good to refresh my knowledge
April, June & Sept 2018	12 hours in total – attending three peer group meetings @ 4 hours each.	Always useful to meet other HG therapists, share ideas and discuss the latest developments.
August 2018	4 hours assisting a colleague to present a workshop for children using storytelling	Some good progress made, especially with some shy ones. I was able to use the skills I acquired on the HG Stories workshop. Given me more confidence.
Dec 2018 – Jan 2019	6 hours reading the Human Givens journal, newsletter and relevant journal on psychology and psychotherapy.	Keeps me up to date with latest developments and news to help my clients.
Dec 2018 – Jan 2019	12 hours ongoing supervision with an HG Supervisor – 1 hour each month.	Vital to be able to discuss cases and outcomes with an expert on the HG approach.