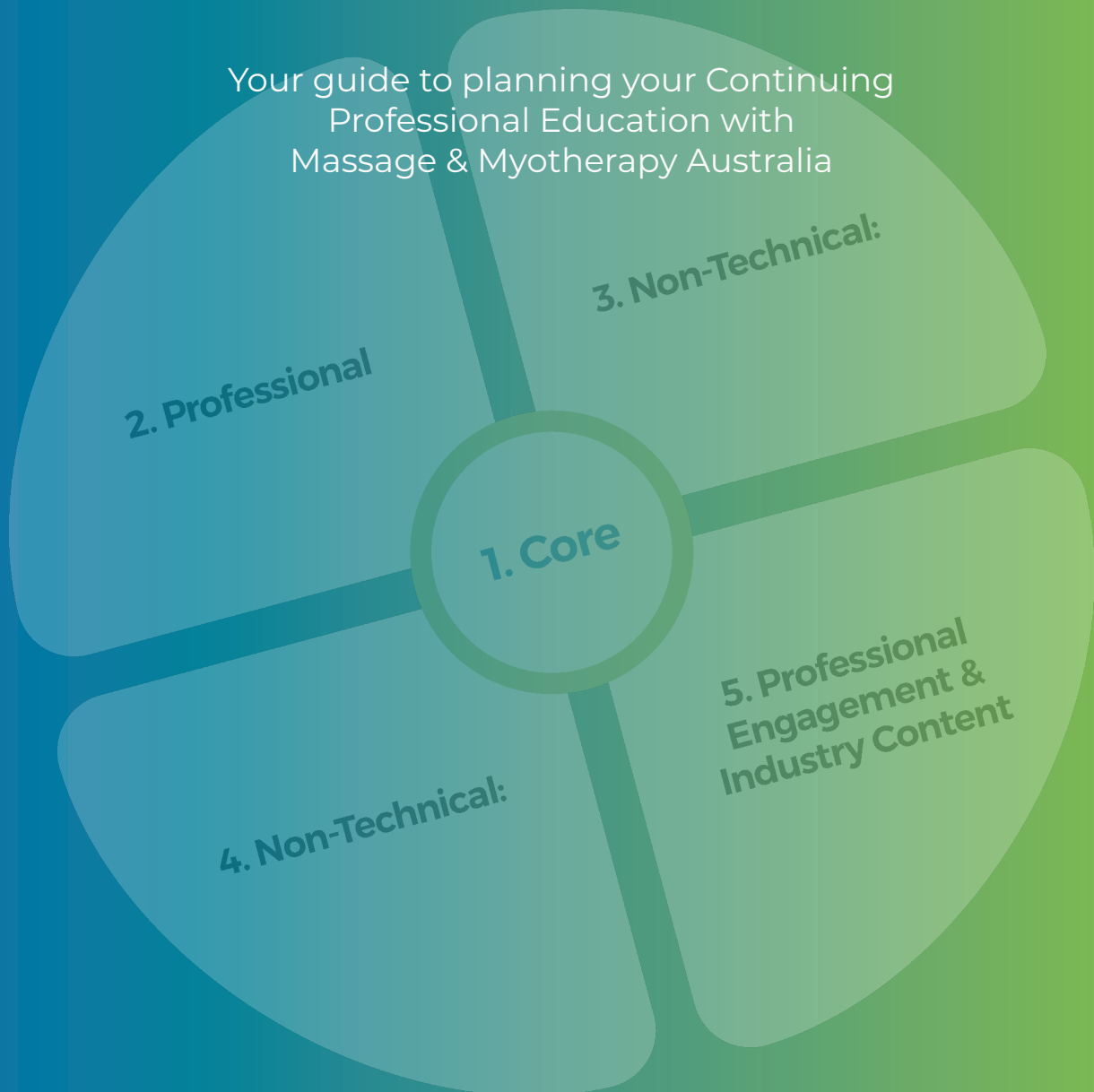


My Personal CPE Planner 2026-28

Your guide to planning your Continuing
Professional Education with
Massage & Myotherapy Australia



Understanding your Continuing Professional Education (CPE) commitment

Education is one of the most important obligations of Association Members. Their dedication to lifelong learning not only ensures compliance with rigorous standards but also contributes to the continual improvement of the industry. Through ongoing development of knowledge and skills, members play a vital role in elevating standards across massage therapy, remedial massage therapy, and myotherapy, reinforcing the Association's commitment to excellence and advancement.

Continuing Professional Education (CPE) focuses on enhancing career-related capabilities through the expansion of knowledge and skills. Beyond everyday practice, CPE keeps Association members informed and provides a competitive advantage in the field.

CPE activities are offered by a range of providers, including Massage & Myotherapy Australia, educational institutions, and private providers. There is no requirement to complete CPE directly with the Association.

A wide variety of CPE opportunities are available, including events run by other professional associations, seminars delivered by organisations such as the ATO, and conferences both locally and internationally. If you are unsure whether a course is eligible for CPE, or are having difficulty accumulating your hours, please contact the Association. When claiming non-Massage & Myotherapy Australia activities, retain your evidence or upload documentation when recording your hours.

Upon joining Massage & Myotherapy Australia, members are required to annually declare compliance with the Constitution, Code of Ethics, Standards of Practice, and CPE requirements.

Annual Hour Requirement

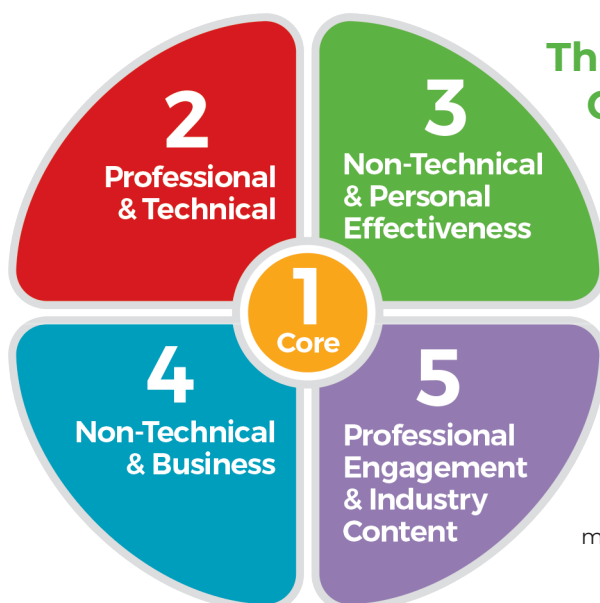
20 Hours

Massage & Myotherapy Australia requires members to update their CPE hours annually; however, it is recommended that hours are recorded as they are completed. **CPE hours remain valid for 12 months from the date they are earned.**

CPE is compulsory for both membership compliancy and eligibility for approved provider status with private health funds. Members have a professional obligation to themselves, their patients and clients, and the public to plan and participate in a CPE program that meets both personal and industry expectations.

In 2026, the Association transitioned from a points-based system to hours. This aligns with broader health industry standards and more accurately reflects the time members spend engaging in continuing professional education. Members are responsible for ensuring their recorded hours are accurate, up to date, and consistent with Association requirements.

CPE hours are capped to support a balanced and meaningful approach to professional development. This encourages practitioners to engage in a variety of learning activities rather than relying on a single source, supporting broader skill development and maintaining high professional standards.



The 5 Elements of the Association's Continuing Professional Education

Over time, CPE requirements may change to ensure Massage & Myotherapy Australia members remain aligned with Private Health Fund requirements and consistent with broader health disciplines.

Massage & Myotherapy Australia requires members to engage in a variety of CPE classifications to support well-rounded, adaptable practice. To assist with this, CPE is structured into five categories. When planning your annual education, members are encouraged to select activities across multiple categories.

Some categories include caps on the number of hours that can be claimed in one year or one category. These limits are in place to encourage balanced professional development, so members should be mindful of these when recording their CPE.

1

Core

Core includes foundational knowledge required for professional practice, for example a Diploma of Remedial Massage Therapy or an Advanced Diploma of Myotherapy is considered 'Core' CPE. Core relates to formally qualified practitioners who demonstrate a comprehensive understanding of the dynamics and complexity of the human body, the key focus lies in the knowledge of the human musculoskeletal system, encompassing areas such as function, dysfunction, homeostasis, balancing, and rehabilitation. Examples of related qualifications include Physiotherapy, BHSc Musculoskeletal, and BHSc Exercise and Sports Science.

Members will automatically be awarded CPE hours for qualifications when joining the Association. No more than 120 hours can be claimed for any one event. When updating CPE hours, add the hours studied, when exceeding 120 hours, enter the maximum 120 hours.

Core	Hours
Ethics in Practice (Mandatory)	1
Provide First Aid (Mandatory)	8
CPR Annually	3
Mental Health First Aid	10
Cert IV – Massage Therapy	120
Diploma – Remedial Therapy	120
Advanced Diploma – Myotherapy	120
Bachelor in Health Science that qualifies for membership (Musculoskeletal, Myotherapy etc)	120

2

Professional & Technical

Professional A - Adjunct qualifications

Adjunct knowledge for professional practice or currency of skills of the therapist that is delivered with a formal qualification, these are often an Australian Qualifications Framework (AQF) tertiary course. The AQF is the national policy responsible for regulating courses in Australian education and training. This element includes techniques and tools that may not have been fully covered in the therapist's original formal qualifications. For example, this would include qualifications in Business, Management, Health, Psychology, etc.

Members can claim for ongoing bachelor and/or master's degree studies, distributed annually, allocated over the life of the program a maximum of 120 hours annually. Early withdrawal from a program may mean CPE are altered or removed at the Associations discretion.

Professional B – Massage & Myotherapy Australia | Massage Therapy related |

Adjunct knowledge for professional practice or currency of skills of the therapist that is delivered without formal certification and does not necessarily require examination or assessment. 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. Many CPE events currently offered by the Association fall into this category. Third Party Providers refers to education that is not endorsed through the Massage & Myotherapy Australia Endorsed Education Activities Program, see Professional C for more information on endorsed education.

Professional C – Endorsed Education Activities Program (EEAP)

Endorsed Education Activities Program (EEAP) course. The programs revise, enhance, and build on education derived from initial or foundational massage therapy courses. The National Education Committee extensively assesses the content of each EEAP application that expands and enhances the knowledge base as postgraduate opportunities. No more than 120 hours can be claimed for any one event.

Professional and Technical	Hours
Professional A – Adjunct qualifications	
Additional Cert IV / HLT	120
Additional Diploma /HLT	120
Additional Degree	120
Professional B – Massage & Myotherapy Australia	
Association Webinar	1
Association Workshop	7
Association Pre-Conference Workshop	7
Association National Conference	17
Association Wet Lab	3
Association HALO Module	Actual
Third Party Providers (Not endorsed through the Association)	
Other Workshop	Actual
Example: Oncology Massage, MLD, Pregnancy Massage	Actual
Other Seminars, Symposiums, Conferences	Actual
Online Courses	Actual
Online Course Platform Subscriptions	Actual
Professional C - EEAP	
Symposium, Conference, Seminar	Actual
EEAP Workshop	Actual
Online Courses	Actual

3 Non-Technical & Personal Effectiveness

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.

Members are restricted to claiming 2 entries. For example, 2 books per year, and 2 Case Studies per year. Hours are capped at 15 hours for any single entry.

Non-Technical & Personal Effectiveness	Hours
Instructional Books	Actual
Massage & Myotherapy Journal (all four editions annually)	5
Mentor/Mentee Session	Actual
Other Industry Journals	Actual
Health or Holistic Conference	Actual
Online education platform Education	Actual
Massage & Myotherapy Australia Surveys and Polls	1
Case Study	Actual

4 Non-Technical & Industry

The sharing of individual knowledge that contributes to industry at large and acknowledging the commitment by those who work internally for the Association, for example Committee members, etc.

Capped at no more than 2 per year and 15 hours. Ambassadors are required to be 'Active' in order to claim CPE hours.

Non-Technical & Industry Content	Hours
National Board of Directors	Actual
National Committee of the Board	Actual
Massage & Myotherapy Australia Ambassador	Actual
Local/Member Meeting Facilitators	Actual

5 Professional Engagement

Professional practice, promotion and profiling of the profession that upholds its integrity and demonstrates commitment as a practitioner. This may include activities that contribute to clients, the profession, or the broader industry, such as charity events, volunteering, or podcast production. This element also relates to research and publishing that supports the development of the massage profession, treatment outcomes, and shared knowledge for health professionals, students, and peers. Examples include research projects and producing materials, which are often extensive. Research involves the systematic investigation of a subject or problem through the collection, analysis, and interpretation of information. In massage therapy, remedial massage therapy and myotherapy, this may include studies relating to industry and practice.

Members are restricted to claiming 2 entries per year. Hours are capped at 15 hours for any single entry.

Professional Engagement	Hours
AGM/EGM Participation	1
Structured in-house training	Actual
Massage & Myotherapy Australia Member Meetings	1
Massage & Myotherapy Australia Local Meetings	1
Certification Program Application	10
Certification Program Renewal/Recertification	10
Voluntary Event / Charity Event	Actual
Published Research	Actual
Research Project	Actual
Podcast Production	Actual

HALO

HEALTH AND LEARNING ONLINE

MASSAGE & MYOTHERAPY AUSTRALIA

HALO, or Health and Learning Online, is the Massage & Myotherapy Australia online learning platform. It features over 50 short online courses, with new modules continuing to be developed based on member feedback and industry consultation.

Therapists can explore a wide range of topics including ethics, treatment of specific conditions, business development, theory, and mental health and wellbeing. Content is designed to support both clinical practice and professional growth, allowing members to learn at their own pace and revisit topics as needed.

Developed to provide accessible, flexible education, HALO supports members who may face challenges attending in-person training due to geographical location or time constraints. The platform offers a structured suite of modules aligned with industry standards and mandatory requirements, as outlined below.

For more information or to begin learning through HALO, visit:
massagemyotherapy.com.au.

Ethics in Practice

Ethics in Practice mandatory module was designed to address ethical dilemmas members may face, the module is an excellent way to learn about principles of ethics and provides members with the opportunity to enhance their knowledge and reflect on how these apply to professional practice. Members are required to complete Ethics in Practice in the first year of membership and every 3 years on an ongoing basis. This allows the Association to assure the public that Massage & Myotherapy Australia members meet strict professional standards.

What is ineligible for CPE Hours?

Private Health Funds legislative requirement is 'ongoing study', and daily work activities are not inclusive of Continuing Professional Education. CPE reflects a continued commitment to increasing knowledge and skills through structured learning. Paid work, informal learning, and passive activities such as streaming videos outside of formal education are not eligible for CPE hours. Similarly, general attendance at events such as expos, trade shows, or museum visits, where there is no structured educational component, are not considered formal education and are therefore not eligible for CPE. If you are unsure, please contact the Massage & Myotherapy Australia office via email at info@massagemyotherapy.com.au or call 03 9602 7300.

Providing evidence

Members may be required to provide supporting evidence of their Continuing Professional Education (CPE), such as certificates, receipts, registration confirmations, or correspondence from education providers. While CPE operates on an honour system and evidence is not always required at the time of claiming hours, members must maintain accurate records of all completed education.

Members may be audited by Massage & Myotherapy Australia or by Private Health Funds, and will be required to provide evidence if requested. It is the responsibility of each member to ensure their CPE records are complete, accurate, and supported by appropriate documentation.

Please ensure hour caps (restrictions) are observed when claiming hours.

Disclaimer: Massage & Myotherapy Australia reserves the right to remove, amend or adjust any hour values, HALO content or EEAP providers. If you have a complaint regarding EEAP workshops, coursework or events delivered by third parties, please contact the provider directly in the first instance. Massage & Myotherapy Australia accepts no responsibility for the delivery, rescheduling, or any business or payment arrangements between EEAP providers, third parties and attendees. Massage & Myotherapy Australia strongly recommends that attendees read and understand the Terms and Conditions of any provider before registering for coursework or events.

Claiming your CPE Hours

1. Login to the Massage & Myotherapy Australia website.
Note: If you're unsure of your login details, click 'Forgotten Password?'
You will receive an email at the email address registered with
Massage & Myotherapy Australia – don't forget to check your junk mail!

2. Select 'Education' and click 'Record your CPE Hours'.

3. Ensure you fill out the online form to claim CPE Hours!
If you're unsure about the eligibility of a topic, or how many hours
you are eligible to claim, please refer to this planner before
claiming. Please keep in mind you cannot claim hours for a topic
that is taking place in the future. Unsure? Ask the Association. Don't
forget to click 'Activity complete'
and to hit Save.

4. As you complete further CPE activities, update your CPE hours online.
It's best to update your CPE hours near when you complete education to ensure you make the most of
your education.



Example of recording your CPE Hours

Review the list of CPE entries below to get an idea of how a member has achieved and updated their hours for the year. This is
an example of how a member could structure their CPE Hours to ensure that they address the different Massage & Myotherapy
Australia CPE categories:

Activity Title	Completed	Type	Hours
Massage & Myotherapy Australia Workshop	12/12/2025	Professional and Technical	7
Online Business Studies Platform	23/02/2026	Non-Technical Personal Effectiveness	15
HALO Module	01/04/2026	Professional and Technical	2
Ethics in Practice	22/05/2026	Core	1
First Aid Refresher	13/09/2026	Core	6
TOTAL			31