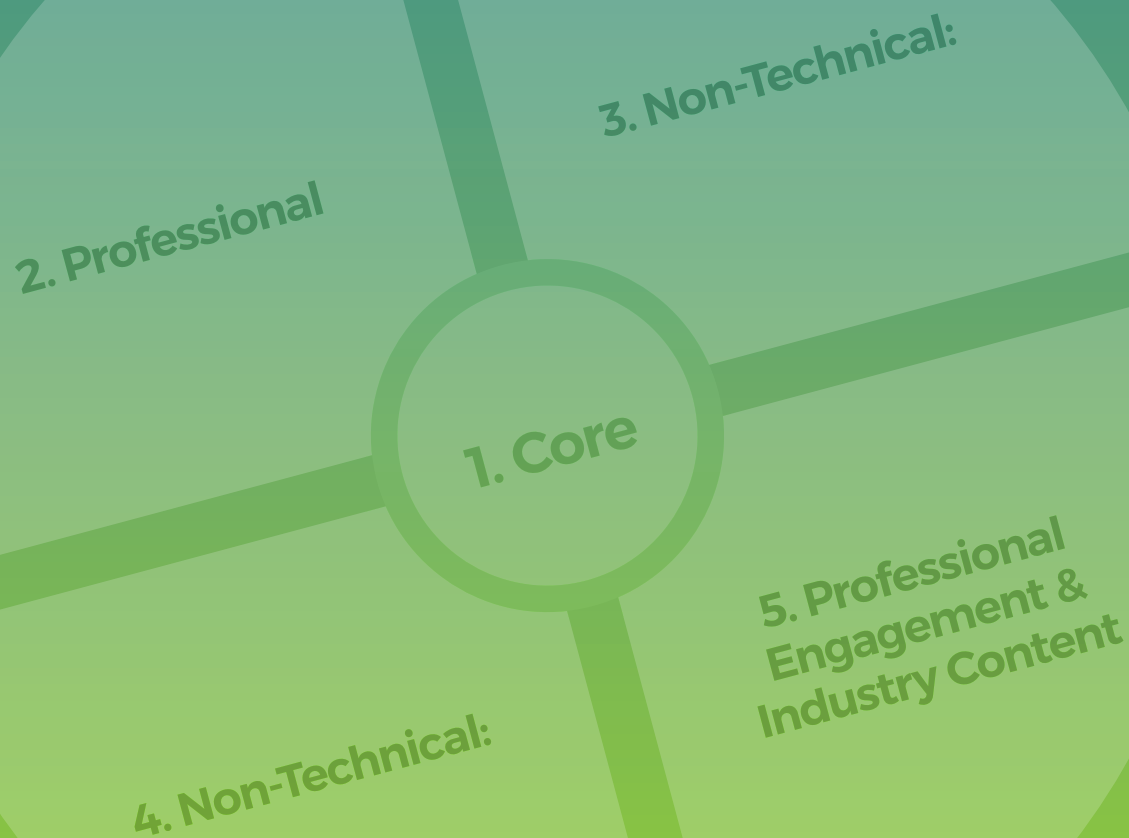




**MASSAGE &
MYOTHERAPY**
AUSTRALIA

My Personal CPE Planner 2018/20

Your guide to planning your Continuing Professional Education



Understanding your Continuing Professional Education (CPE) commitment

One of the most important obligations of Massage & Myotherapy Australia members is the requirement to maintain professional standards. When you join Massage & Myotherapy Australia, you are required to declare your ongoing compliance with the Massage & Myotherapy Australia Constitution, Code of Ethics, Standards of Practice, and Continuing Professional Education requirements.

Compulsory CPE applies for both membership of Massage & Myotherapy Australia and for eligibility for approved provider status with private health funds. 'Advanced Members' (Massage & Myotherapy Australia's new member category) must have 50 CPE points, Remedial Members must have 40 CPE

points and Massage Members must have 30 points - valid at all times.

The Five Elements of Massage & Myotherapy Australia 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 and your industry's expectations.

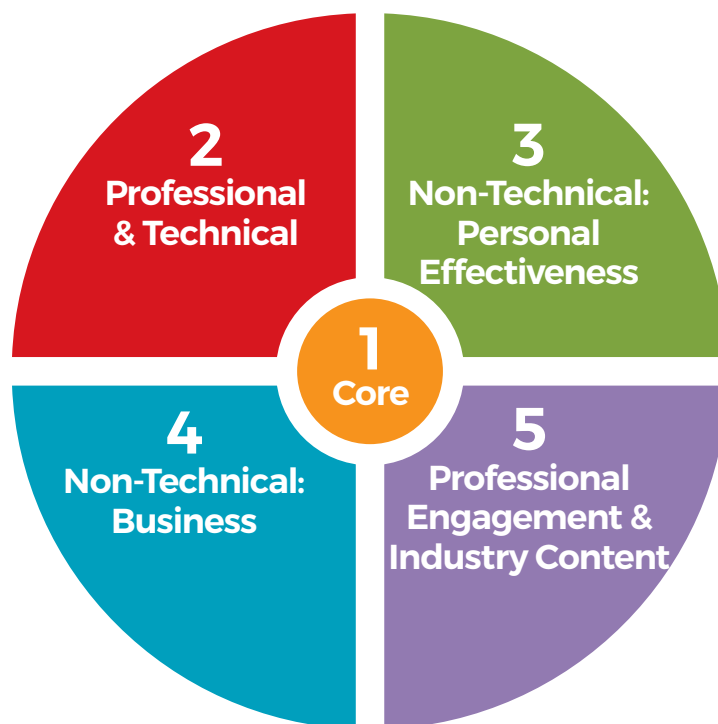
The underlying principle of CPE is that it should contribute to improving your ability to undertake your job by extending your knowledge and skills. It is additional

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 Massage & Myotherapy Australia. You may also elect to undertake online learning, a home study course or develop your own structured program of study.

Massage & Myotherapy Australia 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 website: www.massagemyotherapy.com.au

The Five Elements of the Association's 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. Massage & Myotherapy Australia requires 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 as examples Physiotherapy, BHSc Musculoskeletal, BHSc Human Movement.

Core	2018/20
CPR Annually	10
First Aid Refresher	10
Mental Health First Aid	10
Cert IV – Massage Therapy	30
Diploma – Remedial Therapy	40
Advanced Diploma – Myotherapy	50
Bachelor in Health Science that qualifies for membership (Musculoskeletal, Myotherapy etc)	50

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 are often an AQF tertiary course.

This element includes techniques and tools that may not have been fully covered in the therapist's 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 Massage & Myotherapy Australia fall into this category.

Endorsed Education Activities Program

Another option to earn CPE Points is to attend an Endorsed Education Activities Program (EEAP) course. 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 the content of each EEAP application that expands and enhances the knowledge base of all our members as postgraduate opportunities. Visit massagemyotherapy.com.au/students-education/eeap

Professional & Technical	2018/20
Professional A	
Additional Cert IV from HLT or Fitness or Business	30
Additional Diploma HLT or Fitness or Business	40
Additional Degree in related field * on completion	50
Professional B – CPE	
Massage & Myotherapy Australia Webinar	10
Massage & Myotherapy Pre Conference Workshop	15
Massage & Myotherapy Workshop or Wet lab (Half day/Full day/Two full days)	5/15/30*max
Massage & Myotherapy Australia Conference	40
Professional C – CPE Approved Providers (EEAPs)	
Approved one day Symposium/Conference/Seminar	15
CPE/Endorsed Education Activities Program (Half day/Full day/Two full days)	5/15/30
CPE/Endorsed Education Activities Program Online through HALO	As Advertised
Professional D – Other Education	
Extensive Health Coursework	
Rolfing, Vodder, Oncology as examples are 30 to 50 on application	30/50
Seminars, Symposiums, Conference and Coursework non endorsed (Half Day/Full day/Two full days)	5/10/20

* No more than 30 points on any one event.

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	2018/20
Instructional Books – max of 3 per year	5
Instructional DVDs – max of 3 per year	5
Massage & Myotherapy Australia <i>Massage Therapists Journal</i> (All four Journals in one year)	5
Draping or Record Keeping update	10
Mentoring Sessions (capped at two sessions)	5
Other industry journals – per subscription	5
Development of Business or Marketing Plan	15
Case Study – max of 2 per year	15
Reflective Practice Journal	15
Health or Holistic Conference	15
Ethical Practice Module	20

4 Non-Technical: Business

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

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

Non-Technical: Business	2018/20
National Board of Directors	10
National Committees of the Board	10
Massage & Myotherapy Australia Ambassador Roles *Active	10
Regional Group Facilitators *Active	10

** Capped at no more than 20 points in any 12 month period per committee. Attendance required and to be audited separately from general CPE.*

5 Professional Engagement & Industry Content

Industry A

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

Professional practice, promotion and profiling of the 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	2018/20
Industry A (max of 2 per year)	
Travel of more than 60km for CPE – inclusive to and from event *	5
Professional Membership of another Association	10
Structured in House Training	10
Charity Events	10
Editorial content for Journal (published)	10
Regional Meetings	10
Industry B (max of 2 per year)	
Member of PRACI (Practitioner Research & Collaboration Initiative)	15
PRACI sub-study participation	20
Publishing	10-40
Research Project	40
Massage & Myotherapy Australia 5 Surveys and Polls	5-15

** One event per annum.*

Select from Massage & Myotherapy Australia CPE Events & Webinars online

Here are some examples of Massage & Myotherapy Australia CPE Events and Webinars you can choose from. Visit the website for more opportunities.

Collaborative Care for Chronic Conditions

15 POINTS

Group: Professional and Technical

Type: Massage & Myotherapy Australia Workshop 1 Day

Introduction to Ethics

20 POINTS

Group: Professional and Technical (Other Workshop)

Type: HALO

Scoliosis – A Three Dimensional Approach

5 POINTS

Group: Professional and Technical

Type: Webinar

Massage Through the Ages

5 POINTS

Group: Non-Technical: Personal Effectiveness

Type: Books

Voluntary Program

10 POINTS

Group: Professional Engagement & Industry Content

Type: Charity Event Voluntary Work

Bachelor of Myotherapy

50 POINTS

Group: Core

Type: Bachelor



Health And Learning Online (HALO) is a digital education platform that provides members with further education across a range of different topics. HALO provides instant accessibility for members who face the challenges of participating in CPE through geographical isolation and/or limited time resources.

Mandatory Modules (Free of Charge)

All members are required to complete two modules of study around ethical practice. The free-of-charge modules are online and each worth 20 CPE points. New members are required to complete the modules in their first year of practice. Both modules are open book with two attempts available to pass. For members who want to extend their education in ethical best practice, a further four modules are available which build knowledge and understanding in specific areas of ethical practice.

More HALO Modules

There are currently a range of modules available and the offerings are updated and changed regularly. Topics are wide-ranging and include subjects as diverse as:

- Assessment for specific conditions or regions
- Research
- Treatment Techniques and Styles
- Self Reflection.

Categories and Groups

Unsure what Category or Group a module belongs to according to Massage & Myotherapy Australia 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: 'Members Only' and select the menu item 'HALO'

Other Educational Options

Events, Sessions and Seminars: There are a wide variety of opportunities for CPE available to members. Attendance at other professional associations' events, seminars run by local government such as the ATO, and conferences, both local and international are acknowledged. If you are unsure whether the course you are attending is eligible for CPE or if you are having difficulty accumulating your points, contact the Massage & Myotherapy Australia staff.

Disclaimer: Massage & Myotherapy Australia reserves the right to remove, amend or adjust any point values, HALO content or EEAPs Provider. Should you have any complaint in relation to EEAPs workshops or coursework and events by third parties please contact the provider directly in the first instance. Massage & Myotherapy Australia takes no responsibility for the delivery, rescheduling or business and payment arrangement between EEAPs, third parties and the attendee. Massage & Myotherapy Australia strongly recommends that attendees read the Terms and Conditions of any provider before registering and fully understand the Terms and Conditions before registering for any coursework or event.

Claiming your CPE Points

- 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'** on the Massage & Myotherapy Australia 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-Massage & Myotherapy Australia 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

Massage & Myotherapy Australia National Conference 2018, 2019 and 2020

On offer is a range of Australian and International speakers and workshops. Add a Pre or Post Conference Workshop and get 55 points !



Visit and book your courses today!
Plan ahead, put it in your calendar and the job's done.

Congratulations!

You have now planned your CPE activities.
 If you have any questions, contact Massage & Myotherapy Australia on 1300 138 872 or email: info@massagemyotherapy.com.au