



CPD in the Mental Health & Wellbeing Sector

Membership Support Factsheet 44



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WELLBEING

This factsheet provides advice and guidance on CPD with the mental health and wellbeing sector.

CPD WITHIN THE MENTAL HEALTH & WELLBEING SECTOR

Mental health and wellbeing is not a regulated sector as such. However, trained professionals in the field of any type of services like psychologists, social workers, counsellors, psychiatrists, etc., will be required to complete a number of CPD hours and apply these to their aligned professional body. The required CPD hours average around 25-30 per annum.

Degree and licensing requirements can differ, for example, a mental health counsellor should have a master's degree in clinical mental health counselling or a related field.

For some regulated sectors, attending a mental health and wellbeing training course can be used towards CPD hours, helping managers and staff support colleagues struggling at work.

DO PROFESSIONAL BODIES REQUIRE CPD TO MAINTAIN MEMBERSHIP?

As mentioned above, CPD requirements will vary depending on what profession within mental health and wellbeing an individual is aligned to. It is therefore becoming increasingly essential that individuals are able to demonstrate a commitment to CPD to maintain professional registration.

On the next page, you will find a list of key professional bodies within the mental health and wellbeing sector.



British Association for Counselling and Psychotherapy (BACP)

BACP is the professional association for members of the counselling professions in the UK. They help the general public, individuals and commissioners make better, more informed choices about the provision of counselling, and continue to raise the ethical and professional standards of the profession.

As a member of the BACP, members must:

- Keep an up-to-date and accurate record of CPD activities within the BACP learning centre or using a BACP register template.
- Record a range of CPD activities relevant to current or future practice.
- Show clearly how an individual has reflected, planned, actioned and evaluated their development needs and indicate how this will have an impact on their practice.
- Submit CPD records for audit on request.

The focus should be on outcomes, or what individuals have gained from undertaking CPD. Members are expected to undertake at least 30 hours of CPD a year. If members do not meet the above standards and have not engaged with CPD, they will be removed from the register and removed from membership.

National Counselling & Psychotherapy Society (NCPS)

NCPS play an important role within the profession of counselling in the UK. Their purpose is to ensure that all of their registrants are safe, competent and ethical practitioners

Registrant members of the Society are required to undertake at least 30 hours of varied CPD per year. It is important for practitioners to continue to develop and maintain their skills through professional development, as well as learn new ones, in order to better serve their clients.

UK Council for Psychotherapy (UKCP)

UKCP is the leading organisation for psychotherapists and psychotherapeutic counsellors in the UK. Alongside offering professional support for their members, they regulate the profession and promote access to psychotherapy for all.

The UK Council for Psychotherapy's requirements are specified over a five-year and a one-year timescale. Registrants must gain a minimum of 250 hours of CPD activity over a five-year period, with a minimum of 20 hours during any single year within that period.

Note: Although the UKCP requires more hours overall of CPD than the other two professional bodies, it does in fact allow clinical supervision to be included as part of its requirements, whereas the BACP and NCPS do not.





OTHER KEY PROFESSIONAL BODIES OF INTEREST

British Association for Behavioural & Cognitive Psychotherapies (BABCP)

- BABCP branches hold numerous workshops and other CPD events around the UK. The Association promotes positive participation in CPD and requires members to undertake regular CPD activities in Cognitive Behavioural Therapy (CBT) topics.

<https://www.babcp.com/>

National Council for Hypnotherapy (NCH)

- Members of NCH are solely responsible for determining whether a course is suitable for their personal development needs. They may choose CPD from any source.

<https://www.hypnotherapists.org.uk/>

Royal College of Occupational Therapists (RCOT)

- RCOT has devised a Code of Continuing Professional Development to support the occupational therapy workforce by setting out clear expectations for all BAOT (British Association of Occupational Therapists) members' professional development. Members are personally responsible for ensuring that they continue to learn, develop and enhance their professional skills.

<https://www.rcot.co.uk/>

Royal College of Psychiatrists (RCPSYCH)

- Psychiatrists aligned to RCPSYCH must undertake 50 annual CPD hours of peer group-approved educational activity, over a rolling 5-year period.

<http://www.psychiatrycpd.co.uk/>

British Psychological Society (BPS)

- The BPS recommends that members undertake 1/2 to 1 day of CPD a month. The Health and Care Professions Council (HCPC) by law requires psychologists registered with them to keep a continuous, up-to-date and accurate record of a variety of CPD activities. These activities must contribute to the quality of their practice and service delivery. <https://www.bps.org.uk>

THE IMPORTANCE OF CPD FOR CAREER PROGRESSION

CPD allows these professionals to maintain, develop and enhance their professional competency and is an ongoing requirement for all registered practitioners within the counselling and psychotherapy field.

Studying counselling skills and related issues as part of a professionals career shows that they can not only meet professional requirements but can also be of direct benefit in their work with the public. It can help to better understand the mental health aspects of their professional role.

We hope you have found this factsheet helpful.



Please see our website www.cpdstandards.com for more information on our accreditation services or call the office on 0203 745 6463 for further advice.