

Examples of CPD include (but are not limited to) the hours spent on:

- carrying out ANY personal or professional development activity that could reasonably be expected to add to a practitioner's competency, including:
 - attending or delivering ANY professional training (EFT oriented or otherwise) that could reasonably be expected to add to a practitioner's competency
 - repeating training and/or preparing for further professional accreditation
 - writing up and reflecting on the Practitioner's own case studies and/or theory and philosophy of practice
 - staying up to date with developments in Meridian and/or AAMET
 - reading relevant books and newsletters
 - regular use of the Personal Peace Procedure and other forms of personal therapy, with or without the help of others
 - participating in discussion groups or teleconferences relating to Meridian Energy Techniques
 - establishing a practice and/or documenting the integration of EFT into an existing practice
- carrying out ANY activity that furthers the interests of the EFT community and/or AAMET, including:
 - taking EFT into the community
 - developing a specific application of EFT (e.g. for sports or business)
 - translating EFT material into another language
 - developing a new EFT product/approach with wide application
 - carrying out and publishing a relevant research project
 - writing and publishing or contributing to a relevant book, e-book or newsletter
 - writing up the achievement of a major life ambition with EFT
- moderating EFT tapping or discussion groups or teleconferences etc etc