



tESA CPD Form

	TOPIC	POINTS	ANNUAL LIMIT
1	Attending tESA or other relevant conference, per day	4	12
2	Attending AGM	1	1
3	Attending Shiatsu relevant CPD days/workshops, per day	6	12
4	Promotion of Shiatsu at Shows etc. /hour	1	8
5	Participation on Committee or Working Party/hour	1	10
6	Delivery of Shiatsu relevant workshop or course / hour	1	8
7	Practitioner/peer exchange session /hour	1	3
8	Publication of case study, review or article /hour	1	8
9	Informal learning activity	1	3
10	Personal development & reflective practice (including mentoring or supervision /hour	1	10
11	Volunteer Shiatsu work for charities/hospices /hour	1	8
12	Further professional training at bona-fide training establishment in other related Shiatsu enhancing therapy, per year	15	15
13	Shiatsu research project /hour	2	15
14	Contributing to the development of Shiatsu as a profession	1	10
15	Safe horse handling practices (horse psychology) / hour	1	5
16	Travel to attend CPD activity (per 50 miles, over 50)	1	5

The guideline is to achieve 15 points per annum, 10 of which should be Shiatsu specific.

