



## How to build CPD points from home

Did you know you can build up your CPD points from home? Classroom-based training is not the only way you can gain CPD points and with social distancing rules currently in place we anticipate a lot more training providers will start to offer on-line training. Here are just a few ideas: -

**Webinars & Podcasts** are a great way to gain CPD points. Please see below a link to our YouTube Channel. There are lots of webinars out there for you to benefit from. In order to gain CPD points from watching webinars and listening to podcasts you would need to reflect on what you have learnt; this is called Reflective Practice.

[www.youtube.com](http://www.youtube.com)

**Reading/Researching** topics you feel would benefit your practice is a great way to earn CPD points. Books, journals, or reliable information on-line. Reflective practice notes are required.

**On-line courses.** Many of our accredited schools and CPD Centres offer on-line courses. CPD courses are also advertised in our 'In Essence' journal.

**Refresh and update.** This may be a good time to refresh and update your knowledge, this can include researching new cosmetic regulations, new essential oils, carrier oils and hydrolytes. Refresh your knowledge of Anatomy & Physiology and Pathology and much more.

**Regional Groups.** If you are a member of a regional group, why not set up a virtual meeting using many platforms such as Zoom, Skype, FaceTime, WhatsApp, and Messenger. It would be good connect with others to share information and knowledge and support each other.

### What is Reflective Practice?

Reflective practice is associated with learning from experience and is viewed as an important strategy for professionals who embrace lifelong learning. The act of reflection is seen as a way of promoting the development of autonomous, qualified, and self-directed professionals. Engaging in reflective practice is associated with the improvement of the quality of care, stimulating personal and professional growth and closing the gap between theory and practice, ([Jasper, 2003](#)).

[Gibbs \(1988\)](#) explains that the reflective cycle is fairly straightforward and encourages a clear description of the situation, analysis of feelings, evaluation of the experience, analysis to make sense of the experience, conclusion where other options are considered and reflection upon experience to examine what you would do if the situation arose again.

### **What you need to do in practice?**

Reflective practice involves the learner looking at the activity/case study objectively and reflecting on how that procedure could have been improved in any way. It is a frank review of the actions taken and a self-critique regarding methods used, oils chosen, books read, advice given, etc.

(The reflection is similar to a conclusion but offers the reader the opportunity to improve the process if following that same procedure or learning from the procedure itself.)

A reflective practice template is attached for your use, which you can adapt to suit the type of home-learning you do.

500 words is sufficient for the CPD activity for the IFPA.

Self-reflection will encourage you to fully evaluate the learning experience you have undertaken, be it writing a client case study, watching a webinar, on-line seminar, reading a research paper or others. It will help you identify your key learning points and how you can use your learning to improve your professional practice.

**27<sup>th</sup> April 2020**