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|  **CPD Record***Use this manual record to track and document your CPD activities in preparation for your digital submission on the Membership platform on your CPD Expiry date of Nov 1st.* |
| **CPD Instructions on Membership platform*** A minimum of 20 CPD points must be earned annually through various activities like formal or informal learning, events, self-care, etc.
* Each activity has a maximum annual point limit as per the description.
* Only record CPD activities you have undertaken within the last 12 months.
* This CPD form must be completed in a single session and cannot be saved for later completion.
* To begin, tick all the CPD activities you wish to record, your CPD form will be generated for you to complete.
* CPD certificates may be uploaded, if not uploaded please retain in case of future CPD audit.
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| **Activity** | **Details** | **Points Gained** |
| **CST Session, given or received** (1 point per hr, max 3 points annually) |  |  |
| **CST or relevant workshop/webinar** (1 point per hr, max 8 points annually) |  |  |
| **Completion of First Aid/CPR and/or Children First (**4 points per course, max 8 points annually) |  |  |
| **Attendance at a course relevant to your practice** (6 points per day, max 10 points annually) |  |  |
| **Further BCST Training** (6 points per day, max 10 points annually) |  |  |
| **Further Upledger Training** (6 points per day, max 10 points annually) |  |  |
| **Visionary Classes** (6 points per day, max 10 points annually) |  |  |
| **Supervision by certified CST Supervisor** (1 point per hr, max 3 points annually) |  |  |
| **Informal learning activity** (1 point per hr, max 3 points annually) |  |  |
| **Attendance at CST conference** (4 points per day, max 10 points annually) |  |  |
| **Contributing to CST development** (1 point per hr, max 10 points annually) |  |  |
| **Member of or assisting the IACST Committee** (1 point per hr, max 10 points annually) |  |  |
| **Promotion of CST** (1 point per hr, max 8 points annually) |  |  |
| **Volunteer CST work with vulnerable people or charities** (1 point per hr, max 8 points annually) |  |  |
| **Publication of case study, article or review** (1 point per hr, max 8 points annually) |  |  |
| **CST research project** (2 point per hr, max 15 points annually) |  |  |
| **Self-care and Personal Development including Personal Therapy** (1 point per hr, max 10 points annually) |  |  |
| **Other professional training complimentary to CST** (min 1 yr duration, 15 points annually) |  |  |
| **Travel to attend CPD activity** (1 point per 80 km, after first 80km, max 5 points Annually) |  |  |
|  | Total Points Gained *(Minimum 20 per annum)* |  |