

At last! Real-time CPD for Therapy Professionals



stressmanagers.co.uk

creating circles of excellence



are proud to introduce

CareTaker[®] and CareTakerPlus[®]

Why bother with Continuous Professional Development?

- CPD maintains high professional standards through increased knowledge and awareness;
- The Government has stated its wishes for all complementary therapies to comply with self-regulatory procedures;
- CPD certified practitioners are demonstrably better placed to win NHS or corporate contracts than uncertified colleagues;
- CPD is particularly important in sectors such as complementary health, where knowledge and best practice constantly requires updating;
- Good CPD is good marketing for your practice - and will add to your client base!

Why choose the stressmanagers' CareTaker[®] CPD Plans?

Unlike many CPD schemes which are academically based and externally regulated, the *stressmanagers* CPD Plan is peer-regulated by practising fellow therapists and is based on mutual support and collaboration. As such, it is completely practical and mutually effective - as you are supervised, so you supervise others; as you gain experience, so you share experience; as you are helped, so you help others. This means that the path towards CPD compliance and best professional practice is a truly reflective learning experience - a stimulating and enjoyable method of self-improvement which will actually help you consolidate professional skills *and gain new business*. (And the best news is that the Caretaker[®] Plan comes as standard with membership of the stressmanagers.co.uk group!)



Practitioners who work on their CPD through mutual learning and partnership with others will derive much more benefit than by participating in a 'taught' programme of advanced learning.

Stressmanagers.co.uk is a group of experienced and dynamic stress management professionals, membership of which gives access to some of the best training, peer support and CPD programmes currently available in the UK. The group's warm, welcoming atmosphere and depth of professional experience provides an ideal environment for new trainees and therapists from other disciplines to further their own career development.

Contact us today for more details of the CareTaker[®] CPD and CareTakerPlus[®] Programmes -
Professional Reassurance for Care Professionals and their Clients



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CareTaker[®] CPD Programme

this package comes as standard with membership of stressmanagers.co.uk

Our 7 point CPD CareTaker[®] Plan keeps all therapists and consultants up-to-the-mark with their own professional development. Each Plan is personally designed and externally verified in the light of increasing government pressure on compliance.

Each CareTaker[®] plan is tailored by each individual for their own needs and is the result of confidential collaboration between you, the therapy professional, and a supportive peer group of fellow therapists and practitioner advisors. Whilst preserving all necessary individuality and flexibility, your 10 point Plan will help you achieve recognition in each of the following areas:

1. CPD Register

Participation in the scheme includes membership of the stressmanagers CPD Register - a centrally held and verified record of professional best practice, which will be used to promote members' interests.

2. Personal Statement and Portfolio of Achievement

You will be helped to devise an annual statement of personal objectives (professional and personal) and to assemble materials for your personal Portfolio, a reflective record of achievement which will develop into your own practice archive.

3. Annual Certification

Basic CPD compliance results in the award of a certificate, renewed annually.



4. Access to Professional Materials and Memberships
Membership of the CareTaker[®] CPD Programme provides free access to the stressmanagers' archive of case studies, surveys, academic papers and other support materials. It also confers Group Membership of several important professional bodies.

5. Passport to Training and Corporate Assignments

From 2004, only those with CPD certification will be eligible to act as Trainers on *stressmanagers* courses and to undertake Corporate Assignments on behalf of the group.

6. Participation in MasterClass Programme

The *stressmanagers* group has long been famous for its quarterly programme of weekend MasterClasses, featuring keynote speakers, workshops and technical/business presentations. Membership of the group confers the right to attend all 4 annual MasterClasses: attendance at 2 MasterClasses per year is mandatory for the CPD Programme.

7. Credit and Award Schemes

Your CareTaker[®] Plan is based on a system of points and credits which lead to standard certification or certification with merit. The most distinguished CPD performance annually will be rewarded with the prestigious *stressmanagers* CPD Practitioner of the Year Award.

CareTakerPlus[®] CPD Programme

this premium CPD programme includes all the benefits of the standard CareTaker plan, but provides the following additional benefits and insurances:

P1. Paperwork and Record-Keeping

Group-designed forms and records can be maintained in respect of commercial and financial paperwork; supervision records; case notes; attendances and professional reports.

P2. Peer Supervision & Business Needs Survey

The CareTakerPlus[®] Plan has at its heart a professional and confidential assessment of your business needs and achievements on a year-by-year basis, when you will be assisted by peers and group managers to optimise the performance of your practice. The programme also includes regular peer supervision conducted by telephone on a quarterly basis, and will include elements of Life Coaching, mentoring and personal guidance.

P3. Indemnity & Insurance

In coming years, CPD certification is likely to form an assessment element in the cost of a therapist's Professional Liability and Indemnity insurance. With this in mind, the cost of your annual CareTakerPlus[®] CPD programme includes the cost of basic Professional Liability Insurance (discussive therapies) for £1 million.

