



# Australian Breathwork Association

## Continual Professional Education Policy

[www.australianbreathworkassociation.org](http://www.australianbreathworkassociation.org)



## **OUR VISION**

To support a world harmoniously connected  
through the experience and awareness  
of the transformative power of Breath and of Spirit.

## **OUR MISSION**

To support the development and maintenance  
of professional Breathwork standards,  
and in doing so, to serve individuals in their quest  
for peace of mind, happiness and connection with Spirit.

## Change Record

<b>Revision</b>	<b>Date</b>	<b>Change</b>
1.0	2012	Issue previous to 2016
1.1	31 January 2018	Updated with cover page and minor typos as part of exercise to standardize the look of all ABA documents

## Related Documents

<b>Version</b>	<b>Description</b>
Current	Australian Breathwork Association Constitution
Current	ABACPE Record Sheet

## Contents

OUR VISION.....	2
OUR MISSION.....	2
1. The Australian Breathwork Association’s Commitment .....	5
2. What is CPE?.....	5
3. Activities that qualify for accumulation of CPE points .....	5
RECOMMENDED POINTS FOR CPE ACTIVITIES.....	6
Participation in Rebirthing/Breathwork Meetings/Conferences/Events.....	6
Participation in Further Formal (Certificated) Study .....	6
Professional Reading .....	6
Professional Publication/Authoring .....	7
Membership of Professional Associations .....	7
Participation in Personal/Spiritual Development Program.....	7
Undertaking Professional Promotional Activity .....	7
Acquisition of Skills and Knowledge Complementary to Rebirthing/Breathwork .....	7
4. Principles Underpinning ABA CPE Policy .....	8
5. Number of CPE Points Required.....	8
6. CPE and Non-Practicing Members.....	8
7. CPE Record Keeping .....	8

## 1. The Australian Breathwork Association's Commitment

The Australian Breathwork Association (ABA) has a strong commitment to Continuing Professional Education (CPE) for its members and so has developed a CPE policy to ensure ABA professional registered members are encouraged to regularly update their skills and knowledge base.

## 2. What is CPE?

Continuing Professional Education (CPE) is defined as a program of further education for practitioners in the professional occupations.

One of the chief roles of CPE is to bridge the gap between the skills and knowledge gained as a student, and the skills and knowledge actually required in consultancy and practice. In addition, it is a way for professionals to update their knowledge and be aware of changes in their field.

A CPE program is now regarded as an integral part of professional life.

## 3. Activities that qualify for accumulation of CPE points

Activities that qualify for accumulation of CPE points can be divided into one or more of the following categories:

- Participation in Rebirthing/Breathwork Meetings/Conferences/Events
- Participation in Further Formal (Certificated) Study
- Professional Reading
- Professional Publication/Authoring
- Membership of Professional Associations
- Participation in Personal/Spiritual Development Programs
- Undertaking Professional Promotional Activity
- Acquisition of Skills and Knowledge Complementary to Rebirthing/Breathwork

A list of activities attracting CPE points and the method of recording proof of attendance follows.

Should a member believe that an activity that they have undertaken could validly be considered as CPE, then they are able to make an application to the ABA committee stating their reasons and indicating CPE points they believe the activity is worth.

Within the following list is reference to 'other Rebirthing/Breathwork related activities'. This is defined as "those activities that can be incorporated in a Rebirthing/Breathwork consultation and/or that which directly supports and enhances the skills of a practicing Rebirthing/Breathwork professional".

## RECOMMENDED POINTS FOR CPE ACTIVITIES

### Participation in Rebirthing/Breathwork Meetings/Conferences/Events

No:	Activity	Points	Evidence & Date of Attendance
1	ABA association meeting or other professional Rebirthing/Breathwork related association meeting	1 point per hour of attendance	Signed attendance form or CPE Record
2	ABA or other professional Rebirthing/Breathwork related Regional Inspiration Day	1 point per hour of attendance	Signed attendance form or CPE Record
3	Rebirthing/Breathwork or other Rebirthing/Breathwork related event for professional development	1 point per hour of attendance	Signed attendance form or CPE Record
4	National Rebirthing/Breathwork Conference	1 point per hour of attendance	Signed attendance form or CPE Record
5	International Rebirthing/ Breathwork Conference	1 point per hour of attendance	Signed attendance form or CPE Record
6	Local/regional group of practitioners to enhance consultancy and practice competence	1 point per hour of attendance	Proof of attendance or signed CPE Record
7	Rebirthing/Breathwork internet group	1 point per 5 contributions	Proof of attendance or signed CPE Record
8	Rebirthing/Breathwork research group	1 point per hour of attendance	Proof of attendance or signed CPE Record
9	Professional conference calls	1 point per hour	Signed CPE Record

### Participation in Further Formal (Certificated) Study

No:	Activity	Points	Evidence & Date of Attendance
10	Rebirthing/Breathwork Accredited Courses (not counting courses done to attain current practitioner level)	Points equivalent to number of hours of course	Signed Certificate or CPE Record
11	Other professional Rebirthing/Breathwork Training Courses	1 point per hour of attendance	Signed Certificate or CPE Record
12	Rebirthing/Breathwork Training days	1 point per hour of attendance	Proof of attendance or signed CPE Record
13	Other Rebirthing/Breathwork related modality's CPE requirements	Point for point	Copy of signed CPE Record
14	First Aid Level II course update	1 point per hour of attendance	Proof of Attainment

### Professional Reading

No:	Activity	Points	Evidence & Date of Attendance
15	Reading Rebirthing/Breathwork professional books and journal articles	2 points per book 1 point per journal article	Signed CPE Record
16	Paid subscription to a journal relating to professional Rebirthing/Breathwork practice	2 points per subscription	Proof of subscription

## Continuing Professional Education

### Professional Publication/Authoring

No:	Activity	Points	Evidence & Date of Attendance
17	Publication of article in peer reviewed magazine/newspaper	3 points	Copy of article and signed CPE record if appropriate
18	Author or joint author of published book relating to Rebirthing/Breathwork	40 points	Copy of Book
19	Author or joint author of new Rebirthing/Breathwork Accredited course	Points equivalent to number of hours of course	Proof of course approval
20	Presentation in Rebirthing/Breathwork research group	3 point per presentation hour	Proof of presentation
21	Presentation Seminar at National Rebirthing/Breathwork Conference	3 point per presentation hour	Proof of presentation and signed attendance form or CPE Record
22	Presentation Seminar at an International Rebirthing/Breathwork Conference	5 point per presentation hour	Proof of presentation and signed attendance form or CPE Record

### Membership of Professional Associations

No:	Activity	Points	Evidence & Date of Attendance
23	ABA or other professional Rebirthing/Breathwork related association	5 points per each association membership	Proof of Membership

### Participation in Personal/Spiritual Development Program

No:	Activity	Points	Evidence & Date of Attendance
24	Personal/spiritual development consultation, event, course or program	1 point per hour of attendance	Signed attendance form or CPE Record
25	Private Rebirthing/Breathwork consultation, course or workshop	1 point per hour of attendance	Signed attendance form or CPE Record

### Undertaking Professional Promotional Activity

No:	Activity	Points	Evidence & Date of Attendance
26	Rebirthing/Breathwork or other Rebirthing/Breathwork related promotional activity enhancing business as a professional	1 point per hour of attendance	Signed attendance form or CPE Record

### Acquisition of Skills and Knowledge Complementary to Rebirthing/Breathwork

No:	Activity	Points	Evidence & Date of Attendance
27	Volunteer work in complementary healthcare work for a community based agency/project	1 point per hour of attendance	Written evidence of participation from organisation and signed CPE Record
28	Courses in professional practice or business management for the enhancement of the Rebirthing/Breathwork practice	1 point per hour of attendance	Proof of completion

#### **4. Principles Underpinning ABA CPE Policy**

- A broad latitude given to members in the selection and design of their individual learning Programs
- CPE is applicable to the Rebirthing/Breathwork discipline as well as to other practices and modalities that are relevant to client consultancy and practice
- CPE is applicable also to other practices/activities associated in managing a small business, which may include: IT/Computer skill updates, bookkeeping, advertising, marketing.
- Seminars, workshops and conferences that qualify for CPE points are of high standard and encompass both broad based topics as well as discipline-specific topics
- Relevant to the learning needs of assistants, practitioners, group facilitators and trainers, taking into account different learning styles and needs
- Collaborative process between:
  - professional complementary modality associations;
  - Organisations, teaching institutions, suppliers of therapeutic products;
  - Government agencies and
  - to offer members the widest possible choice of CPE activities

#### **5. Number of CPE Points Required**

Members accumulate 40 CPE points over 2 consecutive years. One hour of activity equates with one CPE point.

A maximum of 8 points per 2 consecutive years can be accumulated for CPE from Nos. 13, 14, 24 and 27 combined.

#### **6. CPE and Non-Practicing Members**

CPE is required by all ABA Professional Members.

#### **7. CPE Record Keeping**

Record keeping is the responsibility of each member. Members will be issued with a CPE Record form, and members are to record their activities with the required proof in the CPE Record. The requirement of proof or statutory declaration is an essential factor in the CPE process.



## Continuing Professional Education

The CPE Record is to be kept in a safe place, and upon reasonable request from the ABA or other authorised authority or appropriate body; the CPE Record is required to be produced.

A self-responsibility approach for CPE Record keeping has been adopted. This is in accord with the assumed integrity of a professional Breathwork Practitioner.