



The Society for Existential Analysis

Continuing Professional Development

Introduction

The UKCP has recently updated its CPD principles, requirements and guidelines. This is in line with the general movement in all professions to introduce such schemes as a means of maintaining and enhancing standards of practice. For more details on the background to this policy, please visit the UKCP website.

The UKCP has defined CPD as, 'the systematic maintenance, improvement and broadening of knowledge, awareness of skills, abilities and the development of personal and professional qualities necessary for effective practice throughout the practitioner's working life'. They consider it should normally be consistent with the modality practiced, but should not be confined to modality or member organisation activity.

There is a duty for all members to undertake CPD, especially at a time when they are returning from a period of absence from practice, for whatever reason. The underlying ethos is to support autonomy, reflection and professional development. Accordingly, the CPD process aims to provide an opportunity for psychotherapists to reflect on their development from an authentic, autonomous, creative and self-supportive stance.

The following sections specify the SEA CPD requirements, appeals procedure and policy regarding sabbatical and periods of de-registration.

Continuing Professional Development

The United Kingdom Council for Psychotherapy now requires that all individual members be re-registered annually and re-accredited at least every five years. In order for these to be successful, members must demonstrate that they have undertaken continual professional development (CPD) during the period concerned. SEA requires evidence of the following CPD activity in the period prior to the time of re-registration and/or re-accreditation within the Constructivist College, to which the SEA belongs.

Upon **re-registration**, each year, professional members will be asked to declare and list activities fulfilling category A.

Upon **re-accreditation**, every five years or upon request from the SEA or the UKCP, professional members will be asked to declare and provide evidence of fulfilling categories A and B.

- A. Engagement in CPD of a minimum of 25* hours in **any one year**.
- B. Engagement in CPD of a minimum of 250 hours **over a period of five years**.

**Members are strongly advised to have engaged in more than 100 hours of CPD by the end of the 3rd year in order to meet the 5 year re-accreditation minimum of 250 hours.*



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Members struggling to meet their minimum CPD requirements, for whatever reason, should contact **The Registration Officer** SEArenewal@gmail.com to discuss this as early as possible.

A minimum of 125 hours (over 5 years) of Category A must be made up of the following types of activities that demonstrably contribute to your therapeutic practice:

1. Education and training in any modality through recognised long and short-term courses
2. Attendance at relevant conferences and seminars of an educative nature
3. Attendance at internal training programmes with employers or practice institutions relevant to the practice or management of psychotherapy
4. Imparting knowledge in areas relevant to psychotherapy such as writing articles, books or conference and seminar papers. Preparation of courses and trainings as a professional or non-professional tutor

The remaining 125 hours (over 5 years) of Category B may be made up of the following types of activities that demonstrably contribute to your therapeutic practice:

5. Contributing to the profession or community in activities relevant to the delivery of psychotherapy such as UKCP or other professional committees and charitable work
6. Engagement in research activities, the application or development of new ideas or models (non-academic/degree related)
7. **Written reflection** on learning and personal development via:
 - Attending personal therapy
 - Other structured forms of personal contemplation or practice
 - Accounts of any experiences that have enriched your work as therapist, including TV, film, documentaries, theatre, travel
 - Peer review/practice reflection groups
 - Reflections and time reading related books, journals, and other publications, including the internet

CLINICAL SUPERVISION

Clinical supervision in one-to-one, group, or peer group settings, over and above The SEA and UKCP minimum requirements. *General Guidance is given in CEC Supervision Policy and Requirements SEA (updated June 2025)*

General Guidance ratios are as follows:

- ☞ **Trainee:** 1 hour of supervision per 3 clinical hours. Generally supervision may be a higher ratio at the beginning of the training. ^[1]_{SEP}
- ☞ **First year of practice post-qualification:** 1 hour of supervision per 6 clinical hours with a minimum of one hour per month. ^[1]_{SEP}
- ☞ **Years 2 & 3 of practice post-qualification:** 1 hour of supervision per 15 clinical hours with a suggested minimum of one hour per month. ^[1]_{SEP}
- ☞ **Year 4 of practice onward:** 1 hour of supervision per 30 clinical hours with a suggested minimum of one hour monthly. ^[1]_{SEP}
- ☞ It is recognised that **for experienced practitioners**, the nature of the supervisory relationship and the purpose of supervision will evolve into a more consultative role that has a collegial quality. The frequency and amount of supervision would be decided in



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consultation with the supervisor. The decision will be based on the nature of the client group that the supervisee is working with and the number of clients they are seeing.

SEP

For all practitioners it is recognised that working with severely disturbed, traumatised or abused clients will require higher rates of supervision and may be as much as one hour per week.

Supervisors may advise additional supervision where they deem necessary. Failure on the part of the supervisee to heed such advice must be addressed in supervision.

In line with the above UKCP objectives the SEA considers that CPD time should be spread over a number of activities. With the exception that activity 1 can contribute to the whole of the CPD requirement, **your submission should otherwise show engagement in at least three of the activities listed above.**

An outline of these activities must be described on the spreadsheet to be submitted with the Annual Re-registration form and accompanied by any documentary evidence: Certificates, Attendance Records, and Receipts or **in the case of activity 7 documented written reflections.**



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CPD Recording and Reporting

1. Following submission of your Re-accreditation paperwork, consideration by the registration committee of the SEA, a decision will be made either to:
 - a) approve re-accreditation
 - b) ask for specific requirements to be met within a time period (such as additional courses, supervision etc.) in order to be put forward
2. In the event of either b) or c), the applicant is entitled to a written assessment supporting the decision and stipulating specific requirements.
3. In the case where a member fails to meet the re-accreditation requirements, this will be dealt with on a case-by-case basis by the SEA Registration Committee.

Appeals Procedure

Should the applicant wish to appeal a decision made by the registration committee concerning any aspects of the CPD policy, they are required to write to the **Registration Officer** SEArenewal@gmail.com requesting such an appeal and provide supporting evidence for this. The Registration Committee will then appoint an independent group of three peers to consider the appeal. Should this decision also be negative, the appeal will be forwarded to the Constructivist and Existential College to ensure due process has been followed. This decision will then be final.

Sabbaticals and Periods Out of Registration

- ☞ For Sabbaticals/breaks in practice and periods out of registration, please see the attached [SEA-CEC Restoration to Register Policy](#) for guidance.
- ☞ If you are planning to take a sabbatical/break in practice or have any questions or concerns regarding your practice, please contact the Registration Officer ASAP on SEArenewal@gmail.com.