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From CE to CPD, Part Two

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Have you started keeping track of your Continuing Professional Development (CPD) hours yet? Do you know how to?

If your license renews in 2023, you do not have to switch over from the traditional Continuing Education (CE) system, but you can if you wish. However, starting January 1, 2024, all Board of Psychology (BOP) license renewals will have to meet

the newly established CPD requirements. You can reference the article in the Winter 2022 issue of *The Los Angeles Psychologist* (TLAP), which covered the history and rationale for the change to the traditional CE system and explicated the 13 new categories of CPD. This article will cover the necessary documentation of your CPD activities to satisfy the BOP and make you audit-proof. It will also highlight the many different opportunities to accrue CPD hours that are accessible with your LACPA membership.

A brief recap on the new CPD system is that psychologists need to accrue 36 hours every two years and only 27 of these can be traditional CE classes (in-person or online). The remaining hours must come from the new categories of learning activity. Four hours each of Ethics and Diversity content are required and can be met through any combination of the learning categories.

Given that the new system is considerably more complicated, some psychologists have expressed concern about how to maintain the necessary documentation. Indeed, a pile of CE certificates will no longer suffice. Instead, when you renew your license every two years, you will need to complete the new CPD reporting form, and you may need to keep additional paperwork as well. The BOP provides the new four-page form at https://www.psychology.ca.gov/licensees/ce_reporting_form.pdf. Note that you need to keep your CPD reporting form and any associated paperwork for a minimum of four years. The BOP conducts random audits, and you will need to supply all the relevant documentation to satisfy the audit.

Below is a brief recap of the 15 different CPD categories and their associated recordkeeping. See the previous LAP

article, or the BOP website, for a more complete description of each category. Eight of the activities rely simply on your own accurate, honest recordkeeping on the BOP form. The other categories necessitate additional proof of participation, which is indicated below *by italics*.

Peer Consultation (18 hour maximum) - case consultation, reading or research groups.

- *maintain a record of hours including dates, activity, and total hours.*

Practice Outcome Monitoring (Nine hour maximum) Assessing patient/client outcomes via assessment protocols monitor patient outcomes.

- *maintain a record of dates of monitoring, client identifier, and how outcomes were measured.*

Professional Services (12 hour maximum) Including, but not limited to, serving on psychological association boards, committees, editorial boards, scientific grant review teams etc.

- *Maintain a record of board/program name, role served, dates, and term of service (six months or one year)*

Conference/Convention Attendance (Six hours maximum) Attendance at professional gatherings, with multiple presentations related to the practice of psychology, either in person or online.

- *Maintain a record of conference name, dates, and proof of registration.*

Examination Functions (12 hour maximum) Serving in any function related to examination development for the Board or EPPP.

- *Maintain a record of exam, dates, and number of hours.*

Expert Review/Consultation (12 hour maximum) Expert Review/Consultation means serving in any expert capacity for the Board of Psychology.

- *Maintain a record of dates and hours.*

Attendance at a BOP meeting (Eight hour maximum) Attendance at a California Board of Psychology Meeting (full Board or Committee).

- *Maintain a record of date, name of meeting, and number of hours. The licensee must sign in and out and note times on the attendance sheet.*

Academic Coursework (18 hour maximum) Completing and earning credit for a graduate-level course related to psychology from a qualifying institution.

- *Must provide transcript with evidence of passing grade.*

Academic/Sponsor-Approved CE Instruction (18 hour maximum) Academic Instruction means teaching a graduate-

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level course that is part of a degree program. Sponsor-Approved CE Instruction means teaching a sponsored CE course.

- *Maintain a record with title of course, institution, dates of instruction, and course syllabus.*

Supervision (18 hour maximum) Overseeing the professional experience of a trainee who is accruing hours towards licensure as a Psychologist, MFT, LCSW, LPCC, LEP, or MD.

- *Maintain a record of dates of supervision and trainee identifier.*

Publications (Nine hour maximum) Publications means authoring or co-authoring peer-reviewed journal articles, book chapters, book(s), or editing or co-editing a book, related to psychology or related discipline.

- *Letter of acceptance or proof of publication date in current renewal period.*

Self-Directed Learning (Six hour maximum) Independent educational activities relevant to psychological practice, education, or science, such as reading peer-review journal articles or books, watching videos or webcasts, or listening to podcasts.

- *Maintain a record of dates, medium, topic, and total hours.*

Sponsored Continuing Education (27 hours maximum) – traditional CE, in-person or online.

- *Proof of attendance certificate provided by the program's sponsor.*

Board Certification (36 hours max, or 18 hours - senior option) means achieving Diplomate status from the American Board of Professional Psychology.

- *Show proof of specialty certification.*

There are now many additional ways to earn CPD through your participation in the LACPA community and its offerings. For instance, under the **Peer Consultation** category, you can attend committee or Special Interest Group meetings in which clinically relevant theory and practice is discussed. If you read a book for the book club, you would qualify for the **Self-Directed** hours spent reading the book and could then get additional Peer Consultation hours discussing it with your colleagues at a book club meeting.

If you would like to get further involved in LACPA, you could accrue hours under the **Professional Services** category by joining the Board of Directors or one of its committees. LACPA has many different committees including Diversity, Continuing Education, Ethics, Local Advocacy Network, Membership, Publications, Convention, Disaster Response, Networking, Community Outreach, and Early Career Psychologist that are open to volunteer participation. The complete list of committees and their respective chairpersons is on the LACPA website.

LACPA's annual convention will be October 21, 2023. It

will be in-person and will offer the long-awaited chance to reconnect with the LACPA community. In addition to the six hours of traditional **Sponsor Approved CE** credit available that day, attending for the day will also get you one CPD hour for **Convention Attendance**.

If you apply to teach a continuing education program for LACPA at the convention, a Lunch and Learn, or as part of the eight to 10 continuing education programs offered each year, you will get CPD credits for **CE instruction**.

Finally, as ever, attending any of these CE programs will earn you credits for **Sponsor Approved CE**.

No doubt it will take some time to get accustomed to the new system. However, in the long run it will offer more variety and choice and is intended to improve everyone's learning and clinical work. As always, LACPA will support you along the way. ▲

David Laramie, Ph.D. is a health psychologist who draws on psychoanalytic, emotion-focused, somatic, and psychedelic approaches in his practice. A long time-board member and past president of LACPA, he currently oversees the Continuing Education Committee.

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Certificate Program for Clinicians (Zoom Only)
 The C.G. Jung Institute of Los Angeles offers a ten month **Certificate Program** for licensed mental health professionals, beginning in September 2023 and ending in June 2024. Seminar courses are monthly on Saturdays, from 9:00 am to 4:00 pm, each focused on a topic in Jungian Psychology.

Sandplay Program: Units 4, 5 & 6 (Zoom Only)
 Our 2022-2024 Sandplay Program will be continuing in the Fall. Unit 4 focuses on the Body, Unit 5 on Alchemical Processes & Unit 6 on Individuation Processes.

Analyst Training Program Open House
 Save the date! We will be hosting an **Open House** for our **Analyst Training Program** on **Sunday, October 8th, at 2 pm!**

For more information:
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