

# Holistic Therapists Australia Inc.

Registered in Victoria, Reg. No. A0048019G

ABN 64 312 945 772



Ongoing Professional Development &  
Professional/Peer Supervision

DECEMBER 2016

Membership Enquiries: [membership@hta.org.au](mailto:membership@hta.org.au)

## POLICY FRAMEWORK

As a matter of policy, the Executive has affirmed that from the holistic & transpersonal perspective, 'professional' development cannot be separated from 'personal' development, and has therefore determined that PD hours may be accrued in a much wider range of activities than just therapist skills training. The range potentially runs from dream groups, various forms of meditation groups, writing or drawing groups, music and dance, men's and women's circles, to the more energy-based modalities, TAT, EFT and Reiki circles. Or groups might simply be a regular locally-based meeting with a theme that varies week by week.

There are two lines of thinking in support of this policy position:

- HTA members who have worked experientially with their own personal material will readily recognise how their personal development was an essential step in their becoming a competent therapist. It follows naturally that ongoing 'personal' development is an important element in maintaining and improving their competence as a practitioner.
- There is little doubt that the rare examples of counsellors causing harm to their clients are more often a result of imperfect personal development than inadequate skills training. Since the association exists within a self-regulatory framework whose primary purpose is the protection of the public, the continuing personal development of members is recognised as highly relevant.

The association does not dictate how you meet your supervision hours nor maintain a list of 'approved' supervisors. Rather, we encourage members to make an informed choice about their supervision needs. These may be met through individual, group or peer supervision. Attendance at a personal therapist or psychologist may also be recorded as supervision if sessions are set up to include that purpose.

## ANNUAL REQUIREMENTS

To fulfil the HTA criteria required for annual membership renewal at Clinical, Professional or Qualified level, **15 hours** of Ongoing Professional Development are needed coupled with a minimum of **10 hours** Professional Supervision.

Enrolment as a student at any time within the calendar year entitles the member to exemption from PD and Supervision targets. Since most new members are recent graduates this provides them ample time to organise themselves before they have to report their PD and Supervision activities.

Members who fail to meet these targets and are unable to claim an exemption will have their membership renewed with a **non-practicing status** and their profile in the membership directory will be rendered invisible.

To maintain a **Professional** membership, a member needs to attend a minimum of 6 Supervision sessions during the calendar year. Fewer than 6 sessions will limit membership to Qualified status.

PD and Supervision is reported at the time of membership renewal on an online form which includes space to claim an exemption on various hardship grounds, including genuine financial hardship and serious personal illness. Life circumstances that inherently involve intense personal development can also be grounds for exemption; e.g. new nursing mothers or caring for a relative with special needs.

Members who find it difficult to fulfil their requirements due to isolation and distance can discuss their cases with the membership secretary.

This Log Book is provided for your information and for record keeping purposes. We do not normally require evidence substantiating your claimed hours at the time of membership renewal.

