



music therapy
new zealand

Te Roopu Puoro Whakaora o Aotearoa
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MUSIC THERAPY NEW ZEALAND
REGISTRATION BOARD

Continuing Professional Development (CPD) and Supervision log information sheet for Registered Music Therapists (RMTh)

Music Therapists who are registered with the Music Therapy New Zealand Registration Board need to hold a current Practising Certificate in order to practise in New Zealand. In order to apply for a renewal of Practising Certificate, the music therapist must provide evidence of:

1. Music therapy practice
2. Continuing music therapy education and professional activities.

All registered music therapists have signed the Code of Ethics for the practice of Music Therapy in New Zealand which states:

3. The music therapist shall:
 - a. Accept responsibility for maintaining and updating his or her level of competency through continuing professional development and supervisionAND
 - c. undertake regular supervision with a qualified professional in order to safeguard the quality of service to clients

The CPD and supervision log sheet is provided to help music therapists document their CPD and supervision hours. The log can then be included with the application for renewal of practising certificate. The log can be presented in addition to the information requested on the renewal application form.

Guidelines for completing the log

1. What counts as CPD?

a. Receiving Supervision:

It is expected that all Registered Music Therapists attend regular ongoing supervision with an experienced Registered Music Therapist or a suitably qualified and registered person from a related discipline (e.g. counsellor, psychotherapist, psychologist etc.). It is recommended that supervision takes place at least monthly.

Some therapists may also receive peer supervision or supervision within a multi-disciplinary team which can be included on the log.

b. Other activities:

- Attendance at workshops, seminars or courses
- Conference presentations and participation
- Workplace training eg Health and Safety, Child Protection or Control and Restraint training
- Self-directed learning projects
- Professional reading
- Participation in new initiatives or strategic development of music therapy services
- Submissions or comment on professional programmes or development
- Involvement in and/or leadership of relevant organisations at local or national level
- Undertaking research
- Writing a paper, article or book
- Maintaining and developing musical skills

- Attending improvisation groups

2. **How much CPD?**

A minimum of 20 hours per year, of which 10 can be supervision. It is advised that therapists spread their CPD across a variety of activities.

3. **Making CPD relevant**

It is suggested that therapists identify their learning needs regularly so that CPD is relevant. It may be helpful to consider the following questions:

- a. What is my learning or development need and how can I fulfil this need?
- b. What have I done in order to develop my practice in this area?
- c. What have I learnt from my study?

It is suggested that therapists keep a learning journal along with the log to help document reflections and learning outcomes.

4. **Peer review**

Please ask a peer to review the CPD form with you and sign. This should be a supportive process where you can reflect on the CPD for the year and identify future learning outcomes. It is encouraged that the peer is a registered music therapist.