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## **EMOTIONAL FREEDOM TECHNIQUES (EFT) PRACTITIONER CONTINUING PROFESSIONAL DEVELOPMENT (CPD) HOURS RECORD LOG SHEET**

To stay approved to be submitted to your Trainer, either voluntarily or when requested.

Record 30 hours. Recorded annually from the date of certification.

<b>NAME</b>	
<b>EMAIL ADDRESS</b>	
<b>STATUS</b> (Practitioner, Practitioner in Training, Facilitator, Presenter, & Trainer)	
<b>DATE CERTIFIED</b>	

**Types of CPD activities:** (See Appendix 3 on this link, <https://vitalitylivingcollege.info/vlc-cpd-supervision-requirements/>)

Vitality Living College™ - Transforming Lives.

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**A. EFT CPD Hours Record Log Sheet Template to fill in:**

Date	Type of CPD	No of Hours	How has this helped you as an EFT Practitioner in Training/ Practitioner/Facilitator/Trainer?
	<b>TOTAL HOURS</b>	<b>XX</b>	

(Please keep this record for 5 years for audit purposes)

**B. Examples of CPD hours below:**

<b>Date</b>	<b>Type of CPD</b>	<b>No of hours</b>	<b>How has this helped you as an EFT Practitioner in Training/ Practitioner/Facilitator/Trainer?</b>
14th May 2022	Attended EFT Serve	3	To learn how to tackle procrastination and complete my tasks.
1st May 2022	Reading a book on EFT tapping solution	5	To learn about different ways EFT Tapping is used with people in practice.
1st Jan - 21 <sup>st</sup> Jan 2022	Group directed CPD – attended EFT Taphon	42	To learn how to work with all the different emotions from anger, sadness, fear, guilt, joy, love and confidence.
25 May – 13 May 2021	Group directed CPD - attended Boosted	21	To learn how energy medicine and EFT can help boost the immune system and feel happy.
	<b>TOTAL HOURS</b>	<b>74</b>	