

Method	Description	CEU Breakdown and Maximums	Submission Format
All Methods as Listed Below	<p>Primary – Scope of Practice Hands-on or pertaining directly increasing knowledge of modality</p> <p>Secondary – Supported Activities</p>	<p>Primary: 1 hour = 1 CEU Scope of Practice</p> <p>Secondary: 2 hours = 1 CEU Supported Activities</p>	<p>Email copies or pictures of documents and forms to info@mtwpam.com.</p> <p>Pictures may be used in place of scanning documents.</p>
<p>Education Programs, Courses etc. (on-site / in-person or (distance/ online)</p>	<p>Lectures, workshops, courses, conferences, hands-on training</p> <p>Correspondence, e-learning, video teleconferencing where communication is maintained</p>	<p>Primary 1 hour = 1 CEU Secondary 2 hours = 1 CEU</p>	<p>Certificate of attendance or completion and Course or Program Submission Form</p>
<p>Certification</p> <p>Emergency First Aid/CPR or higher</p>	<p>Any of the modalities that MTWPAM accepts.</p> <p>Level A or C or HCP or higher is accepted</p>	<p>Primary 1 hour = 1 CEU Secondary 2 hours = 1 CEU</p> <p>Max 5 CEUs in a CEU: Primary</p>	<p>Certificate from the official certifying body & Course or Program Submission Form</p> <p>Certificate from course provider & Course or Program Submission Form</p>
<p>Teaching (Initial delivery of a course or event)</p> <p>Teaching (Delivery of a pre-established course or event)</p> <p>Supervising Tutoring</p> <p>Mentoring Shadowing (Modality or one MTWPAM supports)</p>	<p>Initial development and delivery of a course, workshop, lecture, seminar, hands-on training.</p> <p>Subsequent delivery or delivery of a course designed by therapist or another person.</p> <p>Supervising a course, clinic or workshop.</p> <p>Private tutoring of students in your modality</p> <p>Observes the practice of another health professional to obtain a better understanding of other modalities or to learn new techniques</p>	<p>Primary 1 hour = 1 CEU Secondary 2 hours = 1 CEU (maximum of 16 CEUs per cycle)</p> <p>(maximum of 8 CEUs per cycle)</p> <p>(maximum of 16 CEUs per cycle)</p> <p>(maximum of 12 CEUs per cycle)</p> <p>(maximum of 4 CEUs per cycle)</p>	<p>Documentation such as course outline, date/location, outcome, objectives, participant certificate, summary of participants evaluation and the Teaching Form.</p> <p>Teaching Form</p> <p>Mentoring/Shadowing Form</p>
MTWPAM Association Meetings	Annual General Meeting	5 CEUs per 3-year cycle. Can be used for Primary or Secondary	Self-Evaluation & Practice Integration Form, along with attendance recorded at AGM.
<p>Volunteering</p> <p>(Must be related to your modality within the Health & Wellness Industry)</p> <p>Provincial, National & International Good Will Volunteering (Program, Event or incident)</p>	<p>Professional: Board of Directors, MTWPAM Committees or MTWP sponsored events.</p> <p>Community: Health & Wellness, Sporting events. Using your modality to promote the industry. Self-promotion, business marketing or remuneration are not applicable.</p> <p>Volunteering in your profession as a good will ambassador to treat those in need on a provincial, national or international level. Self-promotion or remuneration are not applicable.</p>	<p>2 CEUs per year (maximum of 6 CEUs per cycle): Primary</p> <p>1 CEU per every 2 hours of volunteer work: Secondary (Maximum of 3 credits per cycle)</p> <p>5 CEUs up to one week, or crisis event: Secondary (Maximum of 10 CEUs per cycle)</p>	<p>Both sections of the Self Evaluation & Practice Integration Form</p> <p>Documentation such as a letter, Identification or reference from the organization or community organizers.</p> <p>Documentation such as a letter, Identification or reference from the organization or community organizers.</p>
<p>Publications</p> <p>Research</p>	<p>DVDs, Videos, Audio Books, Journals, Articles or Discussion Papers. (YouTube or similar internet videos do not apply.)</p> <p>Research and write an article for publication.</p>	<p>2 CEUs each Primary (Scope) or Secondary (Supported)</p> <p>1 CEUs each (max of 3 CEUs per cycle) Same as Publications</p>	<p>Self-Evaluation & Practice Integration Form</p> <p>Self-Evaluation & Practice Integration Form</p>
Personal Development	These are activities that help keep you as a person and therapist balance, mind, body and spirit. Taking a Yoga Class, learning to meditate, coaching or volunteering for a charity, food bank, etc.	1 CEU for every 2 hours of participation: Secondary (Maximum of 3 per cycle)	Self-Evaluation & Practice Integration Form
Group Study	Study groups must be a minimum of three (3) professionals related to the Massage or wholistic field.	Primary: 1 hour = 1 CEU Secondary: 2 hours = 1 CEU Depends on Subject matter	Group Study Participation Form and supporting documents.
Case Study	Client Study where have learned new assessment techniques or skills.	2 CEUs per case study: Primary	Case Study Form and supporting documentation