

# **AMT professional development standards**

AMT places great value on members providing a best practice approach to their client's therapy, and to active participation in the health industry.

Continuing professional development is the way that massage therapists keep their skills and knowledge up to date, so they can practice safely and effectively. In line with this, AMT promotes a culture of members completing meaningful professional development.

Practitioner members of AMT are required to complete at least 20 hours of continuing professional development annually.

AMT's professional development standards set out what is expected of members when planning, undertaking and documenting their professional development.



# Standard 1: Logging activities

**Practitioner AMT members must maintain a continuous, contemporaneous and accurate record of their professional development activities.**

## **What this means**

- All activities must be documented individually on the AMT reflection record within the member portal. This includes:
  - date of attendance
  - name of the activity
  - hyperlink to activity content if applicable
  - duration (one hour of active learning equals one hour of CPD)
  - evidence of attendance/certificates of completion if applicable.
- All 5 reflection questions in the AMT reflection record must be completed for each activity.
- Activities must be recorded on an ongoing basis.

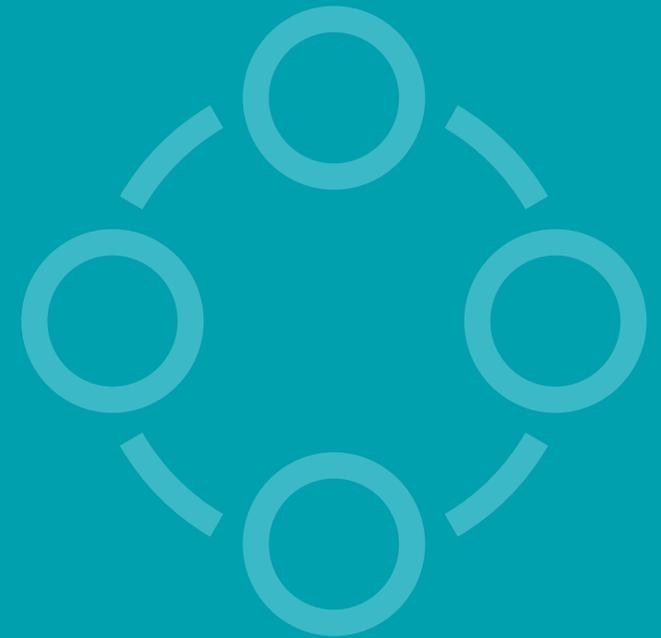


## Standard 2: Relevance and scope of activities

**Practitioner AMT members must show how their professional development activities are relevant to their current or future practice.**

### **What this means**

- Activities must relate to practice as a massage therapist. Members must demonstrate, through the AMT reflection record, how an activity develops their professional, clinical, ethical, or business skills. The onus is on the member to contextualise how the activity is relevant to their massage practice.
- Activities outside the scope of massage therapy, as defined on page 11-12 of the AMT Massage Therapy Code of Practice, are not accepted.
- Personal development activities, such as yoga classes and personal wellness practices, are not accepted.

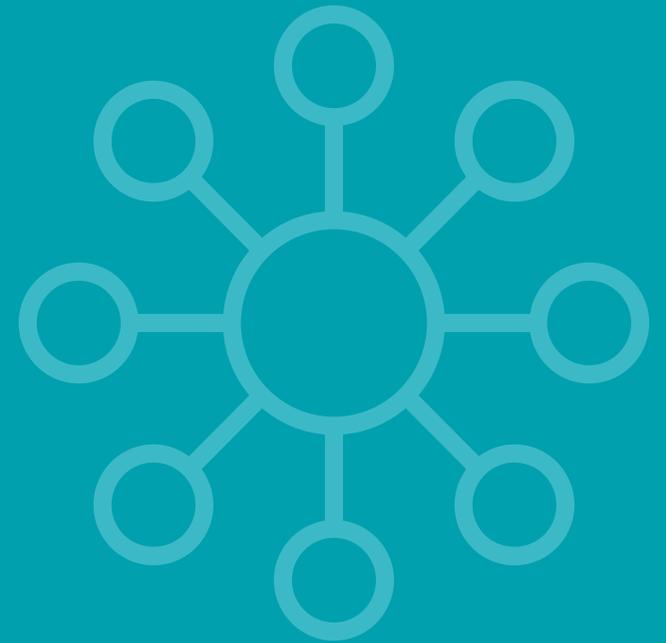


## Standard 3: Variety of activities

**Practitioner members of AMT must undertake a range of professional development activities.**

### **What this means**

- Activities should not be exclusively focused on one facet of massage therapy practice, such as hands-on skills only. Practising members are expected to complete a variety of activities that will support their development across the spectrum of practice, such as clinical skills, research literacy, ethical practice, business development, infection control and WHS.
- Activities that have been undertaken more than once across a number of years must be supported by a clear rationale in the AMT reflection record outlining how the repeat has fostered a novel professional development outcome.



## Standard 4: Quality of formal activities

**Practitioner members of AMT must ensure that formal learning activities, such as courses and workshops, are delivered at an appropriate professional level by qualified trainers.**

### **What this means**

- Members are expected to undertake due diligence on the quality of formal training activities before they enrol or register. This process includes ensuring that the training is aimed at qualified practitioners rather than hobbyists; establishing whether the training is nationally recognised within the Australian Qualifications Framework or another credible accreditation agency; confirming the qualifications of the trainer(s); checking the course description; ascertaining whether there is an assessment component; and checking whether there is a clear refund policy on registration fees.
- Online training involving hands-on application of techniques must include an element of supervision and/or assessment.



## Standard 5: Quality of informal activities

**Practitioner members of AMT must ensure that self-directed learning activities and workplace training are undertaken at an appropriate professional level and documented in writing.**

### **What this means**

- Independent learning and internet research must rely on credible and reliable sources such as Pubmed, and other biomedical and life science databases. Supporting documentation and hyperlinks must be uploaded to the AMT reflection record.
- Books and other reference material consulted must be pitched at practitioners rather than hobbyists.
- Workplace training must be supported by evidence that confirms attendance and clearly outlines the nature of the activity, such as one-on-one mentoring or small group case studies.



## Standard 6: Quality assurance

**Practitioner members of AMT must seek to ensure that professional development activities contribute to the quality of their practice.**

### **What this means**

- Activities undertaken should enhance the quality of services provided, focusing on key domains of care such as client-centredness, effectiveness and safety. A professional development plan should build on insights from the ongoing reflection process, identifying skills and knowledge gaps, and planning activities that address these gaps.



## Standard 7: Audit of professional development records

**Practitioner members of AMT who are undergoing a professional development audit must engage with the audit process and respond to requests for evidence and documentation in a timely manner.**

### **What this means**

- Members are given one month's advanced notice of an audit of their professional development. AMT reasonably expects that members will use this time to ensure that their professional development record is up to date; that all information has been completed in the reflection record; and that evidence has been uploaded where applicable to help AMT staff finalise the audit outcome. Members are required to reply promptly to any emails or phone calls requesting further information, clarification, or evidence to support claims made in the AMT reflection record.



**[amt.org.au](http://amt.org.au)**