

CEU ARTICLE

What you need to know about CEU's

Where did they come from and why do I care?

CEU stands for Continuing Education Unit. The CEU model RRCO has adopted are based on the model used by the CMTO (the College of Massage Therapists of Ontario). This model was chosen because massage and reflexology share many clinical applications, challenges and practitioner needs. The system is effective for almost 11,000 massage therapy practitioners in the province of Ontario and assists therapists in developing stronger clinical practice.

Why bother?

CEU's are a component of any self-regulated field. The continuation of education is a key component of competent practice. As we strive to be respected by insurance companies, it is only a matter of time before we are challenged on this front. By being proactive we will meet questions of our ongoing competence and education with a well-known model that is accepted and understood by third parties, such as insurance providers. We hope this will encourage the trend of adding Reflexology to extended health care packages.

How many do I need?

20 CEU's must be completed in a 5 year cycle. For every hour of time spent on a task, you earn one credit.

How much will this cost?

CEU's can cost as little as nothing or as much as a course overseas, it's all up to you. You drive the content as well as the means of learning. Many of your parent schools have already begun developing continuing education programming to meet your needs. Taking courses, reading books or watching DVD's, conferring with peers and writing articles are all credit worthy activities.

Here are some examples:

- attend a small business seminar at your city hall Enterprise Centre
- Search the interactive learning tools on the Kunz website and review your knowledge
- Complete your self-assessment tool and plan your learning
- meet with an accountant and learn how to set up accounting software for your company
- participate on the RRCO Facebook account
- Meet up with a registered foot nurse and ask to borrow his/her favorite pathology text
- Read a text on foot and ankle assessments
- Learn a new assessment like taking Blood Pressure readings and implement in your clinic
- Read news articles relating to health care, alternative health care and health trends both in your local community and in the larger global community
- Review health Canada brochures on topics like SARS, and ensure you have barriers like gloves and masks available in your clinic as well as procedures in case an outbreak occurs
- Attend team meetings at your clinic
- Attend conferences, AGM and association meetings
- Meet with Reflexology peers and discuss record keeping
- Meet with interdisciplinary peers and inquire to their record keeping habits, standards and request samples of blank forms to further develop your own record keeping
- Attend a yoga class and focus on areas prone to tension or fatigue from your practice
- Develop a success plan for self-care and integrate it into your day to day

- Research an on-line program on hydrotherapy applications
- Take a book out of the library on the theory of infant reflexology
- Participate in an exchange with a practitioner trained in Rolfing or another deep tissue therapy
- Present information or a book review on hand reflexology at a local peer meeting
- Review a DVD and do a write up for publication in “In Touch”

The competency guideline in your self-assessment tool outlines the different ways you can evaluate your practice and choose areas to grow. This is designed to help ALL therapists regardless of geographical location, financial restrictions and time limitations.

Both competencies, like business management and communication, as well as modalities like hand reflexology, hydrotherapy and aromatherapy are included for CEU credits. For the full list please refer to CEU page of the RRCO website. Your school is also a good source of assistance when you are beginning your CEU program development.

Is the program all self-directed or is there any part that is mandatory?

Mandatory CEU articles will be included in the “In Touch” magazine and also available on the CEU webpage under “Mandatory Articles” after publication.

Why are they mandatory?

Some areas of change are important for each therapist practicing in the province of Ontario to know. To this end, each registered reflexologist must answer the questions (like the questions at the end of this article), to ensure the content is reviewed. You receive 1 Category A CEU for each series of three articles you read and respond to (1 CEU per year, earning a total of 5 Category A CEU’s per cycle).

How do I submit?

The CEU resources page contains the CEU Cycle end reporting form. This can be printed off, or completed on the computer and emailed in at the end of your 5 year cycle.

Mandatory CEU questions

Please answer the following and document your answers. These must be included in your CEU cycle end submission at the end of your 5 year cycle.

- 1) What does CEU stand for?
- 2) What third party might inquire if we have a CEU program and what does it represent?
- 3) How is the CEU program designed to be accessible to ALL therapists?
- 4) What part of CEU’s is mandatory?