



# CPD STANDARDS OFFICE

## OFFICIAL ACTIVITY LOG:

### ACT Counselling & CBT Services

### CPDSO REGISTERED PROVIDER NO: 22189

This document authenticates ACT Counselling & CBT Services is an Official CPD Standards Office Accredited Provider.

The table below details the formal independent CPD accreditation awarded for each learning activity title.

Each individual who completes a CPD accredited learning activity may request a formal CPDSO Certificate of Attendance – a template for which is issued for all accredited titles. Subsequently, this can be included within a formal CPD record for a professional institute, regulator or employer.

| CPD Area               | Activity Title   | Date     | Internal Reference No | CPD Hours |
|------------------------|--|----------|-----------------------|-----------|
| Training Course Online | Emotionally Unstable Personality Disorder Neuroscience and Psychotherapy                               | Jan-2021 | 22189\1               | 6         |
|                        |  | Dec-2021 | 22189\1\1             | 6         |
| Training Course Online | Bowlby's Attachment Theory and Lifelong Relationships  | Jan-2021 | 22189\2               | 6         |
|                        |  | Dec-2021 | 22189\2\1             | 6         |
| Training Course Online | Vicarious Trauma – what you need to know   | Aug-2021 | 22189\3               | 5.5       |
|                        |  | Dec-2021 | 22189\3\1             | 5.5       |
| Training Course Online | Working with Post Traumatic Stress Disorder (PTSD) and Complex Post Traumatic Stress Disorder (C-PTSD) | Aug-2021 | 22189\4               | 5.5       |
|                        |  | Dec-2021 | 22189\4\1             | 5.5       |
| Training Course Online | Understanding Schema Focused Therapy   | Aug-2021 | 22189\5               | 8         |
|                        |  | Dec-2021 | 22189\5\1             | 6         |
| Training Course        | Working with Narcissistic Personality Disorder   | Mar-2022 | 22189\6               | 5.5       |
| Training Course        | Working with Self Esteem   | Mar-2022 | 22189\7               | 6         |
| Training Course        | Introduction to the Theory and Practice of Cognitive Behavioural Therapy                               | Apr-2022 | 22189\8               | 6         |
| Training Course        | Trauma Level 1 (Informed)  | Apr-2022 | 22189\9               | 6         |
| Training Course        | Trauma Level 2 (Skilled)   | Apr-2022 | 22189\10              | 6         |