

# Continuing Professional Development Record

For: \_\_\_\_\_

Activity	Provider	Signed	Date	CPD hours

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Note: Activities qualifying for CSS recognised CPD may include: attendance at Upledger workshops, attendance at study groups, assisting at classes, attending Upledger or other conferences, precepting or mentoring with an Upledger qualified practitioner or instructor, completing either Upledger Institute exam (30 hours each), publishing articles on CST, giving of talks or any other activity that enhances and expands your Upledger CST practice. This may also be expanded if another therapy is your core therapy.