

APTA Continuing Education Units

Continuing your Polarity education is vital to your credibility as a professional Polarity Practitioner, Polarity Educator or Approved Training Manager. The types of educational content acceptable for APTA continuing education credit/hours include courses that cover topics such as ethics, business management, teaching skills, all aspects of Polarity and other healing or energetic modalities. Any course or workshop that will benefit you as a practitioner or Polarity educator will be accepted.

APTA Requirements

Every two years, APTA practitioners are required to complete 15 hours of continuing education. It is strongly recommended that some of the CEU hours relate to the topic of ethics. One hour of class equals one CEU credit.

CEU documentation may be required in the form of a completion certificate or other means confirming class completion.

Submitting Process

The best way to submit your CEU credits is to send the information via email to the APTA office copying the Director of Education.

Resources:

Conference:

One of the best ways to obtain credits is to attend the APTA national conference. Workshops taken at other health-related conferences will also qualify, depending on the topic. NCBTMB credits can be earned by attending the APTA conference workshops.

Local Offerings:

Companies that offer workshops in many cities include *Skillpath*, *Langevin*, and others. Check out your local health food store to see what workshops are being offered each month. Contact the closest Polarity program and see if they offer any workshops in addition to their practitioner program.

On-Line Offerings:

- Many colleges and universities offer online courses, often at no charge.
- Check on line resources by googling CEUs, continuing education or workshops.
- *CEY Units at Home* is an on-line provider of CEUs. Examples of their courses include Depression, 3 units, \$24; Eating Disorders, 6 units \$48. Other titles available
- The National Center for Complimentary and Alternative Medicine (NCCAM) offers online continuing education, including free videos and online lectures.
- YouTube EDU (youtube.com/education). The site's sprawling academic collection features content from more than 200 colleges and universities from ten countries in seven languages.

- The Einstein Knowledge Network (Einstein.com) Access to complete courses, including downloadable syllabuses and documents, across more than 35 categories, from 100+ university providers
- Open culture (openculture.com) A smart guide to free audiobooks, language lessons, academic podcasts, classes and intelligent video sites.

Are you a workshop provider? If you have a workshop that would interest anyone looking for CEUs, please contact APTA to have the information be included in the next member update.

Urls for websites mentioned above:

www.langevinonline.com

www.skillpath.com

www.ceunitsathome.com

info@nccam.nih.gov

CEU Course/Workshop Suggestions

The following list of suggested courses or workshops that can be used for CEUs is divided into three categories; conference, local offerings and on-line courses.

Conference

One of the best ways to obtain credits is to attend the APTA national conference held every two years. Workshops taken at other health-related conferences will also qualify, depending on the topic.

Local Offerings:

Companies that offer a variety of workshops in many cities include Skillpath, Langevin, and others. See the website for a list in your area and for on-line titles.

Websites: www.langevinonline.com and www.skillpath.com

Check out your local health food store to see what workshops are being offered each month. Contact the closest Polarity program and see if they offer any workshops in addition to their practitioner program.

Check out the offerings at your local community college. They may have an ethics class or other classes you might be interested in. Check out the local Red Cross for CPR classes and other types of health-related classes.

The American Nurses Association offers various classes. Check to see if any are offered in your local area.

On-Line

There are many on-line courses of CEU credits available. The hours of credits given will equal the suggested hours to complete the online course. Many colleges and universities offer online courses. CE Units at Home is an on-line provider of CEUs. Examples of their courses include Depression, 3 units, \$24, Eating Disorders, 6 units \$48, Law & Ethics in Counseling, 7 units, \$56. Other titles available – see their website at www.ceunitsathome.com

www.OnlineCE.com offers Online Continuing Education Courses for Chiropractic, Occupational Therapy, Physical Therapy, Certified Hand Therapists, Massage Therapy and Athletic Trainers.

National Center for Complementary and Alternative Medicine offers many online continuing Education courses. Their website is www.nccam.nih.gov

Some of the available courses include:

- Overview of CAM
- Herbs and Other Dietary Supplements
- Mind Body Medicine
- Manipulative and Body-Based Therapies: Chiropractic and Spinal Manipulation
- Cam and Aging
- Integrative Medicine
- Health and Spirituality

Other Examples of CEU credits sources:

Classes from:

- CT School of Integrated Manual therapy
- Kairos Institute of Sound Healing
- Institute of Conscious Bodywork/Alive and Well
- Body Therapy Institute

Books

Books are not the best source of CEU credits as they are not interactive. If you cannot find anything else, books can be used for no more 5 of the 15 required credits at 1 credit per book. Send in a description of the book and how you benefited from reading it.

The determining factor is if the workshop or online course benefits YOU as a practitioner, instructor or training manager.

If you purchase a course that is on disks, you can re-sell the course to another practitioner
If you have taken a great online course, please let me know so I can pass the information on to other practitioners.

For questions regarding CEUs, please call or email Nancy Lehto, ATPA Director of Education, polaritydofe@q.com , 303-697-9135.