



TRANSPERSONAL TRAINING

CONTINUING PROFESSIONAL DEVELOPMENT

DESCRIPTION AND REPORTING FORM

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

CPD helps to ensure the highest quality practice of Holotropic Breathwork (HB) among those who provide this work to others and contributes to the recognition of HB as a credible and well-founded contemporary psycho-spiritual practice.

For Holotropic Breathwork facilitators certified prior to 2017, CPD is highly recommended but not required. However those who meet the CPD requirements will be noted on the GTT website as being CPD current.

For Holotropic Breathwork facilitators certified in 2017 and beyond, continuing professional development is required in order maintain your status as a certified HB facilitator.

The CPD requirements are as follows:

- 1 Certified practitioners will experience a full HB session as a breather, either in a workshop or with a qualified sitter, at least twice a year.
- 2 They will attend at least one GTT sanctioned module as an apprentice, participant, staff member, or floater; OR will attend an advanced training once every three years.
- 3 Facilitators will be responsible for submitting written notice of meeting the CPD requirement every three years.
- 4 Those who do not meet the CPD requirement will have their certification suspended until the requirements have been met as outlined above.

In addition to the above, GTT strongly recommends that all facilitators have a systematic daily psycho-spiritual practice of some kind. Those who have been HB certified for many years, and work with others, agree that this is a basic minimum to retain our ability to be effective practitioners and to support others in their inner work.

This minimum requirement demonstrating our commitment to ongoing impeccability of practice reflects the maturity of HB as a high quality psycho-spiritual discipline.

Grof Transpersonal Training

Record of continuing professional development requirements
To be submitted at least once every three years

Name: _____

Date certified: _____

Date CPD requirements submitted to GTT: _____

Holotropic Breathwork sessions (at least two (2) HB sessions each year. Either with a certified HB facilitator or among a group of certified HB facilitators):

1) Date/Facilitator: _____

2) Date/Facilitator: _____

3) Date/Facilitator: _____

4) Date/Facilitator: _____

5) Date/Facilitator: _____

6) Date/Facilitator: _____

GTT module attended (at least one every three years)

Module title: _____

Module date: _____

Next CPD renewal date: _____