



**Ways to Fulfill CAP’s Continuing Competency Program Requirements Through PAA**

**The College of Alberta Psychologist’s Continuing Competency Program**

- Required for all regulated CAP members
- From April 1 to March 31 of every year, members must engage in and document competence activities at the following minimums:
  - 8 hours in **Professional Knowledge and Practice** -- *psychologists maintain awareness of published advances in theory, practice, and empirical research.*
  - 8 hours in **Ethics and Jurisprudence Knowledge and Practice** -- *psychologists maintain awareness of published advances in theory, practice, and empirical research.*
  - 8 hours in **Professional Engagement** -- *psychologists connect with other psychologists and others on a routine basis to foster and instill a commitment to both the profession and the practice of psychology.*
- 4 hours within any of the above sections must be in Indigenous-focused training – *to gain cultural competence and improved cultural safety for clients through cultural safety and humility education or awareness. Can be self-directed.*
- Members must also provide a declaration of involvement in Wellness activities

CAP is not utilizing a CEC system to track hours; however, formal CEC opportunities count towards the defined competence areas. Members must count hours in the defined competence areas, and CEC hours are one way to fill CCP requirements. This resource list is separated by activities with and without defined Continuing Education Credits so that psychologists can make informed choices regarding their participation.

Please note that these PAA activities, both formalized CEC opportunities and otherwise, are not officially endorsed by CAP as meeting the CCP requirements. Rather, this list was compiled by PAA Staff to help aid psychologists who may be searching for PAA activities to better fulfill their CCP requirements.

**PAA activities with defined Continuing Education Credits**

**1. Asynchronous Courses:**

The following courses offered through [PAA’s on-demand course portal](#), with their corresponding credit hour equivalencies. As organized by CAP CCP category.

Course Title	CEC
<i>Professional Knowledge and Practice</i>	
Assessing perinatal mental health	1.0
Effective Advocacy	1.0
Evidence-based practice in psychology – What it is and how to do it	1.0

Outcome informed interdisciplinary addiction and mental health treatment	1.0
Pain Psychology: An Introduction to Chronic Pain Management Approaches	6.0
Prescribing Service Dogs or Emotional Support Animals	1.0
Psychedelics and Psychedelic-Assisted Therapy	1.0
Psychedelics and Psychedelic-Assisted Therapy, part 2	1.0
The Best of What We Know About Addictions Counselling Today	4.0
The Erupting Addictions Pandemic	1.0
The Game of Life: An Introduction to Using Basic Sport Psychology Principles in Clinical Practice	1.0
The Use of Digital Tools in Psychotherapy	1.0
The Weight of the World: Psychologist's Role in Addressing Client's Weight-Related Issues	3.0
Trauma and PTSD in first responder populations	1.0
What's new in the DSM-5-TR?	2.0
Who Are the Rainbow Communities and Why Should We Know?	1.0
Foundations of Psychological Assessment	40.0
<i>Ethics and Jurisprudence Knowledge and Practice</i>	
Ethical decision making	1.0
How and why psychologists use secure mail	1.0
Informed consent	1.0
Psychology Unboxed Podcast: Episode 1 - In conversation with Dr. Terry Pezzot-Pearce (Ethical considerations for psychologists working with children and parents of high conflict and/or divorce)	1.0
Psychology Unboxed Podcast: Episode 2 – In conversation with Dr. Brent MacDonald (Remote Therapy – Risks, Benefits, and Ethical Considerations)	1.0
Psychology Unboxed Podcast: Episode 3 – In conversation with Carmen Bellows (Balancing quality care and compliance standards – What psychologists should know when working with insurance/third party)	1.0
Psychology Unboxed Podcast: Episode 4 – In conversation with Dr. Michael Zwiers (Best Practices in Psychological Testing and Assessments)	1.0
Testifying in court as a psychologist	3.0

**2. Synchronous Events and Workshops:**

The following events and workshops, upcoming in 2025, with their corresponding credit hour equivalencies. As organized by CAP CCP category.

Workshop / Event Title	Date	CEC	Location
<i>Professional Knowledge and Practice</i>			
<a href="#">Trauma and PTSD in first responder populations</a>	January 17	6.0	Virtual
<a href="#">Personality and Pressure: What does this have to do with Sport and Performance?</a>	January 24 and 31	6.0	Virtual
<a href="#">Innovative Pain Management: A Comprehensive Overview of Pain Reprocessing Therapy</a>	January 27 and February 3	6.0	Virtual

<a href="#">Rewriting History to Create a Better Future: Positive Prospection in Practice</a>	February 7	6.0	Calgary, AB
<a href="#">Negative Thinking in Depression: Critical Concepts and Interventions</a>	March 7	6.0	Edmonton, AB
<a href="#">Working with Suicidal Clients: Assessment and Intervention</a>	March 17	6.0	Edmonton, AB
<a href="#">Sport Performance: It's not (only) what you think</a>	March 28	6.0	Edmonton, AB
<i>Ethics and Jurisprudence Knowledge and Practice</i>			
<a href="#">Best Practices to Prevent Ethical Pitfalls</a>	March 14	6.0	Edmonton, AB
<a href="#">Managing Situations We'd Rather Avoid: An introduction to responding to and working with lawyers, police, investigators, and the Courts</a>	April 11	6.0	Edmonton, AB

New workshops and events are being added all the time, check back often at <https://psychologistsassociation.ab.ca/events/>

### 3. Accessing PAA's Professional Guidance Program

<b><i>Ethics and Jurisprudence Knowledge and Practice, or Professional Engagement</i></b>	
<p>The goal and mission of Professional Guidance Program is to assist members in learning about ethics and thinking through ethical dilemmas in their work as psychologists. The program also provides members and non-members of the Psychologists' Association of Alberta (PAA) with the opportunity to consult and discuss their concerns with the Professional Guidance Director or a Practice Advisor.</p> <p>The PAA Professional Guidance Program offers 1.0 hour Continuing Education Credit for any member or non-member who receives a paid consultation with the Professional Guidance Director, and a 1.0 CE credit for any member or non-member who attended an Ethics Lunch N Learn presentation.</p> <p>Please see <a href="https://psychologistsassociation.ab.ca/professional-guidance-program/">https://psychologistsassociation.ab.ca/professional-guidance-program/</a>.</p>	

### Other PAA activities and opportunities

Without defined Continuing Education Credits

<b><i>Professional Knowledge and Practice</i></b>	
Completion of the following <a href="#">PAA courses</a>	Family restructuring therapy
	Private Practice Banking, Accounting, and Commercial Leasing
	Psychology of cannabis addiction
<b><i>Ethics and Jurisprudence Knowledge and Practice</i></b>	
Participation in PAA's Ethics Round Tables	<p>The PAA Ethics Round Tables (PERT), is a peer-support program to enhance ethical professional practice and decision making. Stay tuned for upcoming dates for 2025.</p> <p>Please note these events are synchronous and virtual. No recording is available afterwards.</p>

Consultation with BMS Insurance	Legal consultation can count towards CAP's CCP hours. PAA members have exclusive professional liability insurance with BMS, who offer pro bono legal services to policyholders.
<b>Professional Engagement</b>	
Purchasing a PAA Membership	Memberships with professional associations can count towards CAP's CCP hours.
Volunteerism	<p>PAA has many <a href="#">volunteer opportunities</a>, which include:</p> <ul style="list-style-type: none"> <li>• Joining a PAA committee or task force</li> <li>• Participating in school presentations, career fairs, school fairs, teacher's conventions, and public presentations</li> <li>• Becoming an Engagement Executive with Collaborate, PAA's social media platform</li> <li>• Work on resource development and research for PAA members and the public</li> </ul>
Supervision	<p>Providing supervision or mentorship to other psychologists can count towards CAP's CCP hours.</p> <p>Join PAA's member-only supervision list to have your name given to Provisionals in search of a supervisor by emailing <a href="mailto:paa@paa-ab.ca">paa@paa-ab.ca</a>.</p> <p>There is also a supervision Community of Practice on Collaborate, PAA's social media platform, where one can share expertise or ask questions on a safe and secure networking platform.</p>
Becoming a Practice Advisor	<p>PAA Practice Advisors provide confidential advice regarding professional practice and/or ethical issues as a convenient, highly accessible, member-benefit, as part of PAA's Professional Guidance Program.</p> <p>To become a practice advisor, you need at least 25 years of experience and need to be a member of PAA. Please contact <a href="mailto:paa@paa-ab.ca">paa@paa-ab.ca</a>.</p>
PAA Collaborate	<p>Time spent collaborating with colleagues and providing consultation can count towards CAP's CCP hours.</p> <p>Collaborate is PAA's member-only social media platform where peers can discuss issues, plans, and share ideas. There are also libraries of should resources, blogs, events calendars, polls, and more.</p> <p>See <a href="https://collaborate.paa-ab.ca/">https://collaborate.paa-ab.ca/</a>.</p>
Development of Course Material	Teaching and the development and delivery of course material can count towards CAP's CCP hours.

	Development of PAA's courses is approved and facilitated by the CEO. If you are interested in developing a course or workshop to be included in PAA's course portal or events calendar, please contact Ada at <a href="mailto:ada@paa-ab.ca">ada@paa-ab.ca</a> .
Mentor Match	Providing supervision or mentorship to other psychologists can count towards CAP's CCP hours.  <a href="#">Mentor Match</a> is a PAA members-only matching service for prospective mentors and mentees. The Mentor Match platform is intended to connect mentors and mentees who share similar interests and goals to form long lasting and rewarding mentorship relationships.
<b>Indigenous-Focused Cultural Safety &amp; Humility Education &amp; Awareness</b>	
Completion of the following <a href="#">PAA course</a>	Indigenous awareness training
PAA's Indigenous Resource page	Activities that increase cultural competence and/or cultural safety for clients (including courses and self-studies) can count towards CAP's CCP hours.  PAA has selected several resources, experiential learning opportunities, courses, self-studies, and museums that may increase your awareness and cultural competence. Please see <a href="https://psychologistsassociation.ab.ca/resources/indigenous-resources/">https://psychologistsassociation.ab.ca/resources/indigenous-resources/</a> .

If you have any further questions regarding any of the above resources or opportunities, please contact our office at [paa@paa-ab.ca](mailto:paa@paa-ab.ca) or call us at 780-424-0294.