

Moving ASK forward - Update August 17

I mentioned in the last newsletter that we will be introducing a new Member Management Programme later this year. This new programme amongst other things will provide us with a new website, so the Trustees and I are looking at all aspects of the Association to ensure that the information is relevant and up to date so when the website is launched it will contain a lot of new detail. Rather than introduce all the new information in one go we will take the opportunity of the regular newsletters to update you.

The first area to be reviewed is the Continual Professional Development requirement. Please read the following information carefully as there are a number of changes which have been introduced to make the ASK CPD requirement much more reflective of how and what members need to learn for CPD.

Changes in CPD



Continuing Professional Development (CPD) is the term used to describe the learning activities professionals engage in to develop and to enhance their abilities. It enables learning to become conscious and proactive, rather than passive and reactive.

Engaging in CPD ensures that both academic and practical qualifications do not become out-dated or obsolete; allowing individuals to continually 'up skill' or 're-skill' themselves, regardless of occupation, age or educational level.

The ASK Trustees have reviewed the numerous courses and different methodologies of learning, such as ASK training days, workshops and events, e-learning programs, reading relevant books and magazines which are today recognised ways in which new knowledge and skills can be gained.

The ASK annual CPD requirement for Certificate and Diploma members is 21 hours or 3 days training which can be made up as follows:

- 21 hours (3 days) - any combination of CPD material
- 14 hours (2 days) - of CPD material plus 1 case study which will be published in the members section on the new website
- 14 hours (2 days) - of CPD material plus 1 day providing support on an ASK stand at a Trade Show.

The individual member is able to make the decision as to which new material they wish to include in their annual CPD submission. The Trustees require that a member must be able to justify their inclusion of material as being relevant to their continual professional development in kinesiology. The Trustees reserve the right as to whether on inspection the CPD submitted is deemed suitable and therefore acceptable.

If members are unsure if their CPD material is acceptable then please contact via the ASK email sending details and Julie will send the query to the Trustees.

Please note CPD is mandatory to maintain your Professional membership of ASK.

The following types of learning are now all accepted as CPD:

Physical seminars: the following are examples of courses members may attend – this is not a definitive list. Please, see above that a member may include a different course if they believe it supports their CPD. We will require an attendance certificate when physically attending a seminar.

- ASK training days
- Seminars run by supplement or Nutrition companies eg, Biocare, Cytoplan, Epigenetics, ION, Metabolics, Purebio, Nutrigold, Nutrilink etc
- Seminars on subjects which are allied to kinesiology - advanced kinesiology techniques, energy work, flower essences, aromatherapy oils, tapping, sound therapy etc
- Practice Management and Business Development, Interpersonal skills, Marketing, Social media.

On-line material: increasingly relevant on-line material is available to members. If you are submitting on-line content for CPD, please include a synopsis of a minimum of 400 words describing what was covered in the material you watched / listened to. One hours on-line learning is equivalent to 1 hours CPD

- On-line versions of any of the physical seminars offered above
- Webinars
- Podcasts

Reading list: today there are thousands of books which can qualify for CPD, and as with seminars there are different ways to gain this information, so it may be a book you have read or listened to as an audio book. If you are submitting a book for CPD, please include a synopsis of 400 words minimum describing what was covered in the

material you read / listened to. Members can only use reading for 7 hours CPD in any year.

Sally is currently producing a new section on the ASK website which we are calling the "ASK Reading Room" - this will be a list of recommended books, please let me know if you would like to add any other books to the Reading Room that you have found educational, inspirational or enjoyable.

Magazine subscription: if you subscribe to a regular magazine which you believe is relevant please provide us with proof of payment of your annual subscription.

If you are undergoing ASK Tutor training you do not have to submit CPD for the year in which you are undergoing your training.

First Aid, A&P and Nutrition qualifications do not count towards your CPD requirement.

If a member is having issues undertaking their annual CPD requirements, they should immediately contact the Administrator who will contact the Trustees to see if dispensation can be provided for the short term.

With the new Membership Management section on the new website there will be a brand new way to make it easier for you to maintain your individual CPD - more details of this in the next few months.

There is on our existing website a very basic list of CPD training which members have recommended.



There are new workshops from Gek Bee Prout and Austin Wyse & Dawn Bailey which are on the ASK CPD list. This list is regularly updated - [CPD courses](#)

The seminar below which is organised by ASK and contributes 1 day or 7 hours of your required CPD.

Next ASK Training day - Saturday October 14th

Inflammation - the fire that burns within



Our next ASK organised Training Day is on **Saturday October 14th** which is a full day seminar run by the ever popular presenter Chris Astill-Smith.

An early booking price is available. Please let me know asap if you wish to attend so I can get the logistics sorted with the hotel.. [- more information](#)

Mind Body Spirit Show at NEC in Birmingham, 3-5 November 2017

ASK are taking space at this year's show at the **NEC** and we need ASK members to help on the stand. This is an ideal way to promote Kinesiology to other practitioners and to the general public.

We already have a number of members who have put themselves forward to work on the stand but more members are required so please let me know if you can help out.

For those new to working on the ASK stand and as a reminder to members who might have forgotten - any member who works on the stand gets paid £50 for a half day or £100 for a full day **(the full day can also count as 1 day of your annual CPD requirement)**

Please let me know at the ASK office before 1st September if you can help out - thank you

Meet the Trustees in Bristol

Part of the initiative to move ASK forward is to make our activities less South East based which has been the tendency in the past. We do recognise that there are members living in other parts of the country and we want to meet with the members and find out what they want from you association.

In November, on the provisional date of November 2nd evening at a venue is to be finalised, we plan to hold a meeting in Bristol where we will cover the following.

- Introduce our new management Software system and explain and demonstrate the numerous benefits to the members.
- Meet with the members over drinks and nibbles to listen to what the members want in the regions.
- Show case of some new kinesiology techniques from Dawn Bailey and the Essence Health team in Bristol.
- A presentation on aspects of developing a successful practice.

This event is in the very early stages of planning and we are putting the suggestion out to members in the area to see if it is something you would be interested in attending. We will then decide based on its success whether to roll-out a similar event in other regions.

Please let me have your thoughts.

Promoting your practice

It is very important to understand the 'rules' of what we can or cannot say as Health Practitioners. The guidance is very clear from the Committee of Advertising Practice (CAP) and there is a link to their publication - [Health therapies and evidence](#)

The Trustees are looking to produce an On-line and Social Media Policy to provide direction to members as to what should be avoided when using forums and social media platforms - more at a later date.

Data Protection

The subject of Data Protection for practitioners is something which is very important.

This can seem to be a very daunting subject, I have found a link to a website which describes very simply the [Data Protection process for a Health Practitioner](#)

Elaine Mills

Elaine, who has been a Trustee since 2010 has decided to step down effective from 31st July.

Alan, Alison, Liz and Sally would like to thank Elaine for her hard work and commitment during this time. Elaine is now an Honorary Member of ASK.

ICAK - June 2018

[ICAK International Meeting 2018 - June 8-10 2018 Dalmahoy Hotel and Country Club, Edinburgh](#)

The theme of the conference is ***"To Boldly Go - from Insight to Illumination"*** and it is our aim to follow the intentions of Dr Goodheart in both respecting the old and embracing the new.

The agenda of speakers will focus on our newer diplomates and teachers, who are bringing to the world of AK exciting and innovative techniques that are borne out of new research in science and medicine – our knowledge of the neurophysiology of the body and the human biome is exploding and we are able to back up our findings with research as never before. Such developments mean that we must move forward with all that is fundamental in the use of AK within the clinical environment.

30th Anniversary of the foundation of ASK

2018 is the **30th Anniversary of the foundation of ASK** and we are a long way down the road to organising an exiting kinesiology based group of speakers, we would loke to hear from members if you have any speakers you would like us to consider for either next year or the following year.

January 27th 2018 - ASK training day

June 16th and 17th 2018 - ASK training weekend

October 20th 2018 - ASK training day

ASK - GEMS

"General sleep disturbance may be due to low serotonin leading to low melatonin so muscle test as to whether the client requires magnesium"

"How many of you have a to-do list?, how many of you have a stop-do list? - it is a universal truth, that what gets scheduled gets done.

The Sculptor's Attitude

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfil today. I am important. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or....I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or....I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or....I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or....I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or....I can celebrate that thorns have roses.

Today I can mourn my lack of friends or....I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or....I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or....I can eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or....I can feel honoured because the Lord has provided shelter for my mind, body, and soul.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have!

Have a **GREAT DAY**....unless you have other plans!

Kind regards

Julie

Julie Bingham - ASK Administrator

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