

EFT tapping workshops: mapped to HCPC standards

A one-page guide for managers and practice leads in HCPC-regulated professions.

Since 1 September 2023, the HCPC standards of proficiency ask registrants to **"develop and adopt clear strategies for physical and mental self-care and self-awareness"**. MyTappyPlace workshops give teams practical, body-based self-regulation tools they can use during the working day, with a reflection template to support their CPD.

WORKSHOP OUTCOME	HCPC STANDARDS OF PROFICIENCY	HCPC CPD STANDARDS
Understanding stress responses and how they affect practice	3.2 Understand the importance of their own mental and physical health and wellbeing strategies in maintaining fitness to practise	Learning relevant to current practice
Practical self-regulation tools for high-pressure moments	3.4 Develop and adopt clear strategies for physical and mental self-care	Aims to improve the quality of practice
Recognising personal early warning signs	3.4 Self-awareness	Aims to improve the quality of practice
Staying calm and present with patients and service users under pressure	3.4 Maintain a high standard of professional effectiveness and a safe working environment	Aims to benefit the service user
Recording learning through the reflection template	3.2 and 3.4 Evidence of self-care strategies in practice	Keep an accurate record of CPD, and support a written CPD profile if selected for audit

Who this is for

Teams in any of the 15 professions regulated by the HCPC, including paramedics, occupational therapists, physiotherapists, practitioner psychologists, speech and language therapists, radiographers, operating department practitioners and arts therapists.

Workshops are delivered by a qualified social worker with over fifteen years of frontline experience, including work alongside NHS hospital teams.

What every workshop includes

- Hands-on EFT tapping practice on real work pressures
- A reflection template that registrants can use for their CPD records
- Aftercare: five EFT sessions tailored to your team, plus time-limited access to the full MyTappyPlace app

From a 90-minute taster to a full-day programme, online or in person, with bespoke options on request. **Packages from £450.**

Sources: HCPC, Standards of proficiency (updated standards effective 1 September 2023) and Standards of continuing professional development (hpcp-uk.org). This map shows how workshop content relates to the standards. It doesn't replace each registrant's own judgement about how they meet them.