

## Continuing Education (CE)

### *Information on Continuing Education Requirements for Registered Drama Therapists*

#### Purpose:

The North American Drama Therapy Association (NADTA) views continuing education as an essential activity to ensure quality of services delivered by Registered Drama Therapists. Continuing education is a self-directed process which requires drama therapists assume responsibility and accountability for their own professional development. The NADTA CE Requirements provide guidance and resources for its members to be able to match their continuing education with professional expectations. The purpose of Continuing Education is to ensure that Registered Drama Therapists stay up to date on the information in the field and continue developing skills in drama therapy, psychotherapy, and theater. These requirements are intended to be utilized by individual practitioners, **DT educators**, by providers of continuing education, and by agencies who have a responsibility for drama therapy staff. It is the hope of the NADTA that by establishing standards for continuing education that the individuals and communities we serve recognize drama therapists for their commitment to continuous education and professional development.

#### CE Hours Required:

30 hours of Continuing Education are required for RDTs within a 2-year cycle, 15 hours of which need to be in the content area of Cultural Humility, Equity, and Diversity (known as CHED CEs). It is typical **to count** one (1) CE per clock hour for attendance at lectures, workshops, and other professional educational venues.

The cycle begins January 1 in odd numbered years and ends December 31 of the second (even numbered) year. Gathering of CE hours for new RDTs will commence in the first odd-numbered year after the receipt of their RDT. In this way all CE hours will be due at the same time.

The 30 hours represent contact hours and do not include breaks, commuting time, meals, etc.

The same content cannot be used for credit more than once, either within a 2-year cycle or in consecutive 2-year cycles

- You *can* count second terms of office on the NADTA Board or continuing membership on an NADTA committee as the content of the work will be different each cycle.
- You can get credit only once for a presentation or workshop which you present for more than one conference/organization, or for a course you teach on a regular basis.
- You cannot count taking the same title course again, unless it is taught by a different instructor and covers different topics. Send both syllabi to document there was different content, if you are in this situation.

#### Note to New RDTs:

Because a member's education is current at the time of submitting the RDT application, new Registered Drama Therapists are not required to submit CE hours in the cycle in which they received their RDT. CEs will not need to be submitted until the CE cycle following the receipt of your RDT. For example, members who are granted the RDT credential in 2011 or 2012, would not need to start acquiring CE hours until the 2013-2014 cycle.

#### Submission:

**Every RDT must submit a list of their Continuing Education hours and complete documentation for them to the NADTA Office by December 31 (at the end of each cycle year).** This will be in an odd-numbered year following the end of the cycle – i.e., in the beginning of the next CE Cycle. **This year's CE's due date for the cycle (ending Dec 31st 2020 and due before Jan. 1, 2021) was extended until July 15th 2021 due to the pandemic, but resumes on the regular schedule thereafter. Next due date by Jan. 1, 2023 .**

CE forms and documentation can be uploaded into your Member Profile and approved online by the Education Chair each year. Your complete history of CEs will now be archived with your membership for easy access and review.

Documentation can also be submitted to the NADTA Office by email: [office@nadta.org](mailto:office@nadta.org); by fax: 518.463.8656; or by mail: 230 Washington Avenue Extension Suite 101 Albany, NY 12203.

#### Audit:

A certain number of individuals (approximately 10%) will be randomly audited each Continuing Education Cycle. RDTs who submit their CE hours late will automatically be audited.

### No Rollover:

Hours of Continuing Education over and above 30 within each 2-year cycle can only count for credit within that 2-year cycle. Hours cannot be “rolled over” to the next 2-year cycle.

### Noncompliance:

Any RDT who does not complete the required 30 continuing education hours, inclusive of the 15 CHED CE requirement, or who fails to submit CE documentation in a timely manner stands to forfeit their Registry status. The Continuing Education Committee will communicate in writing with RDTs who have not complied with instructions and/or deadlines on how to rectify the missing hours.

### Categories and Content Areas:

Each activity, whether attended, taught, or produced, must fall into one of the following content areas, and recorded by that content area number on the CE Form:

1. Theories & Core Processes of Drama Therapy
2. Cultural Humility, Equity, and Diversity (15 required hours)
3. Ethical Practice & Standards
4. Performance, Theater Perspectives, and Aesthetics
5. Psychological & Psychotherapeutic Theories and Practice
6. Research & Evaluation
7. Assessment & Psychodiagnostics
8. Supervision (individual or group)
9. Training in Related Modalities: Creative Arts Therapy, psychodrama, Playback, and Others
10. Leadership for the NADTA

### Required Category/Content Area for all RDTs/BCTs:

#### Cultural Humility, Equity, and Diversity

As an organization who upholds cultural response/ability in training, research, practice, supervision, advocacy, and organizational change, it is necessary to create a practice of accountability to ensure all members are committed to the same extent. Any CE opportunity that addresses cultural humility, equity, and diversity (as per the NADTA Code of Ethics and Cultural Response/ability) would be pertinent. Most CE opportunities in CHED have the words (cultural humility, equity, diversity, social justice, etc.) in their titles, content description, and/or program

objectives. The focus of the CE opportunity does not need to be exclusively in a CHED content, but does need to speak to how the main topic intersects with CHED content area. CHED CEs can be awarded for attending presentations by professionals in drama therapy or a related mental health field (includes counseling, social work, marriage and family therapy, addictions counseling, psychology, psychiatric nursing and psychiatry). If a presentation or workshop is sponsored by the NADTA, it will denote its eligibility for CHED CEs. RDTs and BCTs can also receive CHED CEs for conducting CHED workshops, presentations, panels, academic courses and publishing on a CHED topic.

**Methods for Earning CHED CEs:**

In an effort to make these opportunities accessible, we propose four streams of education opportunities to support members of the NADTA in reaching their CHED CE credits.

- **NADTA Annual Conference:** Each year, conference proposal applicants are requested to demonstrate how their workshop or presentation contributes to cultural humility. As we continue to identify tracks for conference presentations, those workshops, presentations and performances who are marked with CHED track count towards CHED CEs. For example, if a participant attends the typical All Conference Event CHEDC Forum event, they will receive 2 continuing education credits towards CHED CEs.
- **CHED Racial Justice and Equity Calls:** About once per month, CHEDC hosts diversity dialogues on a series of topics related to social justice and equity. Diversity Dialogues are community conversations about social equity concerns, where members can share together, improve practice, and strategize for a more equitable future. Each Diversity Dialogue will qualify for CHED CEs.
- **NADTA Education Committee Continuing Education Workshop Series:** A series of low cost CHED CE workshops will be announced for each year. Workshops will support members in achieving a variety of CEs. Members of the NADTA community, and beyond, can submit proposals for CHED CE workshops that they would like to host. These workshops will be virtual to accommodate member participation from across the nation.
- **Self-Study:** A number of peer-reviewed articles from the Drama Therapy Review (DTR) have been identified as meeting the requirements for 1.0 CHED CE credit. The CHED CE subcommittee has created a self-study worksheet that must be completed and submitted at the end of the cycle along with your CE Form. No more than 2.0 CHED CE credits can be from self-study and members are only allowed to complete a self-study on an approved article once.

<b>CHED CE Activities</b>	<b># of CE Hours</b>	<b>Maximum # in Review Cycle</b>	<b>Documentation</b>
<b>NADTA Annual Conference</b>	One (1) CE per clock hour, as determined by	Up to 30 hours	Copy of certificate of attendance

	NADTA CHED ED/CE Committee		
<b>NADTA Education Committee CE Workshop Series</b>	One (1) CE per clock hour, as determined and advertised by NADTA CHED ED/CE Committee	Up to 30 hours	Copy of certificate of attendance
<b>NADTA CHEDC Racial Justice and Equity Calls</b>	One (1) CE per clock hour, as determined and advertised by CHEDC	Up to 30 hours	Copy of certificate of attendance
<b>NADTA CHED ED Self-Study</b>	One (1) CE per article or chapter reviewed	Up to 2 hours	Copy of self-study worksheet
<b>Workshop, Lecture, Conferences with CHED Content</b>	One (1) CE per clock hour, or as determined by organization or educator	Up to 30 hours	Copy of certificate of attendance and receipt
<b>CHED Theater &amp; Performance</b> <ul style="list-style-type: none"> <li>● Training</li> <li>● Performing</li> <li>● Stage Management</li> <li>● Direction</li> </ul>	One (1) CE per clock hour	Up to 20 hours	Letter of participation from organization sponsoring the performance opportunity.

**Additional Required Category/Content Area for BCTs:**

As a reflection of their roles as educators, knowledge creators, and Alternative Training facilitators, RDT/BCTs are expected to earn at least 3 of their 30 CE hours through the following BCT-specific activities:

- Attendance at BCT trainings, conference calls, or meetings sponsored by the NADTA about alternative training
- Mentorship/supervision of new BCTs

- Publication of article/book chapter or (As in Methods #4 for RDTs)
- Development of workshop, class, or media related to drama therapy practice or theory (As in Method #5 for RDTs)

**Methods for Earning Continuing Education:**

CEs may be earned for the following activities, provided that they fall within the Eligible Content Areas. It is typical for you to earn one (1) CE per clock hour for attendance at lectures, workshops, and other professional educational venues. Continuing education activities need to be taught by credentialed professionals. For example, creative art therapy sessions taught by a credentialed or licensed creative arts therapist, mental health session taught by licensed or credentialed mental health professionals and drama therapy workshops taught by RDTs. Sessions at the NADTA conference only are vetted by the conference committee and may be used even if not led by an RDT.

<b>Categories of CE Activities</b>	<b># of CE Hours</b>	<b>Maximum # in Review Cycle</b>	<b>Documentation</b>
<b>Post Masters College or University Credits or Auditing</b> (Instructors should be appropriately credentialed for the subject matter (i.e., if you are taking a drama therapy course, it should be taught by an RDT or RDT/BCT; if you are taking a clowning class, it should be taught by a bona fide clown who has been through clown college and worked professionally; if you are taking a psychology course, it should be taught by a Ph.D. psychologist or other appropriately credentialed mental health professional.)	1 academic credit=15 CE hours	Up to 30 Hours	A copy of transcript or grade report plus copy of syllabus required for verification
<b>Conferences: Drama</b>	One (1) CE per	Up to 30	Copy of certificate,

Therapy, Creative Arts Therapy, or Human Services	clock hour, or as designated by organization		receipt, or letter of attendance  For NADTA Conferences: The CE Committee will supply CE forms at each NADTA Conference with the number of hours of credit available each day indicated on the form. RDTs will be on their honor to check off the sessions which they <i>actually</i> attended and submit this with a copy of their receipt for payment for the conference.
<b>Seminars and Workshops</b>	One (1) CE per clock hour, determined by educator/presenter	Up to 30 hours	Copy of certificate or letter of attendance
<b>NADTA Education Committee CE Workshop Series</b>	One (1) CE per clock hour, as determined and advertised by NADTA CHED ED/CE Committee	Up to 30 hours	Copy of certificate of attendance
<b>NADTA CHEDC Racial Justice and Equity Calls</b>	One (1) CE per clock hour, as determined and advertised by CHEDC	Up to 30 hours	Copy of certificate of attendance
<b>Authored Publication:</b>  Peer-reviewed journal article or chapter in a book	15 CE Hours	No more than 15 hours	Submit copy of title page or table of

Co-authored or authored book	30 CE Hours	No more than 30 CE hours	contents
<b>Presentations, Workshops, or Courses Taught</b> <i>You may use the teaching of a particular course or workshop only once unless the course has gone through a MAJOR revision.</i>	One (1) CE per clock hour  Hours credited must be reflective of contact and preparation time minus administrative time spent on activities like photocopying.	Up to 20 hours	A copy of the syllabus, presentation brochure, or organization confirmation
<b>Supervision from an RDT, RDT/BCT, or Mental Health Professional (MA/PhD)</b> <i>Please note that receiving supervision may not count towards CEs for other state or national continuing education requirements.</i>	One (1) CE per clock hour	Up to 15 hours	Letter from supervisor confirming number of hours
<b>Dissertation (Related to Drama Therapy, Theater, or Psychology)</b>	30 hours for completed dissertation	Up to 30 hours	Copy of transcript
<b>Leadership for NADTA:</b> <ul style="list-style-type: none"> <li>● <i>NADTA Board</i></li> <li>● <i>Committee Chair</i></li> <li>● <i>Conference Committee</i></li> <li>● <i>Delegate</i></li> </ul>	One (1) CE per clock hour	Up to 30 hours	Confirmation letter from NADTA
<b>Self-Study:</b>  Read a Book: Drama Therapy, Psychology, or Related Field	One (1) CE per clock hour	Up to 10 hours	One page annotated bibliography of book including: book's bibliographic



CHED ED Self-Study	One (1) CE per clock hour	Up to 2 hours	information, one paragraph on content, and one paragraph of critical response  Self-study worksheet associated with article
<b>Theater and Performance</b> <ul style="list-style-type: none"> <li>● Training</li> <li>● Performing</li> <li>● Stage Management</li> <li>● Direction</li> </ul> *Eligible for CHED ED CEs if performance covers CHED Content	One (1) CE per clock hour	Up to 20 hours	Letter of participation from organization sponsoring the performance opportunity.

**Instructions for Submitting CEs**

You may choose to upload your CE verification documents to your member profile (Option 1 - *Preferred Method*) or submit them to the office for uploading (Option 2).

**Option 1: Upload Documents to Your Member Profile:**

This allows you to upload your CE certificates and documentation into your NADTA member profile as you receive them. (Or you may choose to collect all the documentation and upload it all at the end of the CE cycle year.)

1. Scan your CE certificate into your computer. Please name your file using your last name, first name, and a description of the item. Example:  
Smith.Jane\_CEform.pdf
2. Log in to your Member Profile and SELECT the MY PROFILE tab on the left side bar.

3. Scroll midway down the page until you see your profile details listed. There will be an edit button at the top of the list. Click on the edit button.
4. Scroll down the page, you will see a list of attributes labeled with the CE cycle years and a button for uploaded the documents.
5. Click on the "Add Attachment" button to upload your current CE form from your computer. (Note: Files can be in any format Word, Excel, PDF, jpeg etc.). You can also scan and save documents and upload them to your profile.
6. After you have collected all of your CEs for the current cycle, [download and complete the CE form.](#)
7. Scan the CE form. and follow the same procedures to upload it to your profile.

## **FAQs for CHED ED Requirements**

### **How many of my CE hours need to be in CHED ED?**

Each Registered Drama Therapist is required to complete 15 of their 30 Continuing Education hours (per 2-year cycle) required to maintain their RDT credential to activities in the category of Cultural Humility, Equity, and Diversity (CHED CEs). We are not asking you to complete more CEs than usual, but instead asking you to make intentional choices with your continuing education to ensure the topics you select intersect with cultural humility, equity, and diversity.

### **Why require continuing education in the content area of Cultural Humility, Equity, and Diversity?**

As a member of the NADTA, you have committed to uphold the best practices of a drama therapist as outlined in our Code of Ethics and Guidelines for Cultural Response/ability in Training, Research, Practice, Supervision, Advocacy, and Organizational Change. By having each active RDT/BCT commit 15 hours of their continuing education to CHED, we will be able to better uphold our Code of Ethics, practice cultural response/ability, provide more competent care and professional services and establish these discussions as community-wide norms.

We ask members to hold in mind the following commitments in the Guidelines for Cultural Response/ability when making CHED ED Continuing Education choices:

- Drama therapists demonstrate commitment to the treatment of all persons with dignity and respect, regardless of differences in age, ethnicity, geographic region, gender identity, gender expression, military status, physical, mental, or developmental capacity, nationality, political views,

race, religion, socioeconomic status, sexual orientation, and historical experiences with the dominant culture.

- Drama therapists actively seek out knowledge and understanding about how cultural oppression (e.g. racism, homophobia, transphobia, poverty, sexism, religious intolerance, ableism, sizeism, ageism etc.) affects them personally and in their work.
- Drama therapists are encouraged to seek out educational, consultative, and training experiences including language acquisition to enrich their understanding and effectiveness in working with clients who have historical and cultural backgrounds and experiences that are different from their own.
- Drama therapists also take responsibility for educating themselves about relevant identity development models, historical and current discriminatory practices at the societal level (i.e., racism, classism, sexism, ableism, homophobia, sizeism, ageism, transphobia, etc.), and global sociopolitical and intergenerational issues (i.e., wars, occupation, and natural disasters in country of origin) that may be affecting the psychological welfare of clients in care.

The simple truth is that needing to center these issues through mandates *is* a reflection of the ways in which white supremacy/**dominant** culture is already at play in our training programs and the NADTA at large, and it is our collective obligation to be actively dismantling systems of oppression in all areas of our field. By making intentional choices around our continuing education, we commit to engaging in the necessary education and ongoing self-reflection to hold ourselves and each other accountable for delivery of culturally responsible care.

### **What content areas or topics typically qualify for CHED ED?**

Given the depth and breadth of identity, it would be impossible to provide a comprehensive list of content areas. We ask that drama therapists use their best judgement and self-assessment of educational needs when selecting continuing education activities to attend. Some areas to consider receiving continuing education include, but are not limited to: age; ethnicity; geographic region; gender identity; gender expression; military status; physical, mental, or developmental **diversity** and capacity; nationality; political views; race; religion; socioeconomic status; sexual orientation; cultural oppression; racism; classism; sexism; homophobia; sizeism; ageism; transphobia; global sociopolitical issues; intergenerational issues; language acquisition;

### **How do I know if the continuing education activity I want to attend meets CHED ED requirements?**

The following areas can be used as a general guideline to determine if eligibility of a continuing education activity: Does the CE activity increase your awareness of your own cultural values and biases? Does the CE activity increase your awareness of your client's worldview? Does the CE activity teach you culturally appropriate intervention strategies?

- Any CE opportunity that addresses cultural humility, equity, and diversity (as per the NADTA Code of Ethics and Cultural Response/ability) would be pertinent.

- Most CE opportunities in CHED have the words (cultural humility, equity, diversity, social justice, intersectionality, etc.) in their titles, content description, and/or program objectives.
- The focus of the CE opportunity does not need to be exclusively in a CHED content, but does need to speak to how the main topic intersects with CHED content areas. CHED CEs can be awarded for attending presentations by professionals in drama therapy or a related mental health field (includes counseling, social work, marriage and family therapy, addictions counseling, psychology, psychiatric nursing and psychiatry).
- If a presentation or workshop is sponsored by the NADTA, it will denote its eligibility for CHED CEs.
- RDTs and BCTs can also receive CHED CEs for conducting CHED workshops, presentations, panels, academic courses and publishing on a CHED topic.

**How do I know if a continuing education activity I want to teach meets CHED ED requirements?**

The easiest way to know if your workshop or lecture meets CHED CE criteria is to review the learning objectives and content of your presentation. If your learning objective incorporates a CHED content area and/or speaks to how the main topic of your presentation intersects with a CHED content area, then it qualifies for consideration as a CHED CE workshop. We ask that when preparing a workshop you utilize an intersectional and equity lens when determining the content of your presentation.