



Activities that qualify for NZROHA Ongoing Professional Development

10 hours are required per year or 20 hours over two years.

1. Self-directed learning (*maximum 6 hours claimable when accompanied by a short overview of the learning outcome*)
2. Correspondence training courses
3. Book purchases or Library loan
4. Magazines/journals
5. Oil nights and Regional gatherings of Register members and potential new members for peer support – sharing knowledge, encouragement/coaching.
(*1 hour each, no limit to total hours claimable*)
6. Attending Ordinary General Meetings, Special General Meetings or Annual General Meetings of the NZROHA and other relevant organizations.
(*2 hours approx. each – maximum 6 hours claimable*)
7. Learning through workshops/seminars/conferences/courses/tertiary education (aromatherapy or allied health, medical, wellness related) eg bodywork therapies, counseling, social sciences, medicine and related science, business skills (*no limit to total hours claimable*)
8. Preparation of lectures, workshop or conference presentations and articles accepted for journal publication (*maximum 10 hours claimable*)
9. Receiving professional supervision, or mentoring as self-care (*1 hour approx. each – maximum 10 hours claimable*)
10. Providing professional supervision (*1 hour approx. each – maximum 10 hours claimable*)
11. And other topics of learning such as:
 - a. Essential Oil production and research
 - b. Cultural Safety
 - c. Health and Disability, Privacy and Ethics(*no limit to total hours claimable*)

