

**Nova Scotia Board of Examiners in Psychology**  
**Learning Objectives and Year End Review Form – ADDENDUM FOR USE IN 2020 ONLY**

The Board considers Continuing Competence activities to be a very important component of protecting the public by ensuring that psychologists keep up to date with current psychological practices. The Board appreciates that registrant access to some continuing competence activities, particularly in-person workshops and professional conventions will be limited during 2020 because of circumstances related to COVID-19.

In light of this, for the 2020 calendar year, the Board has increased the number of credits that can be earned from 10 credits to 15 credits in each of two categories:

11. Workshops / Webinars / Online Learning - 1 hour = 1 credit. For 2020, the maximum number of credits that can be earned in this category has been increased to 15 from 10. Required documentation “State on your Continuing Competence Form, the name of the workshop or webinar along with the name of the presenter, date and duration.”

12. Self-directed learning (reading, videos) 1 hour = 1 credit. For 2020, the maximum number of credits that can be earned in this category has been increased to 15 from 10. NEW DOCUMENTATION REQUIREMENT: In addition to “State on your Continuing Competence Form, the name of the book, chapter or title of what was read/viewed”, you must now “also include a photocopy of the front or title page of the article or book or a detailed citation.” **For more information about this documentation requirement, please see the next page.**

There is no change in the minimum number of 20 credits required to meet Continuing Competence requirements.

At this time, these changes only apply to Continuing Competence for 2020.

**PROCEDURE FOR 2020 CONTINUING COMPETENCE AUDITS**

Continue to use the existing **Learning Objectives and Year End Review Form – 2018 Revision**. On the forms, the number of credits for Category 10 and Category 11 will continue to indicate a maximum of 10 credits. However, for 2020, simply enter all of your credits for these categories on your form. You may then claim up to the **maximum of 15 credits** for each category. When the forms are reviewed, the reviewers will assign you up to 15 credits for the category, provided you have included the required documentation.

During the COVID-19 pandemic, NSBEP is strongly encouraging all audit submissions to be submitted electronically. The Board recognizes this may be a challenge for some individuals submitting materials, therefore, options will be provided this year for verifying some areas of submission.

With regard to verification of Self-Directed Learning, in lieu of providing a photocopy of the journal article, chapter, or book read, submissions this year may be in the form of ONE of the following options (if scanned copies of the article or book title pages are submitted, a detailed citation is not necessary):

**Option 1) A detailed citation of what was read or viewed.**

**Journal Article:**

Olthuis, J. V., Watt, M. C., Bailey, K., Hayden, J. A., & Stewart, S. H. (2015). Therapist-supported Internet cognitive behavioural therapy for anxiety disorders in adults. *The Cochrane database of systematic reviews*, (3).

**Book Chapter:**

Chu, Brian C. (2019). Evidence-based therapist flexibility: Making treatment work for clients. In M.J. Prinstein & E.A. Youngstrom (Eds.), *Treatment of disorders in childhood and adolescence* (4<sup>th</sup> ed., pp. 99-123). Guilford Books.

**Online:**

Barkley, R.M. (2019). The Important Role of Executive Functioning and Self-Regulation in ADHD. Retrieved January 28<sup>th</sup>, 2021, from [russellbarkley.org/factsheets/ADHD\\_EF\\_and\\_SR.pdf](http://russellbarkley.org/factsheets/ADHD_EF_and_SR.pdf)

**Option 2) Scanned PDF or JPG of the materials.**

Scanning can be performed without the use of a flatbed scanner using most smartphones. A number of free apps are available for download for both iOS devices and Android smartphones (e.g., Scanner Pro, DropBox, CamScanner to name only a few). If you are unfamiliar with how to scan using a smartphone there are many tutorials available on YouTube or by searching the topic through Google. Again, if you are unfamiliar or uncomfortable with this process, Option 1 (above) is available to you.