

Nova Scotia Regulator of Psychology

Continuing Competence Program — Appendix B

Continuing Competence Activities and Credit Values

Minimum 20 credits required each year to maintain registration status, including a minimum of 2 credits in cultural responsiveness (see Section 12).

Activity	Max Credits / Year	Credit Value	Documentation Required
Professional Activities			
1. Peer Consultation (case consultation, journal clubs, grand rounds, regional research groups, mentoring, shadowing a colleague) <i>Note: must be a structured activity — document date, participants, and general area of discussion or topic.</i>	10	1 hour = 1 credit	Record on Submission Form: date, duration, and general area of discussion and/or name of presenter and topic.
2. Practice Outcome Monitoring (assessing patient/client outcomes via questionnaire)	5	10 patients/clients = 1 credit	Record on Submission Form: the tool used and the number of patients.
3. Professional Activities: - Serving on the executive of a psychological association = 5 credits/year - Serving on the board of a psychology regulatory body = 5 credits/year - Serving on a committee of a psychological association = 2 credits/year - Serving on a committee of NSRP = 2 credits/year - NSRP Oral Exam / Transfer Interview Committee = 1 credit per exam	10	See activity detail	Record on Submission Form: name of board or committee and dates served.
4. Sitting on a Board as a Representative of Psychology (positions that require a psychologist, or where psychologists sit to bring related expertise)	5	1 year = 5 credits	Record on Submission Form: name of board and dates served.
5. Supervision of NSRP Candidates (NSRP-approved supervision)	12	1 hour = 1 credit	Record on Submission Form: number of candidates supervised and their names.
6. Supervision of Psychology Graduate Students (thesis, comprehensive students; psychology interns and practicum students; post-doctoral fellows; medical residents) <i>Note: supervision must be regular and ongoing to qualify.</i>	6	1 intern, student, or resident = 4 credits	Record on Submission Form: name and type of supervisee.
Conferences and Academic Activities			
7. Conferences / Conventions (attendance time) <i>Note: 1 session = 1 hour (keynote, theory review, conversation hour, symposium, oral presentation, poster session).</i>	10	1 credit per session attended	Record on Submission Form: name of each session attended, with date and duration.
8. Academic Courses (graduate-level course from a recognized institution related to the psychologist's discipline)	10	1 course = 10 credits	Submit a transcript showing the completed course.
9. Instruction (teaching a course at a recognized institution, full-day workshop presentation) <i>Note: only counts the first time teaching or presenting, unless content is substantially revised.</i>	10	10 credits per course or full-day workshop 2 credits per lecture, seminar, public presentation, or conference presentation	Record on Submission Form: topic, date, and duration of lectures, seminars, or presentations.

Activity	Max Credits / Year	Credit Value	Documentation Required
Publications and Research			
10. Publication / Grant Submission / Review • Writing for peer-reviewed publications or book chapters (one submission counted once) • Grant submission (as primary investigator) • Peer review of journal submission, book chapter, or grant application	10	1 publication = 5 credits 1 grant submission = 3 credits 1 peer review = 1 credit	Publications: record title and publication information. Grant submission: record title and submission destination. Peer review: record title and journal or agency.
Continuing Education			
11. Workshops / Webinars / Online Learning	10	1 hour = 1 credit	Record on Submission Form: name of workshop or webinar, presenter, date, and duration.
12. Self-Directed Learning (reading, videos, online modules)	10	1 hour = 1 credit	Record on Submission Form: name of book, chapter, or title of what was read or viewed.
Board Certification			
13. Board Certification (e.g. American Board of Professional Psychology) <i>Note: can count for 100% of the annual CC requirement in the year certification is awarded.</i>	20	Certification awarded = 20 credits	Submit a copy of the certificate provided upon successful completion.
Cultural Responsivity (mandatory — minimum 2 credits per year)			
14a. Reflective / Reflexive Learning (Cultural Humility) Examples: cultural events (e.g., Mi'kmaq ceremony, by invitation); teachings from Elders, Knowledge Keepers, or other cultural community representatives; reading or engaging with media reflecting marginalized narratives; workshops with relational/reflective components. <i>Note: A documented reflective write-up is required (typically 1-2 pages summarizing learning and application to practice).</i>	Minimum 1 credit required	1 credit per event, session, or hour of engagement	Reflective write-up required. Also: proof of attendance (e.g., event confirmation, workshop certificate).
14b. Knowledge and Skills Development (Cultural Competence) Examples: webinar, course, lecture, seminar, or workshop on culturally competent care (e.g., Indigenous mental health, anti-racism in therapy, gender-affirming practice); readings; professional consultation with cultural community experts.	Minimum 1 credit required	1 credit per hour of engagement; academic courses: 1 credit per 3 hours of coursework	Certificate of completion, workshop agenda, attendance record, or record of consultation.
Statutory Committee Training			
15. Required Training for Statutory Committee Members Mandatory training that NSRP requires as a condition of appointment to, or continued service on, an NSRP statutory committee, regardless of provider. (At present this comprises the regulatory training delivered through the Nova Scotia Regulated Health Professions Network.) <i>Note: Applies only to appointed members of NSRP statutory committees. Credits are claimed once, in the year the required training is completed, and equal the hours of training NSRP requires for the member's committee role(s). Unused credits in this category may be carried forward one year and applied to the following year's CC requirement — the only CC category that permits credits to carry forward to a subsequent year.</i>	8	1 credit per hour of required training, fixed by the requirement rather than by actual time spent. No timesheet required; the claim is triggered by the completion record.	Completion record or certificate for the required training, submitted to the Office of the Registrar.

Minimum 20 credits required each year, including a minimum of 2 credits in cultural responsiveness (1 reflective/reflexive, 1 knowledge/skills). See Section 12 of the Continuing Competence Program guide.

Revisions to the Continuing Competence Activities and Credit Values table: Last revised November 28, 2018 (activity table); updated April 2026 to add the Cultural Responsivity category and align with the Regulated Health Professions Act (RHPA). Updated July 2026 to add the Required Training for Statutory Committee Members category (effective July 1, 2026).

nsbep@nsbep.org · www.ns-rp.ca · (902) 423-2238