

# REAL CPD Charter

(Regulated | Ethical | Accessible | Lived Experience-Led)

## Our Mission

To recognise, accredit, and support practitioners and educators whose learning - however it was acquired - is rooted in safety, compassion, integrity, and lived experience. We exist to create a trauma-informed, person-centred alternative to existing professional gatekeeping structures.

## Our Four Pillars

### 1. Regulated

We uphold nervous system safety as a core standard. All REAL-accredited learning and practice must demonstrate:

- Trauma-informed pacing and delivery
- Embodied awareness and consent
- Commitment to safeguarding and prevention
- Clear, compassionate boundaries

### 2. Ethical

Ethics are not a tick-box. They live in relationship. We accredit those who show:

- Compassionate, relational integrity
- Reflective practice rooted in humility and growth
- Accountability, not perfection
- A clear understanding of power, trust, and harm

### 3. Accessible

REAL CPD is inclusive by design. We remove unnecessary barriers and welcome difference by:

- Honouring diverse routes to knowledge
- Creating flexible, affordable learning and recognition models

# **REAL CPD Charter**

(Regulated | Ethical | Accessible | Lived Experience-Led)

- Welcoming neurodivergent, disabled, and marginalised voices
- Valuing life experience as educational currency

## **4. Lived Experience-Led**

REAL knowledge isn't only in books - it's in bodies, stories, and survival. We champion:

- Practitioners who have walked their talk
- Course creators who integrate personal truth with professional skill
- Safe sharing of lived experience in service of connection and change

## **What We Accredit**

REAL CPD accredits training, workshops, and courses that meet the above principles. This includes (but is not limited to):

- Online and in-person CPD
- Community-based education
- Peer-led learning and facilitation
- Specialist lived experience programs
- Trauma-informed toolkits and frameworks

## **Membership & Recognition**

We offer membership for:

- Practitioners
- Facilitators
- Educators
- Organisations
- Peer supporters

# **REAL CPD Charter**

(Regulated | Ethical | Accessible | Lived Experience-Led)

What matters most is not how you learned - but that you learned. We are more interested in:

- What you know
- How you came to know it
- How you apply it to keep others safe

## **Safeguarding & Responsibility**

All REAL-accredited members and courses must show:

- Knowledge of safeguarding principles
- Commitment to preventing harm
- A clear complaints and accountability process
- A willingness to reflect, repair, and evolve

## **Our Promise**

We will:

- Never exclude someone based solely on where or how they trained
- Recognise lived experience and non-traditional routes as valid
- Be transparent, inclusive, and relational in all processes
- Centre healing and human dignity over hierarchy

## **Join the Movement**

If you've ever been told you don't belong -

If you've walked a different road and learned the hard way -

If you're ready to co-create a new standard rooted in truth -

You're already part of the REAL movement.

Let's accredit the real ones.