

**BRAD SHERMAN
REGULATORY CONFERENCE**
(formerly CARE Conference)
Compliance and Regulatory Education:
Best Practices for Athletic Trainer Regulation



How the Healthy Practice Resource Supports Licensee Well-Being

Subhead goes here

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1

Public Protection through Licensee Well-Being & Healthy Practice

Current Continuing Competence/Continuing Education Paradigm - Regulators primarily focus on making sure licensees meet minimum legal standards - CE completion is the proxy for ensuring "continuing competence" of licensees - Research suggests CE alone doesn't ensure competence and prevent harm to clients	FSBPT's Guidelines for Continuing Professional Development - Promote public protection through licensee well-being and healthy practice - Encourage licensees to engage in CPD, even when it's not required - Encourage employers and other healthcare organizations to create environments that support licensee well-being and healthy practice
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2

Elements of the Guidelines for Continuing Professional Development

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Jurisprudence & Ethics
Assessment



Practice/Work (Skills and
Knowledge) Self-Inventory



Healthy Practice Self-
Inventory

www.fsbpt.org/continuingcompetence



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4

Elements of the Guidelines for Continuing Professional Development



Healthy Practice Self-Inventory

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5

Healthy Practice Guidelines

Healthy Practice = conditions under which safe, effective, and ethical practice is most likely to thrive

Awareness of Risks & Supports – will include a self assessment of the items below

Individual		Practice Environment	
Practice	Personal	Subject and Culture	Organizational
• Relational Competence • Core Values of Professionals • Professional Engagement • Use of Evidence in Decision Making • Use of Evidence Measuring to Evaluate Practice Effectiveness • Evaluation of One's Practice Performance	• Physical Well Being • Emotional Well Being • Social Well Being • Mental Well Being • Demographic Characteristics • Financial Well Being	• Supports for Physical and Professional Well Being • Resources for Professional Development • Compensation (Own and for) Colleagues, Professionals, Patients, and Self • Wellness Programs: Physical, Social, and Emotional	• Systems / Infrastructure / Technical Support • Operational Processes • Compliance • Ethics • Performance Expectations



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6

Healthy Practice Guidelines

Personal

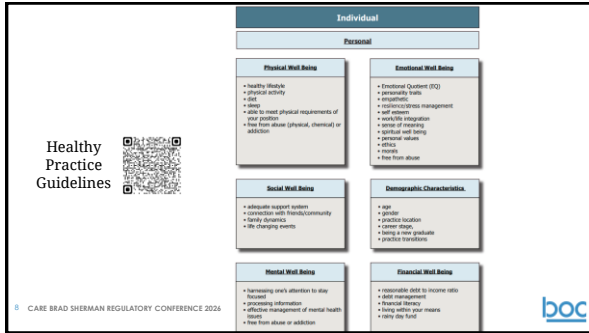
- Physical Well Being
- Emotional Well Being
- Social Well Being
- Mental Well Being
- Demographic Characteristics
- Financial Well Being



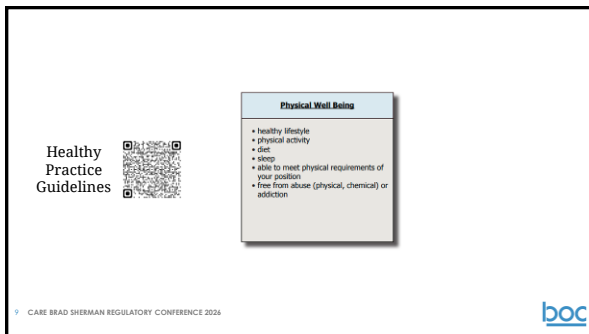
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7



8



9

Value of Self-Assessments

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Is there a place for self-assessment in promoting healthy practice?

- Literature review about self-assessment

Self-assessment has limitations, but it is effective for:

- Understanding **internal** experiences (e.g., well-being)
- **Developmental** contexts
- Where people are **able and willing** to give thoughtful, honest answers

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10

<https://healthypractice.hri.org>

Welcome to the Healthy Practice Resource

Click a resource below to get started.

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Personal Life Modules

Modules about Your Personal Life

Emotional Well-Being
Manage your emotional well-being.

Mental Well-Being
How you feel about your current level of mental functioning.

Social & Non-Work Well-Being
Resources and challenges you encounter in your life outside work.

Financial Well-Being
How you feel about your current financial status.

Physical Health
How your body feels, and how you are taking care of your body.

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Work Environment Modules

Modules about Your Work Environment

Work Role Support
Resources and challenges you encounter in your current work role.

Benefits and Wellness
Resources available to you that might help you improve your well-being.

Practice Climate
How the people you work with approach the job.

Compassion
How you perceive people in your work environment treat you, and one another.

Work-Related Well-Being
How you feel about your job, in general, and in relation to other aspects of you.

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13

Purpose of the Healthy Practice Self-Assessment Resource

-  A self-reflection on the user's professional well-being
-  A source of professional development and support resources based on responses the user provides during the self-reflection experience
-  Provides users with a brief feedback summary about each individual domain, but no domain-specific nor overall summative numerical score
-  It is not a punitive or remedial measure, nor an evaluation

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14

Purpose of the Healthy Practice Self-Assessment Resource

-  It does not set a quantitative standard for "acceptably healthy" practice
-  It will not be used as a basis for licensure decisions
-  Scores and responses are confidential, and any data that could identify an individual user is only provided to the user

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15

Introducing the
Healthy Practice Resource



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16

Self-Reflection

Answering the questions isn't the self-reflection!

- Real self-reflection happens as you **process** and respond to the feedback
- Does it ring true? Does it seem off? Why?
- Prompts to **dig deeper, learn more, start conversations, and take action**



17
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18
