**FHT Stay at Home Video Series**

**Self dry cupping**

**Dawn Morse (Core Elements)**

To gain your two CPD points please read and complete the following document which includes questions for you to reflect on the video. Please work through the document, save it in your CPD portfolio and award yourself two CPD points.

**CPD questions.** *(Please answer all the following questions)*

|  |  |
| --- | --- |
| **Name:** | **Membership number:** |
| **Your therapy which this CPD relates to:** | **Date completed:** |
| 1. **How many pumps per cup should you do?** | |
|  | |
| 1. **What is the sliding technique?** | |
|  | |
| 1. **What massage movement should you perform after removing the cups?** | |
|  | |
| 1. **How has this developed you within the therapy/therapies that you practice? Please write your answer below** | |
|  | |

For more information on Dawn Morse and Core Elementsplease go to: <https://coreelements.uk.com/>