As stated in the Rules of the North Carolina Board of Occupational Therapy 21 NCAC 38 .0805:

(3) Small Group Study:
(a) Includes review and discussion of journal articles, clinical videotapes or audiotapes by at least two licensed practitioners;
(b) A licensee shall earn one point for three contact hours up to a maximum of three points; and
(c) Documentation shall include title, author, publisher, time spent, and date of completion. Licensee must complete the Small Group Study Form provided by the NCBOT and include a statement that describes how the activity relates to a licensee’s current or anticipated roles and responsibilities.