

Nations, Regional and Special Interest Groups Annual summary 2025



Regional groups

Region 1 - Cornwall, Devon

Name of group: Region 1 Devon and Cornwall

Name of coordinator(s): Suzi Norris and Rachel Ventom

Dates of meetings held since July 2024 (with number of attendees)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

- Saturday 13th July 2024, 10-4 In person Creatively Exploring Dartmoor – Guided Walk around the Belstone Area. It was a wonderful opportunity to be creative and explore connections with the landscape. An opportunity for members to enjoy the benefits of safely exploring outdoors, creating connections with other members and the landscape with opportunities for creativity.
- Saturday 21st September 2024, 10-12 – Online Workshop An online taster workshop facilitated by Bethan Baëz-Devine & Sharon Herriot from The Potting Shed. This was an environmental art based workshop.
- Saturday 14th December, 2-5PM In-person gallery visit and art-making. This was based at Make Southwest, Bovey Tracey <https://makesouthwest.org.uk/> . We booked a studio space upstairs and spent time viewing the exhibits and creating response art.
- Wednesday 4th February, 7:30 PM – Online: Article & Art We discussed and reflected on a recent article from International Journal of Art Therapy with an opportunity to create response art. The article 'An exploration of the role of mess-making in art psychotherapy' by Roz Hinds, published 05.12.24.
- Saturday 15th March 2-5PM In person Printing Workshop This took place at Make Southwest: <https://makesouthwest.org.uk/> This workshop took place in the art room above the gallery and was facilitated by Southwest's art tutor. It was an opportunity for members to create art and learn skills in a new creative technique.

Region 2 - Dorset, Wiltshire, Hampshire, Isle of Wight

Name of group: Regional Group 2

Name of coordinator(s): Samatha Dobbs-Jones, Jennifer Downie and Frankie Campbell

Dates of meetings held since July 2024 (with number of attendees):

- Environmental day. July 2024

12 people attended and held in the New Forest with a consensus that it was a positive experience. Organised by Sam Dobbs - Jones.

- CAMHS events online. October 2024 10 people attended

Reflective Practice session – opened out to all even if not working in CAMHS/with CYP. Agreed it would be beneficial to do again and was a rich shared learning experience.

Private Practice Day – November 21st Run by Sarah Thorpe and included art making and shared lunch. 11 people attended

AGM: 8th February 2025. 10 people attended.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

1. Beach hut (Dorset) as a venue. Booked for July 5th 2025. Art making on beach, shared lunch.

2. Clay days (Portsmouth) as a Creative day. 10 attending each day. Another event in October 2025: Raku Firing

Outline: aim to offer a space to support exploration and creativity in response to the clay and

share our knowledge and skills to support the group endeavours in this workshop.

3. CAMHS online days x 2, online.

Emma House and Jennifer Downie facilitate two morning CAMHS events

for 11th June 2025 and 15th October 2025. Both 9.30 to 11.30 and online.

11th June's theme is Children's Accelerated Trauma Techniques (CATT)

and Emma will present.

On the 15th October Lizzie has agreed to do a presentation on DDP level 1

(an attachment theory based therapy that was developed by Daniel

Hughes) and Franki will do a presentation on Kim Goldings Foundation for

Attachment (thank you both!)

4. Shehnoor was willing to organise a group visit to an exhibition. Date and venue TBC.

Region 3 and 3A - East Berkshire, Surrey, West Sussex and East Sussex, Kent, Croydon, Brighton

Name of group: Region 3 and 3A

Name of coordinator(s): Melody Weightman

Dates of meetings held since July 2024 (with number of attendees):

What happens depends on what members put into the pot.

Meet-ups happen around the same time each year. I don't do BAAT emails as I can't do them all at the same so it's a time consuming nightmare. I do Signal, BAAT platform on website and Facebook. I am also contactable by phone.

Dates of meetings held since July 2024 (with number of attendees):

20 July 13 members Talk provided on polyvagal at 'The Plot' in Stanmer

7 December Xmas dinner together 12 people

18 Jan in Brighton art gallery. 10 people attended. Was going to watch BAAT annual event but it was not available.

April 26 /10 people attended workshop on slime

First half is always workshop/learning. Second half is sharing, connecting, eating together, planning, art making, reflecting.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Particular issues: people not happy with BAAT training available(same thing, nothing new), not happy with it only being on line as it is not inclusive of people that struggle with remote learning. People not happy in not getting inscape magazine in paper format.

Suggestions:

BAAT to provide regional coordinator paper copy inscape to share with region?

Highlights

Members seem to value our meet ups

Would appreciate a feedback form to use each meet up, and CPD templates.

Region 4 - Bedfordshire, Hertfordshire, Essex, North London

Name of group: Region 4

Name of coordinator(s): Samantha Durant

Dates of meetings held since July 2024 (with number of attendees):

- February 20th - 0 attendees
- Now have 12 confirmed attendees for meeting planned 4th June at 7pm
- I am only just beginning to get started with regular meetings

Summary of activity this year, outlining any particular issues and/ or highlights for the group (max 500 words):

- Mainly beginning to find my feet as coordinator
- Check R4 emails once weekly
- Sending out local job opportunities that arise
- Contacted University of Hertfordshire to ask if they would allow us to use the grounds as a venue for face-to-face meetings and training sessions
- Reached out to region 5 to ask how they schedule their meetings
- April 7th - Meeting at university of Hertfordshire to view rooms and also talk with another art therapist on staff to explore if they were willing to join me in the coordinator role

-May: Created a survey for participants to give feedback on what they need from the group

Region 5 - Berkshire, Buckinghamshire, Northamptonshire, Gloucestershire

Name of group: Region 5

Name of coordinator(s): Teresa Callis & Tessa Taylor

Dates of meetings held since July 2024 (with number of attendees):

Date	Location	No of attendees	Description
11/7/24	Stroud	5	Reflective Space
13/7/24	Kettering, Northamptonshire	4	Theme: <i>'The places and spaces we work'</i>
7/9/24	Online	5	Reflective Space
12/9/24	Stroud	4	Reflective Space
21/9/25	Salcey Forest, Northamptonshire	3	Dipping our toes into eco therapy
3/10/24	Online	6	CPD: Ali Coles on Research and Practice
10/10/24	Stroud	4	Reflective Space
14/11/24	Stroud	5	Reflective Space
12/12/24	Stroud	4	Reflective Space
28/1/25	Stroud	6	Reflective Space
29/3/25	Kettering, Northamptonshire	4	CPD: EMOTH – Emotional Mapping of the Home.
10/4/25	Stroud	4	Reflective Space
24/5/25	Kettering, Northamptonshire	4	CPD: Tree of Life
24/5/25	Nelsons Trust, Gloucester	8	CPD: Basket Weaving. Talk by Nelsons Trust

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Over the last year Tessa and I have attempted to offer a combination of in-person events closer to home and online meetings to facilitate the needs of the region. This is due to the region being large in terms of distance. Tessa and I cofacilitate however have never met in person, as it is a 4 hour round trip for us both. It has worked well that Tessa is based in Stroud and I in Northamptonshire, as this has enabled us to offer in-person events as noted above. Our sense is that people value this space, however it is difficult to gain commitment and often can lead to frustration when people cancel last minute. We have both reflected on this having an effect on our willingness to be coordinators. Tessa has decided to step down and I may do so. We have identified a person in Berkshire that has started offering in person group. It seems to work for us to develop local subgroups in the region and our aim is to have coordinators from each area that can facilitate local meetings. In addition to in person we have offered online every two months. Attendance varies but averages between 4-6 people, which seems

low when there is 121 people registered. It does feel reliant of coordinators giving their time and energy to creating connections and facilitating groups. I share this feedback in the hope that it helps when reviewing the regions. We feel that having a minimum of four coordinators who can each facilitate in person in their region makes the most sense.

Feedback:

A big thank you to [Terrie Callis](#) for introducing me and the Northamptonshire Art Psychotherapists (NAPs) to EMOTH—a powerful therapeutic tool that helps make emotional experiences more visible and encourages meaningful discussions around homes and other spaces.

I find it incredibly valuable to be part of a group with diverse trainings, experiences, and perspectives, allowing us to learn from one another and expand our therapeutic approaches. Grateful for the opportunity to explore new ways to support emotional expression through Art Therapy!



Region 6 - West Midlands (Shropshire, Staffordshire, West Midlands, Warwickshire, Worcestershire)

Name of group: Region 6

Name of coordinator(s): Genevieve Collier

Dates of meetings held since July 2024 (with number of attendees):

31st July online artmaking - 4

17th Aug 2024 CPD day – 17

11th Sept 2024 online artmaking – 4

23rd Oct 2024 online artmaking - 4

8th Feb 2025 CPD afternoon - 6

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Over the past year, notable activities included a highly engaging CPD day centred on the theme 'Taking Art Therapy Outdoors'. The gathering took place in a wooded area of a well-regarded urban park in South Birmingham, with sessions led by Dr. Jed Jerwood, Hannah Elliott from Birmingham & Solihull MHFT, and Rachel Parker, who has established an outdoor art-making Social Prescribing group.

During the winter, members gathered for an afternoon of fabric-based activities, including knitting, mending, and sharing our therapy dolls, while discussing workplace issues and generally catching up.

Until early 2025, online evening reflective art-making sessions continued each month. These sessions have been paused while the coordinator is establishing a community art therapy studio in Malvern.

Regional bulletins have been distributed every 1-2 months, highlighting paid job opportunities, new BAAT services and website features, external conferences and events of interest, along with articles and videos related to broader art and mental health perspectives.

The offer of a clay-based CPD day facilitated by Art Therapist Marion Green brought a substantial response. Two workshops will be held in June and July, providing a hands-on creative experience for 24 members on the concepts of Concavity and Convexity.

Region 8 - Norfolk, Suffolk, Cambridgeshire

Name of group: Region 8

Name of coordinator(s): Alison Hawtin & Rebekah Dolby

Dates of meetings held since July 2024 (with number of attendees):

11.10.24 Linocut Workshop with Cambridge print artist Jo Tunmer in her home studio, 14 Attendees (FULL) In person.

30.11.24 Meeting of Region 8 members interested in exhibiting as an art therapy collective at Peterborough Museum (8 members) In person.

11.1. 25 Three-hour prep and planning meeting between Regional Coordinators in Peterborough (2 members) In person.

15.3.25 Suicide in children and death understanding CPD session with Alice Newton-Leeming (11 – 3pm) 16 Attendees. (Via Zoom).

Coming up...

14.6.25 Being creatively held in nature at Heron Meadow, nr Diss with Anna Lidzey (in person)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

As a regional group we share a lively, motivated and experienced collective of art therapists. Both co-ordinators strive to provide a wide range of CPD opportunities and experiences that are very much appreciated by all members. Wherever possible we try to ensure that a fair geographical spread is achieved so this year we will see a mix of online, in person events in Cambridge, Peterborough and Norwich ensuring that those who live across our very large region have some access to meet in person. We are exploring the possibility of putting on an exhibition of work by art therapists in a museum space but this is work in progress...watch this space! We also share thoughts, views and other information online via the Forum. The Region 8 members are very engaged and active in our events.

Region 9 - East Midlands (Derbyshire, Nottinghamshire, Lincolnshire, Leicestershire)

Name of group: BAAT Region 9

Name of coordinator(s): Rhiannon Creese & Adele Luca Del Giudici

Dates of meetings held since July 2024 (with number of attendees):

28.4.25 (12 attendees- online process group)

19.5.25 (2nd year trainee cohort to promote BAAT region 9 and BAAT forums)

27.5.25 (6 attendees- online process group)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Adele and I began coordinating region 9 recently, in March 2025. Thus far we have held 2 online process groups which have been made available to all BAAT members in region 9. Both have had positive feedback from attendees. Within the process groups we have offered a space where art therapists and trainees can reflect, discuss and engage in conversation around their art therapy practise. In our initial meeting we used art making to reflect on what members hopes are for region 9. This included connection, reflection, in-person meets, CPD and engaging in art therapy literature.

Hearing the requests of the members that attended, ahead of the second process group we shared a paper with the members. We then used the online time to reflect on the paper and what it offered to them. There was verbal discussion along with a time for art making. Themes included feeling embodied with image making, intersectionality, reconnecting, identity, transformation, journey to becoming an art therapist, and learning.

Adele and I have also visited 2nd year trainees at the University of Derby to promote the use of the BAAT forums and to encourage engagement with the Region groups. We are currently liaising with staff at the University of Derby to hopefully offer a base to provide workshops, CPD and a space to connect with BAAT region 9 members.

Region 11 - Yorkshire, Humberside

Name of group: Region 11

Name of coordinator(s): Shalini Mehta and Pippa Crosby

Dates of meetings held since July 2024 (with number of attendees):

1. 21st Sep 24: EMDR and Art Therapy Creative Workshop (25 attendees)
2. 26th Oct 24: Reflective Practice and Bilateral Drawing workshop (27 attendees)
3. Monthly online reading group LiterArti
4. Dec 2024: Online business meeting

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Last year we held two in-person workshops for the region which were well attended. Both the workshops were organised in different areas of the region to facilitate more attendance

among the members. Both the workshops were facilitated by member art therapists. The turnout for the events was really good and well received feedback from all.

Apart from the in-person events, we regularly meet online for our monthly reading group where a journal article is selected and discussed.

Region 12 - North East England (Tyne & Wear, Cleveland, Cumbria, Durham, Northumberland)

Name of group: BAAT Region 12

Name of coordinator(s): Savannah Rios-Wills & Julia Papa

Dates of meetings held since July 2024 (with number of attendees):

18th of January 2025: 7 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Following a handover in July 2024, the region experienced a period of reduced activity while the new coordinators transitioned into the role. The position is now co-held by Savannah and Julia who are now in the rhythm of planning and delivering events. In January 2025, we hosted a well-received social at BALTIC Centre for Contemporary Art. This marked our first event as new coordinators and offered our members an opportunity to reconnect informally after a period of quiet. Looking ahead, we have a shadow puppet workshop and discussion session planned for the 19th of July at Shipley Art Gallery in Gateshead. The workshop is led by a local artist and puppeteer focusing on how to make shadow puppetry accessible within an art therapy context. We are currently in the process of developing further events for the rest of the year and aim to continue offering engaging relevant opportunities for our regional members.

Region 13 - The Reflective Practice Group

Name of group: BAAT Art Therapy Reflective Practice Open Meeting Group

Name of coordinator(s): Jean-Jacques Bonneau and Tessa Rawcliffe

Dates of meetings held since July 2024 (with number of attendees, in bold):

Bi – monthly on last Tuesday of the month 2024 – 2025, an average of **10** attendees:

28 May – **10**, 30 July – **9**, 24 September – **9**, 26 November – **10**

28 January – **10**, 25 March – **12**

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

BAAT Art Therapy Reflective Practice Open Meeting Group – Annual Summary Report

Given the nature of the open meeting, we consider the group to be well attended, with an average of 10 participants. We noticed an increasing number of core attendees to the bi-monthly meetings from May 2024 – March 2025. Participants have actively contributed by presenting clinical cases from their respective areas of expertise and practice and/or by reflecting upon presented cases and situations.

There are usually two presentations during the two-hour group. We have a 15-minute break with refreshments that give opportunity for social and professional networking. Although we tend to suggest topics for discussion based on the previous session discussions, participants tend to volunteer current work situations and clinical cases.

Topics discussed are very varied, such as EMDR (Eye movement desensitisation and reprocessing) in Art Therapy, complex and difficult cases such as working with victims of sexual abuse, working with refugees, victims of torture, issues of safeguarding in therapy. Presentations include working with children, adolescents, adult, elderly, with group and individual, within NHS settings, specialist services and private practice.

Region 14 – Oxfordshire

Name of group: Region 14 BAAT

Name of coordinator(s): Miriam Muldal and Shin-shin Ngiam

Dates of meetings held since July 2024 (with number of attendees):

Meeting	Date	Attendees	Format
"All Mixed Up "and "Sounding Out" R14 hands-on Workshop with focus on the therapeutic power of liquid mixtures and of percussion. Led by two R14 members.	14 July 2024	4	In person
Annual Planning Meeting , sharing aims and ideas for the yearly program	6 Nov 2024	6	Online
Art & Yak open group art making	28 Nov 2024	3	Online
Visit to Pitt Rivers Museum	1 Dec 2024	2	In person
Art & Yak open group art making	30 Jan 2024	2	Online
"Working with Hard to Reach Children/YP" Presentation of Art Therapist Work & Discussion	9 Mar 2025	6	In Person
Art & Yak open group art making discussing possible art show	1 April 2025	3	Online

Meeting	Date	Attendees	Format
Art & Yak open group art making	27 Mar 2025	4	Online
Art & Yak open group art making	29 May 2025	2	online

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

We have continued with a program featuring a monthly open group art making session online "Art and Yak", which, though low in numbers, is very enriching. We continued with a termly peer reflection meeting to discuss professional issues. Members agreed that we should continue last year's aim of encouraging colleagues to share their practice through in-person workshops and gallery visits. We had 2 workshops focusing on therapeutic potential of a particular media and of sound. This year due to some health and timing issues, we have had to cancel a second planned gallery visit in January 2025. In March, a fellow member of the group presented vignettes of her work with children and Young persons with demand avoidance. The joint coordinators are discouraged by the low level of colleagues' engagement, often revolving around the same members, and motivation is low at the moment. We hope to revitalize with a plan for another exhibition of R14 Art Therapist work (like in summer 2023) in the autumn.

Region 15 - Scotland (Clyde)

Name of group: Region 15

Name of coordinator(s): Bryony Budd & Corah Ambrose

Dates of meetings held since July 2024 (with number of attendees):

Peer supervision Dates:

18/7/24

26/9/24

24/10/24

21/11/24

12/12/24

23/1/25

20/2/25

17/4/25

Approx 5 - 10 attendees per session

CPD Art and Art Therapy Workshops:

6/7/24

12/10/24

Approximately 15-23 attendees per session

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

In region 15 we meet monthly in Glasgow for peer supervision. It is important to us that this group remain an in-person session though are planning to add an additional online contingent.

We have also continued with our CPD events ran by Glasgow based artists. The structure of these events provide a space for art therapists to connect to their artist identities in the first half and discuss the application of a skill, method etc in clinical work in the latter half of the event. These will continue in 2025 alongside an open studio space for therapists to come together in peer support and strengthen our network.

Region 16 - Scotland (Forth)

Name of group: Region 16 – Edinburgh, The Lothians and Forth Valley

Name of coordinator(s): Erin Crawford, Yuxi Liu, Silvia Cirronis

Dates of meetings held since July 2024 (with number of attendees):

- Online art-making: 30th July 2024; 9 approx. members attended
- Research workshop (online): 29th Sep 2024 - 6 members attended
- In-person Art-making workshop: 17th Aug 2024 and 12 Oct 2024. 16 approx. members attended
- Art therapists' exhibition: 18th setting up day, 19th-22nd Nov 2024. 13 approx. members exhibited their work, many attended the opening night.
- In person art making together, 29th March 2025 - 6 members attended
- Art psychotherapy and trauma with Natalia Higginson, 10th May - 27 members attended

Ideas for 2025:

1. Print making workshop TBC
2. Clay, felting, or textile workshop TBC
3. Neurodiversity related speech and workshop - TBC
4. End of year exhibition Dec 2025 TBC
5. Online art-making TBC

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

We had quite a busy time in 2024, with many art making sessions together both online and in person, leading up to our end of year exhibition, at Out of the Blue, Drill Hall, Leith. The event was very well attended by art therapists, friends and family, different art works of various mediums were produced and showcased. We also said goodbye to two of our co-ordinators Manny Soora and Amy Wise-Crawley, both gave so much input into shaping the region's CPD events. In 2025, we had a great response to our online survey asking for feedback from the region members. Our hope is to listen to these requests and put on events relevant to the region's wishes.

In March 2025 we got off to a slow start with a small art making group, in person. This event was located at CATS, an exciting new therapy hub in Leith. Our second event of the year was a Trauma and Art Psychotherapy lecture/workshop by Natalia Higginson. Everyone fed back it was very useful for their practice and enjoyed the art making and exercises of the day. The event was well attended, with therapists traveling from all over the region to attend in Edinburgh city centre. We're looking forward to our future plans for 2025, and hoping a few more volunteers step up as coordinators as a few of us may step down by the end of the year.

Region 17 – Somerset, Bristol, South Gloucestershire

Name of group: Region 17

Name of coordinator(s): Samantha Leckie and Jodie Cooper (previous coordinators this year Jenny Clarke and Jen Wilson)

Dates of meetings held since July 2024 (with number of attendees):

2024	Day	Time	Activity	Location	No of attendees
Jan	Friday 26	12-1.30pm	Networking meeting	online	8
Feb	Tues 20	7-9pm	Ali Coles, CPD: Getting started with practice-based research and evaluation	online	14
Mar	Saturday 9	10am-4pm	Jen Wilson, bereavement and palliative care AM, Sam Hickman Slow Stitch PM	St Luke's	22
Apr	Friday 19	12-1.30pm	Networking meeting	online	?
May	Tues 14	7-9pm	Art workshop	Redcatch Community Garden	16
Jun	Sat 8	9.30am-1.30pm	Marian Liebmann - memory and transgenerational trauma	Redcatch Community Garden	27
Jul	Friday 19	9.30-11.30am	Graft graffitti workshop	The Island, Bristol	12
Aug	Tues 20	7-9pm	Networking meeting with focus on private practice. Ask people to suggest questions/topics in advance and at start of meeting	online	12

Sep	Saturday 21	half day or 10-3?	Outdoor, nature-based practice round table.	Room 2, St Luke's, Bath	27
Oct	Tue 22	7-9pm	Networking meeting with a focus on dyadic work	Online	11
Nov	Sat 23	10.30-12.30	Gallery visit - to Glenside Hospital Museum	In person venue	17
Dec	Sat 7	10am-12pm	Art workshop - option to bring festive snacks to share	Redcatch Community Garden	Cancelled Due to bad weather
			Zoom subscription for a year		
Jan	Mon 21	7-9pm	Meghan – neurodivergence talk	Online	22
Feb	Fri 28	9-11am	Networking private practice	Online	6
Mar	Sat 29	10am-1pm	St Lukes church Prof S Jennings	In person	26
Apr	Mon 28	6-8pm	Studio upstairs art-making	In person	11
May	Sat 17	10-1	Somerset Arts Therapy Centre	In person	13

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Practitioners in the region have been forth coming in delivery and hosting CPD. We have been able to offer a diverse range of CPD topics and practitioners from art therapy, psychoanalytical, artistic, counselling backgrounds that interconnect and cross over modalities beneficially to us as art therapists.

Baat finance have been good at helping us to manage the finances of the region and paying back expenses on a timely manner. Our budget has allowed us to travel to further away locations and payback fuel and other costs. The regions budget has allowed us to afford paying for hosts, venues and other additional costs, and offer a generous amount of CPD. The claim form is not clear that postcodes are required, and therefore there was quite a lot emails to and from finance to claim expenses and this was time consuming.

Participants have been appreciative of our efforts and given good feedback on the day and after the CPD's in person and on email. There has been a good turn out at our meetings and we are attracting a good number of regional members across the year.

We have been able to offer a broad range of CPD topics across the region in different locations, our aim has been to encourage more CPD further into Somerset as we identified the need for practitioners in this area. We have expanded and rented new venues, as historically region 17 held it's CPD in Bristol and Bath and this is harder for art therapists in the South Somerset area to get to, and we are hoping to encourage more art therapists to be active participants of BAAT and join more CPD. We have had feedback that this has been welcomed.

We have intentionally organised CPD on different days and different times in order to enable different members from the region to be able to attend e.g. not just have CPD on a Saturday. The feedback from this has been good.

We have been able to offer monthly CPD which is an increase from historical years, and some of this CPD has no cost except the Zoom account fee for example. Frequent helps us connect more, builds a sense of community and safety for us to not feel so isolated in what can be a very isolating profession. More relationships between members are being forged.

There has been some conversation from members about the increase of BAAT membership fees, and the costs of online conferences which seem very high for the fact there is no venue hire/food like there was historically. The CPD we are organising is offering value and justification of the membership fees, without this we may have less members in this region.

There is feedback that members would like the journals to be posted as they have been historically within the cost of the membership fee, and for there not to be an increase in membership fees.

Some members feedback who pay for the journal receive them all in one go whereas it would be nice to receive throughout the year.

Region 19 – Scotland (Grampian, Shetland)

Name of group: Reg 19

Name of coordinator(s): Tracey O'Neill/John Newton

Dates of meetings held since July 2024 (with number of attendees):

attendees 3 to 4

Dates of meetings 2024: July 9th - 5th August, 10th September, 1st November, 3rd December, 21st December; 2025: 6th March, 25th March, 23rd May and 27th May

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

A huge thanks to Shirelle Young for all of her work and input during her time as coordinator.

Over the past year there have been events to help promote art psychotherapy in the region. Through third sector and university events.

Our annual eco art day held on the 5th august gave an opportunity to visually work outside and be creative.

There have been ongoing balint supervision groups online allowing everyone to share and investigate the work being done, these at present are bi monthly. At other times the region meet online to look at various thoughts , from book/film/art reviews/ discussion. To looking at how to keep increasing the work in the area. As well as being available anytime for members to contact for advice/support.

Regards

Tracey O'Neill/John Newton

Region 22 - International Art Therapists

Name of group: Region 22 – International art therapists

Name of coordinator(s): Trish Bedford

Dates of meetings held since July 2024 (with number of attendees):

Nil to date

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

No responses to some messages - in forum or email.

Invited others to co facilitate

Time/ illness- scheduling to attend facilitators meetings- but the ones I've attended have been useful to share info, struggles and it's welcome.

Responses from future facilitators for events

Planned events for both groups:

End of June brief initiatives meeting online

End if June /July training/ speaker already arranged confirming dates. Online

"Culturally affirming practice - integrating cultural elements into therapeutic practice (why it matters)" Kim Valldejuli

"Internal racism and art therapy" Mariangela Demenaga (may be linked with initial meeting)

November training/ speaker I would envisage the group to contribute to deciding how they want to structure the meeting and who they want.

Create calendar for 2026 - implement key points from baat.

Build more structure for the group going forward for sustainability.

Considering a joint meeting/ mini conference hybrid/ online with ARC Edinburgh.

Nations

Northern Ireland

Name of group: Region 20 (regional group) and BAAT Northern Ireland (country group)

Name of coordinator(s): Sheila Lavery (until March 31, 2025). This role is now shared within the current 2025/6 BAAT NI committee as no one had capacity to take on the role of regional group coordinator from the current committee membership and no other local member has volunteered.

Dates of Committee meetings held since July 2024 (with number of attendees):

Date	Attendees
14/08/24	8
18/09/24	8
23/10/24	7
20/11/24	8
13/01/25	7
17/02/25	7
12/03/25	7
29/03/25	22 (annual meeting)
16/04/25	4
21/05/25	7

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Highlights:

October 2024 CPD event - BAAT NI and region 20 had another successful CPD day on 19th October – "The artist as a moving canvas". Art psychotherapists, Julie Murphy and Margaret Stack McKenzie shared their recent experience of being part of the Moving Canvas project funded by the Arts Council of NI (ACNI). 16 Art Therapists attended this event.

AHPNI Event Long Gallery – Six Art therapists attended this event at Stormont (home of NI Assembly) on behalf of BAAT NI with the new promotional stand from BAAT London and leaflets. This enabled us to stand with pride & equal standing among our Drama and Music Therapy peers to promote the workforce of AHPs in Northern Ireland. Christina Johnson (NI Committee member) presented a case study of her work on PHA funded project in Special needs Schools.

March 1st CPD Event – Given the gaps in the current UU course, members had been asking for a group where they could come together to make art and reflect on self-development and so on 1st March 2025 an experiential art group for personal development took place, facilitated by Dr Caryl Sibbett and Gail Calwell.

March 29 2025 Annual Meeting – Another great opportunity for members to meet with CEO and Chair. It was attended by 22 members at the Belfast Exposed Art Gallery. Feedback was given to committee members on some of issues below.

Eileen McCourt receiving Lifetime Achievement Award at Annual Meeting – the NI Committee were very proud and pleased to see Eileen receive this award in company of her peers.

Issues

No clarification from EA about agreement made at meeting with Gary and Caryl – Art Psychotherapists currently remain off the staff specification for mainstream HOPE Secondary Schools tender.

Use of “a form of Counselling” in BAAT’s new promotional video – As we continue to highlight to BAAT, some of the main counselling agencies where the majority of Art Therapists in Northern Ireland work confuse art therapists with counsellors and sometimes try to get an Art Psychotherapist to work under another title of ‘School’s Counsellor’. They tend to use general governing documents for ‘counselling’, such as counselling contracts for clients. Some supervisors ensure art psychotherapists correct this to art therapy. However, this confusion and conflation of two separate registers seems to persist in some agencies. This is confusing to service users and leaves practitioners vulnerable (as HCPC art psychotherapists they are insured to practise art therapy not counselling etc). If we use this video in NI, the first response we will get is ‘oh see you can work as counsellors’, your membership body says it is counselling! It appears that it would be an easy edit, to cut the word out and leave it to read ‘form of psychotherapy’.

Feeling of NI not being represented in some of the BAAT collective policies/ frameworks – Underlying lack of awareness of the unique situation of a conflict society, ongoing trauma, and challenges of getting work here. Taking input from current course lecturers NONE of which practise art therapy in Northern Ireland and understand the context here. There is no NI specific commentary in the current BAAT Course Curriculum document also.

Ability of small committee to respond to consultations issued by government departments in Stormont Assembly – As discussed at annual meeting we are doing the work of a ‘country group’ and we have been recognised by BAAT as such and this needs to be addressed – we look forward to the new terms of reference to reflect this. We request the same resources that BAAT Scotland already has, e.g. a BAAT NI email, payment for hours doing BAAT work, storage for documents.

Representation on AHPFNI (Allied Health Professions Federation NI). BAAT NI committee member Eileen McCourt continues to represent BAAT on AHPFNI, attending regular meetings. Caryl Sibbett is an alternate member.

Representation on ACAHP (Advisory Committee of the Allied Health Professions to the Department of Health). BAAT NI Vice-Chair and committee member Caryl Sibbett continues to represent BAAT on ACAHP, attending regular meetings at Stormont, having been nominated by AHPFNI. She also sits on the Workforce sub-committee of ACAHP, attending its meetings.

Scotland

2025 Annual Update from the BAAT Scotland Committee

Meetings:

- BAAT Scotland met for quarterly meeting for the period June 2024-June 2025, with an

additional AGM planning meeting.

- BAAT Scotland will continue to meet quarterly throughout 2025-26, with any additional meetings to be scheduled as agreed for the discussion of specific items that are in addition to the usual agenda.
- The role of chair was provisionally handed from Bridget Grant to acting co-chairs Catriona MacInnes and Alex Taneus-Miller on 01/03/2025. These roles were subsequently voted on by members at the 2025 BAAT Scotland AGM. The term of office for the chair/co-chairs will be as per the BAAT Terms of Reference.
- Further reps were voted in by members at the 2025 BAAT AGM; the BAAT Committee now consists of 11 reps covering 9 identified roles.

Activities:

The 2025 BAAT Scotland AGM:

- This hybrid event took place on 01/03/2025.
- The agenda was as follows:
 - Voting in new committee members and the role of chair; the following were voted in by the members:
 - Ruth Switalski as Forensic Rep
 - Issac Rose as Early Career Rep
 - Jonathan Milburn and Laura Tabor as joint Children and Young People Reps
 - Tara Beazley as LGBTQIA+ Rep
 - Catriona MacInnes and Alex Taneus-Miller as co-chairs
 - A presentation by Misa Watson on her work with refugees and asylum seekers
 - An experiential workshop to explore themes raised by the presentation
 - An opportunity for Gary Fereday, BAAT CEO and Claire-Louise Vaculik, BAAT Council chair, to present to members

E-bulletins:

- These continue to be sent out to the Scottish membership on a bi-monthly basis

The inception of two Special Interest Groups (SIGs):

- The Early Career Arts Therapists SIG
 - This is facilitated by Isaac Rose, Early Careers Rep.
 - Meetings are online.
 - This is for Scottish members only, unless by arrangement.
 - The first meeting took place on 08/03/2025.
- The LGBTQIA+ SIG
 - This is facilitated by Tara Beazley, LGBTQIA+ Rep.
 - The proposal is for this to be a UK-wide group.

- Meetings will be online.
- The first meeting is yet to take place.

NHS Education Scotland (NES):

- NES are funding a secondment post for an Arts Therapist to audit Arts Therapies practice placement educator experience and to promote the development of standards for practice placements; this work is ongoing.
- Bridget Grant attended a NES event entitled 'Embedding Spiritual Care into Standards for Workforce Education, Training and Practice.
- Bridget Grant attended the NES Art Therapies Practice Educator event, '[Building the DAM' - Progressing Practice Education for Dramatherapy, Art Therapy and Music Therapy](#) in Scotland

My World of Work:

- BAAT Scotland Council is consulting on careers webpages for school leavers.

Art Therapy in Shetland:

- Bridget Grant and Catriona MacInnes are supporting a BAAT member who wants to develop Art Therapy in Shetland.

AHP Directors' Meeting:

- This was organised by Gary Fereday and was attended by Alex Taneus-Miller; the aim was to open a conversation about Art Therapy provision in respective NHS Scotland board areas; there are plans to follow this meeting up.

Psychological Therapies Care and Practice Forum:

- This forum has been convened by the Scottish Government with the intention of engaging with a representative range of NHS professions around the provision of psychological therapy; this addresses the fact that the narrative around NHS psychological therapy has hitherto been largely informed by Psychology.
- Alex Taneus-Miller, as the NHS rep for BAAT Scotland, is the rep for Art Therapy at this forum.

Scotland CYP SIG

- The SIG is co-ordinated by Catriona MacInnes and Lauren Fox McLoughlan

- In this period, there have been two whole day seminars and four online meetings.
- The Seminars were a mix of presentation and experiential workshops and were based on the theme of 'Frames within Frames: Mentalisation and Psychoeducation and Surviving Suicide'.
- The first took place in October in Edinburgh with presentations by Molly Veyherden, Ann Herkes and Maeve Strang-Ryan
- The second took place in Falkirk with presentations by Sarah Haywood and Catriona MacInnes.
- Online meetings provided a chance for members to present and discuss work with CYPs and make art based on relevant themes.

Regional Groups:

- Region 16
 - An art exhibition of members' work took place at Out of the Blue Drill Hall, entitled 'Connections'.
 - A new community Arts Therapies project has been launched in Edinburgh: 'Creative Arts Therapies Space' (CATS). <https://www.creativeartstherapiesspace.org/>
- Region 15
 - No information at present.
- Regions 18 & 19
 - There are some informal events continuing to taking place in Region 19 with a small group of art therapists. No one has come forward to take on the role formally.

BAAT Scotland Council Reps:

The following BAAT Committee reps were voted in by the members at the 2025 BAAT Scotland AGM:

- Ruth Switalski, Forensic Rep
- Issac Rose, Early Career Rep
- Jonathan Milburn and Laura Tabor, joint Children and Young People Reps
- Tara Beazley, LGBTQIA+ Rep
- Catriona MacInnes and Alex Taneus-Miller as co-chairs

The above have joined with the existing council members below:

- Bridget Grant, Private Practice Rep
- Silvia Cirronis and Misa Watson, joint Race & Culture Reps
- Alex Taneus-Miller, NHS Rep (alongside of role as co-chair)

- Catriona MacInnes, Gaelic Rep (alongside of role as co-chair)
- Portia Velarde, Learning Disabilities Rep

Issues or Concerns

The Four Nations Draft Report:

- This was discussed at the BAAT Scotland committee meeting in January 2025; the committee reached consensus about concerns to do with the representation of BAAT Scotland activities in the draft.
- These concerns were summarised in a written response for the attention of the BAAT Council, with additional suggested amendments to the report (the reader is referred to the written response from BAAT Scotland).
- BAAT Scotland has requested that the Four Nations Draft Report be amended as suggested.

The Draft BAAT Terms & Reference:

- These were discussed by the BAAT Scotland Committee in January 2025 and accepted as written; these guidelines are very welcome and will serve to inform the governance of the BAAT Scotland Committee.

BAAT Region 18 & 19

- At present, these regions do not have reps; BAAT Scotland Committee discussions are ongoing about how to support members' activities in these regions.

Communication with the Scottish Membership:

- BAAT Scotland is keen to discuss with BAAT whether there may be opportunities for direct communication with Scottish members, for example, by using individual emails allocated to BAAT Scotland representatives.

Supporting Third Sector Members:

- This was identified as a point of concern at the 2025 AGM and will be further discussed as a BAAT Scotland Committee agenda item.

BAAT Scotland Budget:

- BAAT Scotland seeks further clarification from BAAT about what the budget can reasonably be used for.
- Regional group facilitators have questioned whether underspend from regional groups can be retained for BAAT Scotland.

BAAT CPD:

- Concerns have been raised by BAAT members in Scotland about the cost of BAAT CPD courses and the availability of courses in Scotland. This is for further discussion.

Opportunities:

BAAT Scotland AGM 2026:

- Planning is underway by BAAT Scotland; it is hoped that this will be a hybrid event so that we can continue to reach all members in Scotland.

Audit of members' activities:

- BAAT Scotland Committee is discussing opportunities for auditing the activities of Scottish members; discussions with BAAT about how this can be supported are pending.

The Four Nations:

- BAAT Scotland looks forward to continued conversations with colleagues in all nations of the UK, building on the Four Nations meeting of 2024.

The Care Inspectorate Scotland:

- BAAT Scotland have been asked to provide case studies for a Care Inspectorate publication, showcasing the work of AHP's in care homes with older people.

Wales

Name of group: Region 7

Name of coordinator(s): Jess Gordon and Claire Aldridge

Dates of meetings held since July 2024 (with number of attendees):

17 August 2024	16 attendees
5 December 2024	8 attendees
1 February 2025	15 attendees
1 March 2025	12 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

In August members met in person to visit the exhibition 'The Art of the Selfie' at the National Museum Cardiff followed by a session of reflective art making. Members welcomed the chance to meet in person, network and reflect together. Members agreed that they would like the chance to hold an exhibition of art therapists' artwork.

In December we held a belated online AGM together with a case study presentation by Petra Pinnock on 'Neurographics' as a therapeutic tool in clinical work. At the AGM it was agreed that Jess and Claire should continue as regional co-ordinators until the next AGM. There was also discussion around the poor engagement with the forum and how members could be encouraged to participate more in the opportunities offered by the regional group. It was noted that a limited number of people generally attend events, even when meetings are held online. The issue of making an equitable offer to a region as geographically wide as Wales, where population is clustered in the south, was discussed. The idea of an app for accessing the forums was welcomed.

In February we held an online CPD on the Tietze Model of Peer Supervision led by Amelia Lyons (Clinical Supervision Lead for Aneurin Bevan University Health Board). This was well-received with much positive feedback such as: "I really loved it and think that it has fabulous scope and structure for bringing a lot of people in from different backgrounds. I hope that I will be able to share what I have learnt today and use it at work."

In March we held an in person CPD at Cardiff Forest Farm Nature Reserve: Mindful Drawing in Nature, led by Non Thomas. The session involved foraging for materials and using natural materials and inks to make art within a mindfulness model. Those who attended enjoyed the environmental element and the chance to make art together. Participants were keen to take what they had learned back into both their personal art practice and their clinical work.

Members who have engaged with the regional activities have given positive feedback, however we are aware that there are many in the region who do not engage, despite our attempts to offer a range of events and opportunities to connect, both in person and online, on varying days and at different times. In person events in west and north Wales are planned for the future. As co-ordinators, we have appreciated the regular group meetings with Sarah Challenger; it has been helpful to share ideas and discuss challenges with her and with other co-ordinators. Members appreciated the opportunity to connect with Claire and Gary and hear about BAAT's plans: a report was sent out after the meeting for those who could not attend in person.

Special Interest Groups

ARC – Art therapy and Race & Culture

Name of group: Art therapy and Race & Culture

Name of coordinator(s): Trish Bedford

Dates of meetings held since July 2024 (with number of attendees):

Nil to date

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

No responses to some messages - in forum or email.

Invited others to co facilitate

Time/ illness- scheduling to attend facilitators meetings- but the ones I've attended have been useful to share info, struggles and it's welcome.

Responses from future facilitators for events

Planned events for both groups:

End of June brief initiatives meeting online

End if June /July training/ speaker already arranged confirming dates. Online

"Culturally affirming practice - integrating cultural elements into therapeutic practice (why it matters)" Kim Valldejuli

"Internal racism and art therapy" Mariangela Demenaga (may be linked with initial meeting)

November training/ speaker I would envisage the group to contribute to deciding how they want to structure the meeting and who they want.

Create calendar for 2026 - implement key points from baat.

Build more structure for the group going forward for sustainability.

Considering a joint meeting/ mini conference hybrid/ online with ARC Edinburgh.

ATA SIG – Art therapy and Autism

Name of group: Autism SIG

Name of coordinator(s): Claire Thompson, Megg Evans

Dates of meetings held since July 2024 (with number of attendees):

- 14/09/2024 = 17
- 12/11/2024 = 10
- 05/04/2025 = 13
- 16/04/2025 = 10

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The Autism SIG was previous known as 'Autistic Spectrum Disorder' and was dormant for some time prior to us starting our joint co-ordinator roles.

We have been focusing on developing a neuro-affirming, safe and critically curious space that is co-produced with members. Google form surveys were sent to members to capture suitable dates/times for meetings, and then the proposed frequency planned out. This will be bi-monthly, with flexibility as needed.

Our meetings this year have been 'meet and greet' opportunities. These opportunities invited all to share as much or as little about themselves as they feel comfortable. We included where in country people live and work for an idea of face-to-face session possibilities. We have gained an understanding of the areas and professions that attendee members are working within. We have approached a foundation for autistic members, family members of, and dual neurodivergence to reflect on elements of their personal and professional identities around this topic.

Co-producing sessions has been intended from the outset; we ask members to inform us of what they are hoping to get from the SIG. This alongside an environment for lived experience and professional expertise is the developing approach, and 'calls for participation 2025-2026' have been emailed to members. These come from the topics raised during the 'meet and greets', co-ordinator's influence, and a direct offer of CPD session from a member. Topics include lived experience of autistic burnout; professional expertise working with autistic CYP/adults in health/education; lived family member experience; autistic artists art. The proposed beginning of bi-monthly meetings is August, and we encourage participating members to provide between 10-50minutes presentation/creative task/talk. Co-ordinator's influence includes challenging language and an invite to Dr Sarah Haywood, and collaboration with the Eating Disorders SIG has been communicated.

The email has been set up with an autoreply and we are using own Zoom account. An information graphic has been created to support accessibility.

Issues/highlights

Potentially harmful content: Concerns have been raised and discussed amongst coordinators and at SIG networking meeting. Some methods/approaches for autism particularly in the medical model have been reported as traumatic by those who have experienced them. We are mindful that the spectrum of autism is vast and that members will come from different cultures, generations and training backgrounds. Maintaining a neuro-affirming safe space remains our primary approach, being open to critical analysis and debate.

Highlight: We've received numerous compliments and praise about the co-produced approach, both directly through the inbox and anonymously by word of mouth in professional circles.

ATAH SIG – Art therapy and homelessness

Name of group: Homelessness Special Interest Group

Name of coordinator(s): Joe Langlois

Dates of meetings held since July 2024 (with number of attendees):

Monday 9th September 2024

Monday 9th December 2024

Monday 10th March 2025

Thursday 19th June 2025

Roughly 10 members per session - was not in attendance during December and June in future so cannot confirm.

Summary of activity this year outlining any particular issues and/or highlights for the group (max 500 words):

Joe has continued taking on the role of the singular homelessness special interest group coordinator after previous coordinators being unable to continue in the role. This has been difficult due to both the challenging nature of being a sole coordinator and working in homelessness and domestic violence settings. However, an expression of interest by parties to share this role has been noted and will hopefully develop in due course.

Difficulties of working in the homeless sector has been thought about within the group, and space to grieve was given.

We are seeking a CPD session on successful funding bids still.

2 members have begun an application for joint working on an art therapy project.

Networking opportunity has been provided by Michele with National palliative care and homelessness community.

ATCAF SIG – Art therapy with children, adolescents and families

Name of group: ATCAF

Name of coordinator(s): Lesley A and Kim W

Dates of meetings held since July 2024 (with number of attendees):

Meetings have taken place every 2 months with around 45 attended in total. So far all but one have been online and we hosted an in-person event in March which was a great success.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Our sessions have been reflective practise CPD sessions allowing people to create together and connect and explore different themes with open dialogue. The balance of personal support and connection with professional learning has always been held.

ATE SIG – Art therapy and Education

Name of coordinator(s): Dejah Sykes

Dates of meetings held since July 2024 (with number of attendees):

29th June 2024 - in person meeting - 5 attendees

3rd October 2024 - online zoom meeting - 7 attendees

15th March 2025 - in person meeting - 15 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The meetings always have a wide range of experience represented within them and members appreciate being able to link up and network. There was some concern throughout all of the meetings at the level of mental health need amongst our children and young people. The clients are presenting with ever increasing complex needs. The use of response art as an aid to more effective supervision was explored.

The June meeting had fewer attendees than expected because of unforeseen circumstances, however the sharing of ideas for activities to include within therapy sessions was excellent.

There is always lively discussion about a range of topics in the meetings, both online and in person, including sharing low cost CPD ideas after some concern was raised about the cost of the BAAT courses. Four members raised a point that there could be fewer breaks in the online BAAT courses. 1.5 hours for lunch felt excessive when there are no colleagues to sit and network with when the meetings are online.

The HCPC CPD week was discussed, particularly the audit seminar.

There is an ongoing discussion about the possibility of producing standardised information for schools about art therapy and creating a pay scale, but where do we start?

ATORG SIG – Art therapy and organisations

Name of group: Art Therapy with Staff Groups, Teams and Organisations

Name of coordinator(s): Marilyn Miller and Ting-An Chen

Dates of meetings held since July 2024 (with number of attendees):

11.9.24 6 attendees

21.11.24 5 attendees

28.1.25 6 attendees

9.4.25 7 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

It has been very helpful to have two coordinators now, bringing more energy and ideas to the group. Marilyn had been kindly guiding Ting-An through the role of coordinator, including all the technical stuff such as accessing email and forum, and discussing how to run the meetings together was also helpful.

In last year's meetings, group members shared their experiences working in various settings, including a well-being group with corporate women and loss reflective practice groups with an NHS team. This January, we asked group members about topics of interest for future meetings. This was fruitful and resulted in a presentation by Ting-An on International Influences on Workplace Cultures in April, which stimulated a lot of discussion. There is a blend of group members within groups– members who are new to the area of work and members who are currently working with teams and organisations who would like to connect and receive support from peers through meetings. We aim to provide a space benefiting both needs.

One of our members is also an Ambassador for the International Society of Stress Management and shares their monthly free online speakers with our group, often on related topics, so this has been a helpful resource.

As we are geographically spread out, all our meetings were conducted online and will continue having online meetings in the future. We have set up a digital library so that members can access books online. We have just purchased our first book, which includes a chapter by one of our members, and will keep welcome suggestions for book purchase.

We have discovered, and now remind members that they can record their attendance at SIG meetings as CPD.

New members join regularly, we currently have 91, although only a small proportion attend meetings. It is helpful to be able to email members via the Forum, and we post details of meetings and talks, but no one else seems to use the Forum for communication.

ATLD SIG – Art therapy and Learning Disabilities

Name of group: Learning Disabilities

Name of coordinator(s): Georgia Wright

Dates of meetings held since July 2024 (with number of attendees):

Wednesday 17th July- CPD Session on working with parents and carers- 12 attendees

September 5th- Create and reflect meeting- 8 attendees

Thursday 7th November- CPD Session on working with Learning Disabilities, death and dying- 18 Attendees

26th March- Reflective artmaking supervision space/ create and reflect : 5 attendees

23rd April- CPD Paper 'Feedback feeds self-identity: using art therapy to empower self-identity in adults living with a learning disability' By Kevin O'Farrell: 12 Attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

This year, the Learning Disabilities SiG has welcomed a varied range of CPD events from guest speakers within the SiG. It has felt to be a very successful year, and the CPD sessions have provided some very important, thought-provoking and compassionate conversations about our client group and the adversities they experience. One issue that was raised at the start of the year was around newly qualified therapists locating work.

Art Therapy and Loss - The Creative Response SIG

Name of group: Art Therapy and Loss (Art therapists working with Loss Due to life-limiting, life-shortening, or terminal physical illnesses such as AIDS, Cancer, MS, MND and bereavement)

Name of coordinator(s): Michele Wood, Hannah Cridford, Tristan Chan and Nana Zhvitiashvili

Current number of members: 302

Dates of meetings held in 2024 (with number of attendees):

Introduction

This report outlines the monthly sessions titled **"Feeling a/part"** and collaborative engagements that took place throughout 2024 as part of an ongoing professional development and community-building initiative in the field of Arts Therapy in Palliative and End-of-Life Care. Each session brought together professionals from diverse backgrounds to share knowledge, strengthen practices, and support one another in this field. We have included activities throughout the year.

Monthly Highlights

January 2024 – Survey Feedback Review

The year commenced with a reflective session, focusing on participant feedback from the 2023 survey. Insights gathered informed planning for the year ahead, ensuring relevance and responsiveness to community needs. Attended by 20 members.

February – Working with MND (Motor Neurone Disease)

Adam Levene facilitated a session centered on therapeutic approaches and emotional

considerations when supporting individuals diagnosed with MND. Participants explored shared challenges. Attended by 25 members.

March – ‘Easter Eggs’ Recordings

This creative session introduced “Easter Egg” recordings – insightful audio/video reflections and tools designed to inspire and support therapists in their day-to-day practice. No record of attendees.

April – big big SMALL SMALL: Singapore Art Therapists

Art therapists from Singapore’s ‘big big SMALL SMALL’ collective presented on their work, offering a cross-cultural perspective on creative interventions within palliative care. Attended by 18 members.

May – Working with Neurodiverse Children

Nana Zhvitiashvili and Paula Boyle led a comprehensive session on inclusive and adaptive approaches to supporting neurodiverse children in therapeutic pre- and post-bereavement contexts. Attended by 22 members.

June – Running Hospice Groups

Sevadeva Hamlin shared practical insights on structuring and facilitating group work within hospice settings, focusing on both patient and caregiver engagement. Attended by 21 members.

July – Creative Tool Kit

Jody Spargo and Karolina Gordon introduced a “Elephant Creative Tool Kit,” featuring adaptable art-based resources and exercises to be used with clients across various stages of illness and grief. Attended by 23 members. Training on this topic for the wider art therapy community will be recommended.

Adam Levene’s *The exhibition “What does living with motor neurone disease look like?”* Art therapy in practice was held at Brighton and Sussex Medical School, University of Sussex

August – Self-Competence in Death Work

Dr. Wallace Chan led an in-depth seminar on building self-competence and emotional resilience for professionals engaged in death work. Emphasis was placed on self-awareness, supervision, and burnout prevention. Attended by 21 members.

September – No Session

No formal session took place.

October – Trauma-Informed Palliative Care (In-Person Session)

Hosted by Hannah Cridford at Compton Hospice, this in-person gathering was led by Sheena Mackenzie. The session focused on trauma-informed principles of therapy and their integration into palliative and end-of-life care practices. Attended by 10 members.

November – No Session

No formal session took place.

SIG member Holly Dyer’s exhibition at Severn Hospice in Shropshire in November was featured on the local BBC News.

December – Informal Online Festive Gathering

Michele, Hannah, and Tristan hosted a relaxed year-end gathering to celebrate the community's shared learning journey. The event included a quiz, informal sharing, reflection, and creative expression. Attended by 9 members.

Conclusion

The 2024 programme was marked by a rich diversity of topics, presenters, and formats. With input from international experts and local practitioners alike, the sessions supported skill development, emotional processing, and a sense of community. The success of combined structured learning and informal connection points reflects the need to diversify CPD formats.

Recommendations for 2025

- Continue integrating participant feedback to tailor sessions and meet the needs of SIG members.
- Increase cross-cultural and interdisciplinary exchanges.
- Provide hybrid options to increase accessibility.
- Consider thematic series or deeper dives into key topics such as trauma, neurodiversity, and caregiver support.
- Recommend specific training on 'Elephant Creative Tool Kit' for a wider professional art therapy community

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

An important meeting was held in March 2025 with the CEO of the British Association of Art Therapists (BAAT) to discuss the *Art Therapy in Hospice Campaign*. The discussion focused on elevating the visibility and recognition of art therapy within palliative and end-of-life care settings. Key priorities included advocating for broader integration of art therapy services in hospices and identifying collaborative opportunities with sector stakeholders.

As part of this campaign, there is a strong emphasis on **encouraging member participation** in professional forums and conferences. Notably, members are being supported to submit and present at high-profile events such as **Hospice UK's National Conference** and the **International Art Therapy Conference at Brunel University**. These platforms offer valuable opportunities to showcase innovative practice, share research, and strengthen the professional presence of art therapists in palliative care.

The next event "Feeling a/part" event in June will offer space to reflect on the challenges, barriers and opportunities involved in sharing our practice and research more widely. We hope to cover strategies for writing submissions and possible responses to rejection.

In line with continuous efforts to promote art therapy in hospices, SIG members participated in a number of high profile professional events.

Nana Zhvitiashvili and Paula Boyle presented a paper titled *"Intersection of Neurodiversity and Grief: Advancing Towards Neuroinclusive Services"* at the **British Association of Art Therapists (BAAT) Annual Conference in November 2024**, hosted at the **Wellcome Collection**. Their work addresses critical issues in inclusivity and service design for neurodiverse individuals experiencing grief. The same team also submitted their paper to the upcoming **special issue of *International Journal of Art therapy*** focused on **Art Therapy in Medical Settings**.

As part of ongoing efforts to share and develop art therapy practice within palliative care, **Tristan Chan**, in collaboration with trainee art therapists, submitted a poster presentation to the UK Hospice Conference 2024. The submission was accepted and presented at the event. The poster, titled **"Group Art Therapy: Enhancing Self-Awareness and Reflection, Reducing Distress in Community Palliative Care"**, highlighted the therapeutic potential of group art therapy in community-based palliative care settings. The experience offered a valuable opportunity to contribute to the national conversation on psychosocial support in hospice care, while also celebrating the contributions of emerging practitioners in the field.

Michele Wood's poster submission was successfully **selected for the Annual Conference of the European Association of Palliative Care**, held in Helsinki May 2025.

Efforts are also being made to **further engage members** in ongoing advocacy and knowledge-sharing initiatives. Continued involvement in these activities is essential for building collective momentum and ensuring the campaign's success in raising the profile and impact of art therapy in hospice settings. SIG members were advised to share stories of successful projects in response to the BAAT's call.

The SIG Coordinating Committee initiated outreach to other Special Interest Groups (SIGs) with the aim of organizing collaborative events exploring the intersection of **loss** with key themes such as **race and culture, children and families, and homelessness**. These topics were identified as critical areas for shared learning and interdisciplinary engagement. Despite the committee's proactive efforts, the response from other SIGs has so far been **minimal**, highlighting a need to revisit engagement strategies and consider alternative approaches to fostering cross-group collaboration moving forward.

CYP Scotland SIG – Art therapy with children and young people in Scotland

Name of group: Children & Young People in Scotland SIG

Name of coordinator(s): Lauren Fox-McLoughlan, Catriona MacInnes

Dates of meetings held since July 2024 (with number of attendees):

29 August 2024 - online meeting, follow-up to April's seminar day 'Mother's Making': 9 attendees

5 October 2024 - Seminar day 'Psychoeducation & mentalisation with children and young people in art therapy': 57 attendees

5 December 2024 - online meeting, art-making: 7 attendees

13 March 2025 - online meeting, case study presentation: 10 attendees

26 April 2025 - Seminar day 'Surviving Suicide': 36 attendees

Summary of activity this year, outlining any particular issues and/ or highlights for the group (max 500 words):

It's been a really successful year for the CYP Scotland SIG. We continue to follow a model of 2 in-person seminar days per year, and 4 online meetings per year - 2 case studies & 2 art-making sessions.

The seminar days in particular are really successful with hugely positive feedback from group members and attendees.

The seminar days this year have featured presentations of work by group members, as well as experiential workshops. Both are meaningful grounds to come together and connect in-person, and have really strengthened and enriched our individual and group experiences of the art therapy community.

Online meetings in between seem to still be in demand, especially from people who aren't able to attend in-person days. The rhythm of the year following the same structure as previous years seems to work, and the online sessions are nice check-ins and a way to share practice in a smaller group setting.

We've not experienced any issues as a SIG this year. More funding from BAAT to go towards costs of running in-person events would be helpful, but at the moment this is not prohibitive as members have been able to contribute directly to costs of in-person events.

We hope that in the coming year the BAAT Scotland CYP reps will become more active in the group, and share the task of planning and delivering the events we facilitate.

EDD SIG - Eating Disorders and Difficulties

Name of group: Eating Disorders and Difficulties

Name of coordinator(s): Jessica Mackney

Dates of meetings held since July 2024 (with number of attendees):

Tuesday 18th March, 2025 (12 attendees), Thursday 22nd May (attendees TBC), Wednesday 9th July (attendees TBC), TBC September and December meetings.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The activity of the group so far has been focusing on setting up the new group, practicalities such as timing and theme preferences, and introducing the new members. A particular highlight was the introductory meeting where members gave positive feedback about the need for the group to exist and excitement of having the space to come together and share experiences. Members shared their experiences and interests within the first group meeting, and the coordinator has since been arranging the proposed meeting schedule for the year and reaching out to guest speakers to present and share their practice in future meetings. The coordinator has also arranged the group forum page to include an 'Introductions and Welcome' tab, proposed themes and rolling open tab for members to share journals and/or articles that may be of interest to others. The coordinator has arranged three guest speakers for the remainder of the year. The only issue encountered was the inability to 'pin' certain tabs on the forum, however this was resolved after contacting BAAT.

Forensics SIG

Name of group: Forensic

Name of coordinator(s): Kate Lawrence and Rebecca Brown

Dates of meetings held since July 2024 (with number of attendees):

18th November 2024 – Meet and greet – 11 attendees

27th January 2025 - **Thinking about the shadows** - An art session to reflect on ethical dilemmas – 12 attendees

11th March 2025 - **Mitigating Moral Injury** - Discussion and art response – 9 attendees

11th May 2025 (cancelled)

Next one 8th July 2025 – Research and outcomes

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Rebecca and I became coordinators for the forensic SIG during the second half of 2024 and began by ascertaining what the group wanted out of their group.

Attending were representatives from High, medium and low secure inpatient settings; psychologically informed prison environments; hospitals; PICUs; those who work with veterans, in rehabilitation, prisons and community work, as well as students and newly qualified art psychotherapists.

We asked the group what they would like from their SIG and they listed;

- Support services
- To meet like-minded individuals
- Sharing learning experiences
- Make connections with others
- To Learn
- Feeling less isolated at workplace
- To support our colleagues
- Learn about running groups
- How to do eco art in forensic setting
- Fresh voices
- FATAG
- Research ideas/opportunities/Outcome measures
- Thinking about the impact of our work on our service users
- Consistency
- Networking to help with job opportunities
- Intersects between offence, setting and therapeutic relationship

- Make connections with FATAG and IAFP

They wanted, an open sharing space to make art. To make special interest research. To share a paper and then respond visually. Opportunities to learn about and visit other services. Discussions around the importance of our work. Using art to break up the discussions. Meet-ups/conference attendance/collaborations

To meet bimonthly, with random special meets and there be meetings on working days as well as evenings.

The group then shared what they are currently working on - **What are we all doing?**

- Writing about our work!
- Researching
- Editing books
- Running open groups
- Working with minority populations
- Neurodiverse clients
- Working with dyslexia/dyspraxia (both patient and therapist)
- Connection between LD and offence
- Crossover work between other professionals

From this guidance we have begun the following program of events.

Forensic Special Interest Group 2025 Programme

DATE	SUBJECT	LED BY
27 TH JANUARY 7-9PM	Thinking about the shadows An art session to reflect on ethical dilemmas	Kate
11 TH MARCH 7-9PM	Mitigating Moral Injury Discussion and art response	Becca
12 TH MAY 7-8PM	Women and forensics Open conversation	Jess
8 TH JULY 7-8PM	Research and outcomes	?
15 TH SEPTEMBER 7-9PM	Group work in forensics and beyond Open Conversation and art response	Kate L
4 TH NOVEMBER 7-8PM	The therapeutic relationship Intersection between the offence and	

Meetings have been well attended and we have been pleased with everyone's enthusiasm.

Inpatient settings SIG

Name of group: Group for art therapists with an interest in art therapy in inpatient settings

Name of coordinator(s): Maggie Batchelar & Joanne Noble

Dates of meetings held since July 2024 (with number of attendees):

Inaugural meeting held on Monday 12th May 2025 6.30 pm with 4 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Since launching this new SIG in April 2025, we have 57 members on the Forum, which suggests that there is interest in this area of work.

Following the first meeting, we plan to send out a Microsoft Form to all members, to ask for suggestions about areas of interest, challenges, topics that people would like the SIG to focus on. We will then plan the forthcoming meetings accordingly, considering the format including a discussion around a paper, or short presentation.

We are thinking of holding the meetings quarterly, but can revisit this once members have offered feedback.

MAG SIG – Art therapy and museums and galleries

Name of group: Museum and Galleries Special Interest Group (MaG SIG)

Name of coordinator(s): Anne Stegmann (and Elisabeth Ioannides)

Dates of meetings held since July 2024 (with number of attendees):

2024

25th April 2024 – House keeping / planning. (14 attendees / 2 apologies)

8th May 2024 – Siân Hutchinson Artist/Art therapist's presentation of an Arts Council Funded personal art journey. (10 attendees / 2 apologies)

18th June 2024 – Working on Art Therapy in Museums and Galleries protocol document. (11 attendees / 1 apology)

12th September 2024 – Working on Art Therapy in Museums and Galleries protocol document. (8 attendees / 1 apology)

21st September 2024 – Manchester Museum event. (4 attendees / 2 apologies)

16th October 2024 – Museum-based Art Therapy: A Pilot Study, "Art Heals Series" and "A Moment at the Museum" Project presented by Seren P. Ilkdogan. (13 attendees / 2 apologies)

18th December 2024 – Finalising the Art Therapy in Museums and Galleries protocol document.
(5 attendees / 2 apologies)

2025

20th February 2025 – Neuroscience and Art Psychotherapy, presentation by Juliet King. (19 attendees / 3 apologies)

17th June 2025 – Presentation by Sheila Grandison.

15th October 2025 – Presentation by Helen Jury and Julia Cort on their Horniman Intervention.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

MaG SIG has had an exciting and productive year with lots of interesting presenters and the creation of the Museum and Gallery protocol document to support therapists keen to work in this setting. We are lucky to have lots of international speakers creating links between the UK and abroad. We were especially fortunate to have Juliet King present her work on Neuroscience and Art Psychotherapy. We have some exciting speakers lined up including Sheila Grandison in June.

Nature-Based Practice and Climate Change SIG

Name of group: Nature-Based Practice and Climate Change

Name of coordinator(s): Becca Quirk + Jenny Clarke

Dates of meetings held since July 2024 (with number of attendees): 26th Feb 2025 - Online 'Making Connections' first meet-up 13 people with four apologies/expressions of interest 19th March - Online meet up with Artmaking, theme of Nature Connection - 9 people present 6th May 2025 - Climate Cafe (12 members + 1 facilitator who wasn't a BAAT member)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The SIG started in early 2025, and since then, we have had three meetings. We are aiming to meet every six weeks, loosely in line with the nature festivals/ Celtic Wheel of the year. So far, our meetings have been about creating community, connecting with members and hearing what they would like to co-create through the SIG and how it can support their practice.

We have spent an evening making art together around the theme of nature connection, which brought rich conversation and reflection, leading to the realisation of the need for and organisation of our next meeting, which was a Climate Cafe. Due to the nature of the Climate Cafe, numbers were limited to 10 (+ 2 facilitators and 2 SIG coordinators). Within 12 hours of this event going online, it was fully booked with a full waiting list, which we feel shows that there is a need and interest within the SIG for a space to gather to process climate-related emotions.

We have had an amazing response to the SIG from members (our membership is now at 126), with many people expressing how happy they are that this space now exists. We have created multiple threads on the forum which members can use to share research, relevant training and

networking organisations, eco-art materials, and a map so members can see if there are other members local to them.

Our next meeting is a reflective art-making meet-up with the theme of the Solstice. We are in the process of planning future meetings, following the feedback from members about what they would like from the SIG, including skill sharing about various elements of nature-based practice, a Work that Reconnects workshop, another climate cafe, and a space to think about how the SIG maybe able to work together as a community and voice to influence wider Art Therapy practice, particularly in relation to climate change.

Neuro SIG – Art therapy and neurological conditions

Name of group: Neuro SIG

Name of coordinator(s): Alma McQuade (until a co-Ordinator group can be formed) Sally Weston (co-ordinator until December 2024)

Dates of meetings held since July 2024 (with number of attendees):

One meeting 24.05.25 Online meeting with speaker Ingrid Penzes. 'ArTA: an Art-focused, Neuro informed and evidence based Approach to Art Therapy Assessment' 13 attendees c 6 apologies

Summary of activity this year.

A number of call outs for a new co-ordinators as Sally Weston was standing down was unsuccessful, the group did not meet. Activity on the forum was also very low- less than a dozen posts and hardly any replies.

However, Art Therapists have continued to join the forum and we currently have 145 signed up members.

However earlier this year Alma McQuade volunteered to organise a Speaker - and following this 2 more volunteers came forward and a meeting has been set up to discuss sharing the co-ordinator role in a small group. This meeting is due to take place in June and Sally will hand over.

The online speaker felt like an excellent restart of the group and was enthusiastically received. Ingrid, Art Therapist and Mental Health Scientist described an assessment approach that was based on robust research using neuro-imaging brain activity while different forms of art making took place. She demonstrated how this art based assessment can help understand the imbalances in a client's life but also provide a foundation for informed decision making and treatment planning.

We would like to recommend Ingrid to run a training course on the BAAT platform as we believe this would be helpful to art therapists in many other settings.

If you joined this group in the past year - watch the neuro SIG space as hopefully we will be active again soon. We post announcements on the Neuro forum but send notifications by group email too!

Personalities Difficulties SIG

Name of group: **Personality difficulties**

Name of coordinator(s): **Ellie Stevens**

Dates of meetings held since July 2024 (with number of attendees):

27th January 2025: first meeting 10 attendees

28th April 2025: first CPD session 20 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Main highlight being our Somatics and working with PD session held by Lisa Griffiths, really informative and everyone was really engaged.

No problems, next two meetings are scheduled.

Trainees and Students SIG

Name of group: **Trainee and Students**

Name of coordinator(s): **Chloe Viney, Jess Domin, Fatima Haneef**

Dates of meetings held since July 2024 (with number of attendees):

1. 26th September 2024 – 11 attendees
2. 28th November 2024 – 13 attendees
3. 30th January 2025 – attendee numbers not recorded
4. 25th March 2025 - 18 attendees
5. 3rd June 2025 - planned

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Bimonthly online meetings (7:30-8:30pm):

26th September 2024

- 11 attendees
- Largely USW, also Ulster, Sheffield Hallam, Chester
- Theme of Reflection / connection as first one of the academic year/first one of new coordinators
- Art making around 'where I've been, where I am, where I'm going' and reflection
- CPD opportunities suggested -
 - o a place to connect whilst also navigating the end of university and getting ready to go into the professional working world.
 - o CPD - Art Therapy working with groups
 - o CPD - setting up in private practice
- Some concerns re. cost and prices of CPD

28th November 2024

- 13 attendees
- Largely USW, also Ulster, Sheffield Hallam, Chester
- CPD with guest speaker Abi Weale (Art Psychotherapist) sharing her development of an art psychotherapy group in CAMHS in Swansea Bay University Health Board
- Experiential art activity from group
- Q&A
- Meeting recorded and slides provided

30th January 2025

- Number of attendees not recorded (Chloe unwell so Fatima covered at late notice)
- Live 'Ask an Art Therapist' with Jess Domin (Art Psychotherapist and New Practitioner Advisor). Questions asked relating to her trainee or post qualifying experience.
- Q&A

25th March 2025

- 18 attendees
- Attendance from across 9 universities, mixture of Year 1, 2 and 3.
- CPD with guest speaker Kim Whymark (Art Psychotherapist) shared her experience of applying for jobs and work as a full time Mental Health Practitioner in a Child and Adolescent Mental Health Service (CAMHS). Kim offered a reflective practice space and discussion about training, dissertation, personal therapy, job applications and 'life as an art therapist'.
- Q&A

3rd June 2025

- Planned

Updates:

- Forum currently has 176 members.
- Agreed with comms team, the Trainee and Student SIG have a Linked In page, for ease of sharing information.
- As the trainee advisors have now completed one year in their current roles, their responsibilities will now switch. For 2025-2026, the roles will be:
 - SIG/forum co-ordinator: Jess
 - Advisor for IJAT: Fatima
 - Advisor for Insight: Chloe

Trauma SIG - Complex Trauma, PTSD and Dissociation

Name of group: Trauma SIG (Complex Trauma, PTSD and Dissociation SIG)

Name of coordinator(s): Franki Campbell and Anila Babla

Dates of meetings held since July 2024 (with number of attendees):

- There have been no meetings between July 2024 – May 2025.
- There will be a Journal Club meeting - 4th June 2025

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

There has been no activity this year, although a regular Journal Club will begin in June 2025. The capacity of the co-ordinators has been an issue, as well as a lack of other members volunteering to take over. Franki and Nila have acted as holding pins, so that the Trauma SIG Forums page can still provide a space where people can share information and converse on the subject, if they choose.

The plan going forward is to purchase a Zoom account specifically for the Trauma SIG. This will enable the Journal Club to run and provide the possibility for Trauma SIG members to run their own meetings/events if they would like. The co-ordinators will then take up a supportive role, which is less taxing and requires less of a time commitment.

The SIG currently has 490 members.