

Annual conference 2025

Art therapy and collaboration

Saturday 8 November

Wellcome Collection



Welcome

We are delighted to welcome you to the 2025 annual conference. This year we consider how art therapists can collaborate with different professions and practitioners and explore recent developments in collaborative practices that continue to shape the field.

At the heart of the day is a recognition of the importance of co-production and understanding and championing service user voices. This exciting and evolving approach has deepened the art therapy experience for everyone involved and sits at the core of our values.

We are particularly delighted that the day starts with the internationally renowned artist, Claudy Jongstra, who will share her vision and practice, exploring the power of collaboration and the profound value of natural materials. The day continues with a range of presentations, interactive sessions, and contribution from the amazing Lawnmowers Independent Theatre Company.

We have returned to the Wellcome Collection, who successfully hosted us last year. If you are here in person, then do take time to visit their galleries that explore the way we think about health and connections between science and art.

We are also joined by colleagues online; a new development as we respond to members' requests to ensure our events are accessible to as many as possible, particularly those who would need to travel long distance to London.

Thank you to council members Simi Warah, Sarah Challenger, Jacqui McKoy-Lewens and Sinead Braiden that devised the theme and have steered the vision for this conference.

We are proud to be a part of this professional community and look forward to spending this time with you. We hope you enjoy the day.

Claire Louise Vaculik, Chair
Gary Fereday, CEO



Follow us on social media and tag us in your posts about the day!

#BAATAnnualConference

Instagram: @baat_org

LinkedIn: @thebaat

Facebook: @thebaat

09.30	Registration and welcome drinks	Williams Lounge
10.10	Introductions	Auditorium
10.20	Keynote address, Claudy Jongstra	Auditorium
11.10	Presentation, Dr. Ali Coles & Helen Jury	Auditorium
12.10	Lunch	Williams Lounge
13.20	Member presentations	Auditorium
	Nicki Power, Claire Hills-Wilson, & The Lawnmowers Independent Theatre Company	
	Catherine Gallagher & Rachel Young	
14.30	Experiential workshops (in-person only)	Parallel sessions
	Clare Miles	Burroughs Room
	Sue Bulmer	Auditorium
	Dr. Unnur Óttarsdóttir	Franks Room
15.20	Break	Williams Lounge
16.00	Art therapist awards 2025	Auditorium
16.05	Plenary	Auditorium
16.30	Conference close	

Sponsors

HOWDEN

DALER ROWNEY

Thank you to conference sponsors **Howden** and **Daler Rowney** for their support of the event.

We hope you enjoy using **Daler Rowney** materials included in your delegate bags and provided during the afternoon parallel sessions.

Join us this afternoon to celebrate the finalists of the 2025 Art therapist awards, sponsored by **Daler Rowney**.

Thank you to **Wellcome Collection** for hosting the BAAT conference.



Exhibitors

Williams Lounge

Chroma works across the Health, Education and Social Care sectors and is the UK's largest and leading provider of HCPC regulated Creative Arts Therapies services. Find out more and meet with them in the Williams Lounge today.

You can also speak with representatives of the **International Journal of Art Therapy (IJAT)** and **InSight**, in the Williams Lounge during the breaks.

Many of our staff team (wearing red lanyards) and council members (yellow lanyards) are also here today. We are so pleased to have this opportunity to meet in person - please come and say hello!

Learn more about our staff team:
baat.org/about/our-people
And our council members:
baat.org/about/governance

DALER ROWNEY



Inspiring Creativity Since 1783

First founded as a pigment company for wigs in the UK, Daler-Rowney has grown into an internationally renowned fine arts manufacturing company with colours & pigments still at its core.

From paint, brushes and surfaces to accessories, luggage and easels, Daler-Rowney produces & sells products for artists of all experience levels.

Learn more about our products at
www.daler-rowney.co.uk

Useful information

If you have any questions, please come and speak to the BAAT team (wearing red lanyards) at the registration table.

A space for reflection

We welcome you to use the space at the back of this programme and art materials in your delegate bag to process and reflect on the themes explored today. Share your art on social media and tag us in your posts about the day! **@baat_org** **#BAATAnnualConference**

Wifi

All event guests can connect to the dedicated event spaces Wi-Fi network using the following details: Select **Wellcome Guest** from the list of available networks, wait for a pop-up, then input your **Email Address**.

Cloakroom

A cloakroom is located behind the registration desk. Please ensure you keep valuables with you at all times as neither BAAT nor the Wellcome Trust and Venue Hire Events Team hold liability for any missing items.

Wellcome Collection shop and cafe

Conference delegates receive a 10% discount on items in the shop and cafe (today only and excluding any items already discounted). Please show this flyer at checkout.

Photography

We are taking photos and videos of the conference to be shared on our social media channels, website, and to use in future event marketing. A live feed will be streamed from the Auditorium to online ticket holders throughout the day. We may also publish elements of the conference content. You may appear in recordings and/or photography taken on the day. By registering for the conference, you consent to BAAT using, reproducing and distributing photographs or film taken of you for this purpose. If you have any concerns regarding the use of photographs or film taken of you during the conference, please contact us at hello@baat.org. No unauthorised filming or sharing of the presentations is permitted for copyright reasons.

Image: artwork by Claudy Jongstra, photo by Christian Jaeggi



InSight

A dedicated digital magazine for art therapy

Interviews | news | opinion | exhibitions | book reviews | & more

Read the latest issue online:



Find out how to submit a book review or spotlight article:



Come and say hello to InSight Editor-in-Chief Kat Starczewski in the Williams Lounge today!

Image: artwork by Virginia, an art therapy service user

Reconnecting through wool – collaboration, craft and the senses

Claudy Jongstra

10.20am | Auditorium

Internationally renowned artist Claudy Jongstra will share her vision and practice, exploring the power of collaboration and the profound value of natural materials—particularly wool. Working collaboratively with schools, institutions, and organisations, Jongstra invites others to experience the power of wool, its soft texture offering a sensory-rich experience to stimulate all our senses and hand-head coordination.

In an increasingly digital and fast-paced world, her work offers a return to slowness, to making, and to feeling. Through the artisanal practice of making a felted piece of wool, Jongstra demonstrates how slow design can soothe, heal, and restore our sense of presence.

claudyjongstra.com
[@claudyjongstra](https://www.instagram.com/claudyjongstra)



Claudy Jongstra is renowned globally for her monumental woollen art installations and her artworks are part of many collections. She maintains a herd of indigenous sheep and runs a biodynamic farm to grow dye plants—effectively combining her artist's practice with ecological stewardship. Jongstra is dedicated to transferring knowledge and skills to younger generations and to strengthen society by focusing on collaboration.

Photo by Christian Jaeggi

International Journal of Art Therapy

The academic journal from the British Association of Art Therapists

Publishing high-quality systematic research on art therapy and descriptions of contemporary art therapy practice

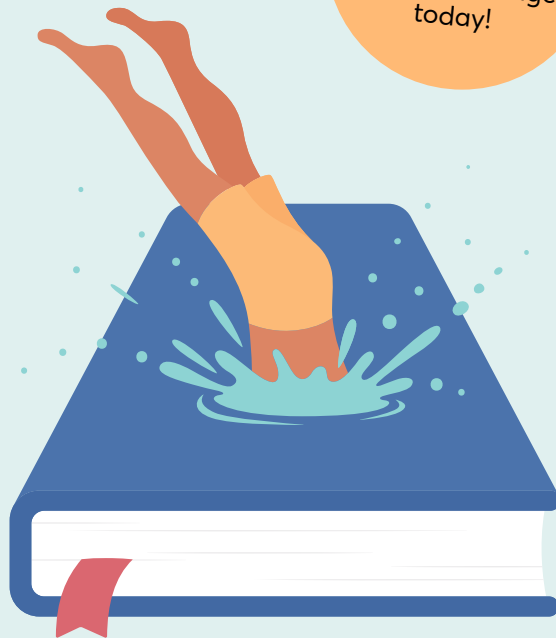
Read the latest articles online:



Read the submissions guidance:



Say hello to Associate Editor Julia Ruppert in the Williams Lounge today!



If you're one of our members, you can read the journal for free through your memberzone. Go to baat.org/login

Collaboration: Drivers, directions and dimensions

Ali Coles & Helen Jury

11.10 | Henry Wellcome Auditorium

What does collaboration mean for art therapists? Drawing on examples of innovative practice from around the world alongside their own professional experience, Ali and Helen will explore the drivers, directions and dimensions of collaboration in contemporary art therapy. Spanning collaboration with people, places and processes, they will discuss key issues in relation to art therapy theory, values and ethics, drawing on the views of both therapees and therapists.

Dr Ali Coles is an art psychotherapist working within NHS secondary adult mental health services in Gloucestershire. She teaches on the MA Art Psychotherapy course at the University of South Wales and has been an associate editor of The International Journal of Art Therapy (IJAT). She was awarded a PhD by Publication in 2024.

linkedin.com/in/ali-coles-apt/



Helen Jury is an art psychotherapist and supervisor, visiting lecturer on MA Art Psychotherapy trainings, external examiner, and teaches on the MASC in Creative Health at UCL. She was associate editor of IJAT (2010–2024) and founded the MA Art Psychotherapy at the University of South Wales in 2010, leaving in 2016 to pursue doctoral research.

linkedin.com/in/helen-jury-727a8348/



'Love' is the magic ingredient: Co-researching art therapy with people with learning disabilities using inclusive and creative methods

**Nicki Power, Claire
Hills-Wilson, and The
Lawnmowers Independent
Theatre Company**

13.25 | Henry Wellcome Auditorium

Nicki Power, Claire Hills-Wilson, and The Lawnmowers Independent Theatre Company's five-year partnership is built on trust, shared creativity and honest challenge. Through accessible arts-based inquiry they've deepened their co-production relationship, used creativity to disrupt academic barriers, and shaped accessible art therapy research. They will reveal the messy magic of genuine co-production and how it's changed them all.

Nicki Power is an art therapist and doctoral fellow at Queen Mary University of London, supported by Barts Charity. She is Strategic Lead for Art Therapies (Learning Disability) at East London NHS Foundation Trust, working on system-level change through creative transformation. Active nationally and internationally in professional leadership, teaching, and publication, Nicki has worked with people with learning disabilities since 2011.

[linkedin.com/in/nicki-power-a62a213a/?originalSubdomain=uk](https://www.linkedin.com/in/nicki-power-a62a213a/?originalSubdomain=uk)



The Lawnmowers is a producing theatre-arts company run by and for people with learning disabilities, based in North-east England. Founded in 1986, they offer theatre, dance, music, DJ, and technical training, plus youth projects. They teach in universities nationwide, deliver educational programmes on health and social care issues, and run Research Abilities, a lived experience research consultancy with the NIHR. Through creative collaboration with health and social care researchers, they make research more accessible, meaningful and impactful for people with learning disabilities.

lawnmowerstheatre.com

Claire Hills-Wilson is a creative methods specialist with 17 years' experience in stage management, performance, and storytelling, now focused on arts-based approaches to research and social change. As patient and public involvement coordinator with the Lived Experience Academy research project, she designs inclusive, creative processes to make complex ideas accessible and fosters collaboration between researchers and communities. She was previously artistic director of The Lawnmowers.

[linkedin.com/in/claire-hills-81b308307/](https://www.linkedin.com/in/claire-hills-81b308307/)



Sensory synergy: Art and occupational therapy in collaboration

Catherine Gallagher & Rachel Young

13.55 | Henry Wellcome Auditorium

This plenary demonstrates a unique - if unconventional - synergistic and child-led approach, highlighting the collaborative work between occupational therapy and art therapy. It will show how the theoretical frameworks and practices integrate and complement one another to create an effective intervention.

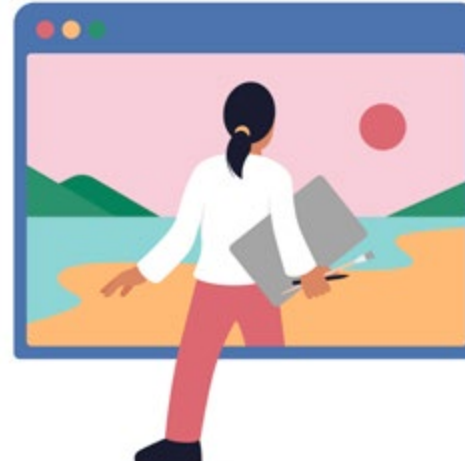
Catherine Gallagher is director of Charnwood Arts Therapy Service, a HCPC-registered art therapist and supervisor. Catherine has worked in diverse settings and supports individuals affected by trauma. She is interested in sensory-based, relational approaches and values cross-disciplinary collaboration, drawing from psychoanalytic, psychological and systemic theories.

Rachel Young is an HCPC-registered occupational therapist and sensory integration practitioner specialising in mental health. She has extensive experience across a diverse range of settings, including adult inpatient, community, and forensic services, and has successfully established and managed a new NHS service. Rachel currently works in an educational setting, supporting children and young people who are neurodiverse or have experienced trauma.



quornhallschool.com/

Coming soon!



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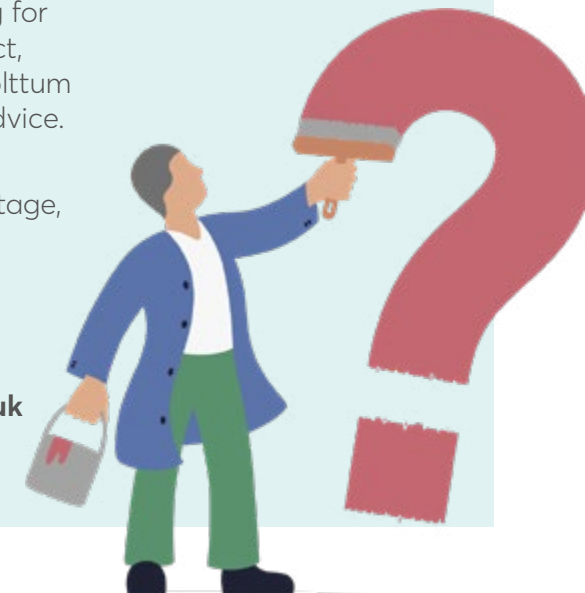
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Member-led workshops

14.40-15.20 | PARALLEL SESSIONS | IN-PERSON ONLY

Please check your delegate badge to see which afternoon session you have been allocated. Switching between rooms is not permitted.



**Auditorium
Sue Bulmer**

Art-based reflective practice groups for teams: exploring benefits and challenges

This interactive workshop invites you to explore challenges and benefits of establishing arts-based reflective practice groups in professional settings. Through discussion and creative reflection we will consider how art therapists can support connection, cohesion, understanding and emotional wellbeing in teams.

Sue Bulmer is a UK-based art therapist and artist working in a specialist perinatal trauma and bereavement service. She offers individual art therapy and group work for clients and facilitates a monthly arts-based reflective practice group for multidisciplinary staff focusing on the different aspects of loss encountered in day-to-day working.

suebulmer.co.uk



Joint mirror drawing in art therapy and museums

In this workshop, Dr Unnur Óttarsdóttir will introduce joint mirror drawing – where two people draw simultaneously on the same sheet of paper – and invite participants to take part.

Dr. Unnur Óttarsdóttir has practised art therapy for 35 years in private practice and organisations, and exhibited as an artist for over 20 years. She lectures at the Iceland University of the Arts and the University of Akureyri, conducts research at Reykjavik Academy, and has published, lectured, and taught internationally on art therapy, joint mirror drawing, art educational therapy, memory drawing, and grounded theory methodology.

unnurarttherapy.is



**Franks Room
Dr. Unnur Óttarsdóttir**

Welcome! Come in! Giving a voice to unaccompanied asylum seekers through collaborative art therapy

Clare will share the experience of collaborative art therapy with refugees, and how collaboration allows their voices to be heard and experiences shared. You will be encouraged to respond to the session title 'Welcome! Come in!', sharing something about yourselves with others through images or words.

Clare Miles is an art psychotherapist and former nurse and midwife. She grew up in East Africa and lived in South Africa, and is now settled in the UK. Her work is primarily with unaccompanied asylum-seeking young people as a therapist and manager for the Baca Charity.

bacacharity.org.uk



**Burroughs Room
Clare Miles**

Masterclasses: coming up!



- Masterclass in art therapy with 'hard to reach' children & young people
- Masterclass in maintaining your creative practice as an art therapist
- Working alongside learning disability and neurominority communities: anti-oppressive practice
- Masterclass in art therapy with people who experience psychosis

Check out our upcoming Masterclasses:



Learning disabilities: co-producing effective art therapy

Thursday 27 - Friday 28 Nov 2025

Nicki Power, Alison Hawtin, and actors and artists from the Lawnmowers Independent Theatre Company with Claire Hills-Wilson.

A really well-run, informative and engaging training.



... A space for reflection ...

We invite you to share your reflections and art on social media and tag us in your posts about the day. [@baat_org](#) [#BAATAnnualConference](#)



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