

Nations, Regional and Special Interest Groups annual summary 2026



Regional groups

Region 1 - Cornwall, Devon

Name of group: Region 1 Devon and Cornwall

Name of coordinator(s): Sheina Black, Biddy Daniel and Suzi Norris (handing over)

Dates of meetings held since July 2025 (with number of attendees)

- Saturday 5th July – in person - 10 attendees
- Saturday 6th September – in person - 4 attendees
- Saturday 18th October – online - 14 attendees
- Tuesday December 9th - in person - 6 attendees
- Wednesday February 25th – online - 3 attendees
- Saturday April 18th – online
- Saturday May 16th - online

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

From July to the end of May, Devon and Cornwall art therapists met both online and in person for a varied programme of peer support, professional development, and creative exchange. Activities included article discussions, shared art making sessions, a workshop exploring freelance and self-employed practice for art therapists, and an online EMDR workshop. Members also visited a Plymouth exhibition featuring Surrealist artists.

This year, the group has continued to meet online, including discussions around bilateral art making and the development of a new regional art-making group facilitated by one of our members. A central aim of all events has been to strengthen connection and community among art therapists across the region.

At the beginning of the year, new coordinators took over the role and have already begun planning further events and opportunities for the coming months.

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 2025 (with number of attendees):

- Sunday 14th Sept 2025– Raku (had to be postponed until 2026 due to weather) Face to

face in Portsmouth:

- Saturday 11th October, Clayfields Day, 8 attendee's, face to face, Portsmouth
- 1st November 2025 - Talk on Understanding Organisations. Discussion and art making with Dr Val Huet, face to face in Bournemouth
- 25th November CAMHS CPD online,
- 10th January 2026, AGM, face to face in Dorset: 22 attendee's, included art making.
- 21st March, Forensic Art Psychotherapy study day, face to face in the New Forest. 13 attendees
- 25th April 2026 Raku Firing Day, Portsmouth. 10 attendee's
- 9th May 2026 Beach Hut Creative Day , Cancelled due to lack of numbers available (did have interest)
- Planned: CAMHS Art Psychotherapy Morning, June 2026, online, topic: Working with Unaccompanied Asylum Seekers.

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

We have had another active regional group 2 this last year with many events and good attendance.

No issues identified.

It is a pleasure to be part of and coordinate. We support one another with general enquiries, share resources, highlight exhibitions, relevant social media posts, job adverts, personal achievements etc.

We have other events planned this year and hope the momentum continues.

Region 4 - Bedfordshire, Hertfordshire, Essex, North London

Name of group: Region 4

Name of coordinator(s): Samantha Durant & Ross Bolwell-Williams

Dates of meetings held since July 2025 (with number of attendees):

- 16th July 2025 - 7:30-8:30pm - 6 attendees
- No session in August
- 2nd September 2025 - 7:30-8:30pm - 8 attendees
- 17th September 2025 - Art Making / reflective practice session - 5 attendees
- 1st October - Sam & Ross only - Ross joined as coordinator
- 23rd October 6:45-7:45 - 6 attendees
- 25th November - 6:45-7:45pm - 5 attendees
- 10th December - Art Making sessions / reflective Practice - 6:45-7:45pm - 5 attendees
- January - cancelled due to illness

- 26th February - 6:45-8:15pm - 11 attendees
- 25th March - 6:15-7:45pm - 7 attendees April - Sam on AL and Ross needed to cancel hosting as his baby arrived early!
- Mays session is due on the 27th.

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

Most sessions offer a similar format. Welcomes, introductions and naming area of practice, followed by a brief share on how we are all 'landing' in the session.

We then offer a space for cascading information relevant to practice, such as people sharing recent research they have encountered or other content such as the release of the white paper and how this impacted our SEND clients etc.

We then introduce the theme, have a discussion and make response art. Share if we wish and explore themes creatively.

Themes are often pulled from the previous months discussions.

Themes include:

- When the therapist is grieving, how to maintain self care and ethical standards.
- Adaptations in therapy for neurodivergent clients
- Self disclosure - when is it appropriate
- Childhood objects and nostalgia
- Decolonising practice / intersectionality - Art Therapy profession and how we are often required to be so flexible. At what point does this impact the profession negatively? Etc.

Generally what we notice is that therapists feel isolated when not in a team environment. That the space is very welcome and that therapists want to feel safe to explore difficult things with each other.

Themes of how the wider societal disharmony and post covid fall out is impacting the work and how to maintain self care amid a changing landscape of need.

Other themes include frustrations relating to 'Art therapy' courses popping up on social media which undermine the profession. Frustrations relating to 'art therapy' not being a protected term.

Region 5 - Berkshire, Buckinghamshire, Northamptonshire, Gloucestershire

Name of group: Region 5

Name of coordinator(s): Terrie Callis (Stepped down January 2026), Claire Crosby, and Marielle Weddegjerde (joined in January 2026).

Dates of meetings held since July 2025 (with number of attendees):

Date	Location	No of attendees	Description
11/1/25 10am-	Online via Zoom	5	

12pm			
27/1/25 7-9pm	Centre for Science and Art, Stroud	5	Region 5 Gloucestershire Networking Skill Share and peer reflective art making
8/3/25	Online via Zoom		Our theme will be Art Materials and suggest reading the chapter 'Art Therapy Materials, Media and Methods' by Cathy A. Malchiodi as a prompt for discussion about the relationship with art materials and approaches. We will also have time for reflective art making.
10/4/25	Centre for Science and Art, Stroud	7	Region 5 Gloucestershire Networking and peer reflective art making
10/5/25	Online via Zoom		<p>As usual, we hope it's an opportunity to connect, reflect, and be creative, so feel free to bring some art materials along.</p> <p>As the new pope has been voted in, we have been thinking about faith in art therapy, leading us to explore the Journal of Art Therapy for articles on the topic. There were surprisingly few we could find; however, we did find the following two relating to cultural identity:</p> <p>Zaken, S. B., & Walsh, S. D. (2022). Dual-cultural identities: An analysis of images by Arab art therapists in Israel. <i>International Journal of Art Therapy</i>, 28(4), 167–177. https://doi.org/10.1080/17454832.2022.2128842</p> <p>Potash, J. S. (2022). Searching for wholeness as a Jewish art therapist. <i>International Journal of Art Therapy</i>, 27(4), 198–205. https://doi.org/10.1080/17454832.2022.2080842</p>
24/5/25	Kettering	4	CPD on 'Using the Tree of Life in Art Therapy'
24/5/25 11am-4pm	Common Ground, Nelson's Trust, Gloucester	8	CPD – Talk by Art Therapist Karina Burt about her work with the Nelson's Trust and an introduction to Basket Weaving.
12/6/25 7-9pm in	Trinity Rooms, Field Road, Stroud, GL5 2HT.	5	As we will be approaching the summer solstice when we meet, the invitation is to use this time together to pause and reflect on the days being long, warm, light and bright. The proposed theme is to connect with our responses to the passing of time, our connection to the seasons, weather and environment around us and how / if this influences us and our work.
10/6/25 7-9pm	THE CARPENTRY	8	Region 5 Berkshire Networking & painting Meeting. 2 Hours

	ROOM ST PAUL'S PARISH ROOM, READING RD, WOKINGHAM		
12/7/25	Online via Zoom		
9/9/25	The Carpentry Room, St Pauls Parish, Reading Rd, Wokingham	8	Region 5 Berkshire. Silencing the Inner Critic , An Art Therapy and EFT Workshop.
9/10/25	Online	8	CPD: Research and Practice by Ali Coles
11/11/25	Enchanting Glass Designs, Holme Grange, Wokingham	6	Region 5 Berkshire 2 Hour glass workshop and networking (self-funded)
16/11/25	Kettering	6	Connect & Crochet with Steel Wool
25/11 to 30/11/25	Lansdown Gallery in Stroud, Glos		Examined Expressions 2025 – Art by Art Psychotherapists The seventh in a series of biennial exhibitions of art-by-Art Psychotherapists.
20/1/26	St Pauls Parish Rooms, Wokingham	8	Region 5 Berkshire 2hr Networking and Art Making
10/3/26	Online	12	Region 5 - Berkshire 2hr online workshop with Miranda Jones on 'Using Integrative Art Therapy techniques to reflect on and Integrate Psychedelic and extra-ordinary experiences'.
12/5/26	Bucklers Park	8	Region 5 Berkshire Networking and Art Making in Nature.
7/7/26	Holme Grange, Wokingham		Enchanting Glass Designs- 2 hr workshop

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

Up until January 2026 – written by Terrie Callis

Over the last year, we have offered a combination of in-person events in local areas in addition to online meetings to facilitate the needs of the region. As the region requires up to 4 hours travel round trip, we continue to feel that a hybrid of online and in-person works best, and there seem to be subgroups in Stroud, Berkshire (Claire) and Northamptonshire (Terrie).

Tessa stepped down, and Claire Grosby joined, specifically to develop a local group in her area, Wokingham. Marielle joined as coordinator for the region.

WhatsApp: In the subgroups, both Claire and Terrie have found that a WhatsApp group (with consent by each person) works very well to share resources, ask questions, seek support and organise meetings.

We had a message from one person letting us know they would not attend any further meetings due to people attending who they see in therapy or in training situations. I am unsure how to resolve this, as we are such a small profession. In our small local group, the majority of members whom I have supervised or do supervise, we have felt able to manage the dual relationship. We do not, however, invite trainees who are in therapy with a member of the group.

January to May 2026 – written by Marielle Weddegjerde and Claire Crosby

From January to May 2026, activity within the region continued through a combination of online and in-person events as outlined in the program. Both Terrie and Claire have well-established networking groups where local therapists meet regularly.

In March, we had an online CPD workshop facilitated by Miranda Jones on integrating psychedelic and extraordinary experiences. The workshop was well-received, and CPD certificates were distributed by Claire to the participants.

Additional networking and art-making meetings were facilitated by Marielle in Windsor in February and April, one held at the local art centre and the other as an outdoor art-making session. Attendance across these meetings (as well as online networking sessions) during this period remained relatively small and variable, generally involving 2–5 participants. Despite this, it feels important to continue offering online opportunities for members to connect, given the geographical size of the region.

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 2025 (with number of attendees):

12th July 2025 Clay CPD, 12 members

1st Nov, Charcoal CPD, 12 members

24th Jan 2026, Walsall Art Gallery, 18 members

11th April 2026, Printmaking CPD, 12 members

6th June 2026, Artwalk meet-up (10 members expected)

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

With one coordinator, we continue to try to programme a minimum of one winter and one summer gathering, plus two trainings during the year.

Despite a big geographical area, there is an appetite for in-person events from members, and in particular for art-based and materials-based CPD sessions. Marion Green led bespoke day workshops on the therapeutic qualities of clay, which were so popular we asked her to host a further workshop about using charcoal with clients.

We also supported member Sue Wilkie to develop a new full day training for peers about incorporating printmaking in art therapy.

Our winter get-together this year was held at The New Art Gallery Walsall, which was a nostalgic trip for some, and worked well as a base to explore and draw together.

Genevieve continues as the regional coordinator, volunteering since Dec 2022.

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 2025 (with number of attendees):

28.07.25 (Online reflective practice) 7 Attendees

26.08.25 (Online reflective practice) 6 Attendees

29.09.25 (Online reflective practice) 5 Attendees

26.10.25 (Reflective walk) 6 Attendees

27.10.25 (Online reflective practice) 4 Attendees

24.11.25 (Online reflective practice) 5 Attendees

15.12.25 (Online reflective practice) 5 Attendees

12.01.26 (Spotlight CPD) 8 Attendees

26.01.26 (Online reflective practice) 7 Attendees

23.02.26 (Online reflective practice) 7 Attendees

30.03.26 (Online reflective practice) 5 Attendees

28.04.26 (Online reflective practice) 6 Attendees

26.05.26 (Online reflective practice) 0 Attendees

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

This year, our regional group has continued to offer a range of opportunities for connection, reflection and professional development for both qualified and trainee Art Psychotherapists across region 9.

One highlight was an in-person walk at Beacon Hill, Leicestershire which brought members together in nature and encouraged reflection around wellbeing, regulation and connection. The walk also created space for informal conversations and peer support. The calming and

restorative qualities of being outdoors felt particularly meaningful within the context of therapeutic work and the emotional demands often held within our profession.

We also held a CPD session exploring group Art Psychotherapy within a gambling addiction residential recovery service. The session included sharing clinical experiences of working alongside therapists and recovery workers, alongside discussion around trauma, avoidance, taboo, gender and the evidence base for addiction recovery work. Members valued the opportunity to think together about working with this client group and the complexities that can emerge within group settings.

Alongside these events, we have continued to hold monthly online reflective practice groups. These sessions have offered a supportive and creative space for members and have included reflective art making, storytelling, poetry and conversation. The groups have continued to support connection between members across different settings and levels of experience. A continuing theme this year has been the importance of creating spaces for reflection, creativity and peer support at a time when many members continue to experience increasing pressures within services and workplaces.

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

Name of group: BAAT Region 12

Name of coordinator(s): Susan Morris, Cheryl Jackson, Nasima Begum

Dates of meetings held since July 2025 (with number of attendees):

- Meeting 1: Wednesday, 15th April 2026 (15 Attendees)

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

This group is a newly formed network, established in March 2026.

As such, there have been limited opportunities to date to develop or deliver activities, with only one initial meeting having taken place so far. This introductory session focused on establishing connections between members and identifying shared interests and priorities for future engagement.

During the meeting, all attendees introduced themselves and discussed what they hoped to gain from participation in the group. There was a strong interest in both professional development and social connection. Suggested areas of interest included online and in-person workshops, creative events, gallery visits, informal meet-ups such as coffee gatherings, and facilitated talks and discussions.

Coordinators also presented several potential directions for the group's future activity. These included supervision opportunities, CIC-related work, research presentations (including talks, conferences, and PhD presentations), and engagement with both BAAT and non-BAAT members working within art therapy. Additional ideas included collaboration with artists and

funding bid workers, exploration of job opportunities and workshops, reading and discussing academic papers, and broader communication and engagement initiatives.

A proposal was made to establish a WhatsApp group for Region 12, including both BAAT and non-BAAT members, to support communication and engagement. This idea was well received by attendees. It was noted that GDPR considerations will need to be followed, particularly in relation to HCPC-registered art therapists. The WhatsApp group would operate outside BAAT's formal remit due to GDPR limitations, and would serve to share updates on events, workshops, and conferences, complementing existing email communications and improving accessibility and reminders.

Region 13 – London

Name of group: BAAT Region 13

Name of coordinator(s): Helen Rennie, Jodie Cooper and Rachel Oxborough (until end of February 2026)

Dates of meetings held since July 2025 (with number of attendees):

September

- 09/09/2025 Peer Support 2 hours CPD delivered online 25 attendees
- 18/09/2025 Professor Sue Jennings 2 hours CPD on Neuro Dramatic Play, delivered online, 32 attendees
- 26/09/2025 Dr Terra Sprague 2 hours CPD- Creative writing and Yoga Nidra delivered online, 22 attendees.

October

- 01/10/2025 Jonathan Fowler, 2 hours CPD - The Felt Sense of Artmaking delivered online, 27 attendees
- 16/10/2025 Claire Goulding ,2 hours CPD - Herbs for Health for wellbeing delivered online, 15 attendees.

November

- 01/11/2025 Jodie, Helen and Rachel - Coffee and Chat networking, in person Temple Pub room 12 attendees
- 12/11/2025 Dr T Yakeley ,2 hrs CPD, Psychoanalysis - Neuro divergent children, delivered online 35 attendees
- 15/11/2025 Amy G 6 hours CPD, Performance coaching, delivered in person , 23 attendees
- 28/11/2025 Rachel Oxenburg, coffee and Chat networking, Tate Modern in person, 15 attendees
- 29/11/2025 Loreal – Mindfulness and art making, delivered in person Swedenborg House 10 attendees.

January

- 09/01/2026 Rachel- Coffee and Chat networking – delivered in person at Tate Modern, 10 attendees

- 17/01/2026 Jodie and Helen- Coffee and chat networking - delivered in person at Tate Britain- 3 attendees
- 18/01/2026 Jodie – Community Meeting, collaborative running of the region– delivered online - 13 attendees
- 26/01/2026 Rita - Art Making – Phoenix Community Centre Crystal Palace delivered in person monthly.

February

- 06/02/2026 Rachel Oxborough- coffee and chat at Tate Modern, 2hrs delivered in person- 8 attendees
- 07/02/2026 Rachel Oxborough - at Woodford Wells, All Saints Church 4 hrs CPD – Workshop on Criminal Justice System, staff wellbeing in Probation and the Impact of neuro diversity
- 17/02/2026 Mariam Liebman, 2 hrs CPD -Talk on her clinical work with cancer patients- delivered online- 22 attendees
- 22/02/2026 Helen and Jodie – coffee and chat, networking, at Tate Britain- in person - 14 attendees.

March

- 07/03/2025 Rachel Oxborough- Coffee and chat , networking delivered in person at Tate Modern 3 hrs – 8 attendees
- 14/03/2026 Jodie Cooper and John Fowler - 4 1/2 hrs CPD at Swedenborg House, in person Clinical work with perpetrators of domestic violence and stalking. Attendees - 18
- 24/03/2026 Annie and Chelna (community members)- offering a Reading and Reflective Group – 2 hours - delivered online
- 26/03/2026 Hosted by Berrin - 2 hours CPD at Drayton Park School, Islington- part guided art making group, delivered in person - 5 attendees.
- 29/03/2026- Jodie and Helen – coffee and chat 3 1/2 hours CPD at Two Temple Place – viewing the exhibition 'The Weight of Being' followed by discussion and art-based responses to the work. – 8 attendees.

April

- 19/04/2026 Baat Community Team. Forward planning for the Working Together – 'Arts and Play' conference for the 4th of July, in person at The Onion Café, St James Park and Kavita – Creative Journaling 2 1/2 hours CPD at The Onion Café ,St James Park – 9 attendees.
- 20/04/2026 Sharon Herriot – 2 hours CPD talking about her 10 yrs working with death and bereavement within a children's bereavement service, an adult hospice and a Macmillan centre - delivered online.

May

- 09/05/2026 Helen Rennie – 2 hours CPD - Wellbeing session. 'Messages from You-to-you' - mindfulness, visualisation, image and word – a gentle enquiry of mind, body and spirit, delivered in person at William Morris House, 11 attendees.

- 10/05/2026 – Jodie Cooper – 1 ½ hours CPD – Community Meeting, topic was localised CPD and forward planning for the 'Working Together'– Arts and Play Conference on the 4 July. Delivered online , 5 attendees.
- 19/05/2026 – Reading and Reflective Group (running bimonthly) delivered online - contact Annie Walker.

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

During the course of the summer in 2025 region 13 welcomed a much-needed 2nd coordinator: Jodie Cooper who joined me Helen Rennie in steering the direction of travel for activities in the London region where Baat's membership boasts approximately 600 members. We were then joined by a 3rd coordinator, Rachel Oxborough who sadly had to step down after February of this year to focus on her own work.

The overall vision for region 13 was and still is the building of community, drawing together members from all the compass points of London and greater London to not only create localised CPD activities but to encourage members to step up and run their own groups and workshops.

To this end Jodie has instituted regular online community meetings to encourage and support those members in actioning their ideas for CPD; so far these have included artmaking groups, a regular reading group, well-being sessions and journaling.

Also, as illustrated by the diary of events above , some very experienced, well renowned therapists, researchers and experts in the field have shared their time and expertise by giving talks and running workshops for the region.

Still to come on July 4th an ambitious project spear headed by Jodie - a conference entitled 'Working Together, Arts and Play'. This will be an in-person conference taking place at Swedenborg House in London. As the title implies, this is about growing an integrative approach, exploring and promoting ways in which art, music , dance and play therapists could work more collaboratively. The aim is to strengthen the impact of the existing research and working knowledge of therapists, particularly in early years education. In addition, raising awareness of the opportunities for creative intervention at a crucial moment in time, particularly in respect to the socio-political climate.

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

Meetings held since July 2025 (with number of attendees):

The Group takes place in Waterloo Action Centre on a two monthly basis and is open to BAAT full members of Region 13. It is of two hours duration with a fifteen minute break for refreshment and socializing. Group members actively participate and share their thoughts and impressions of each other's reflective process.

A notification is sent out before each meeting from the BAAT office to all Region 13 Full members. A register is taken each meeting and attendees can sign up for future email notification, to which they can confirm their attendance through email, or keep in contact through sending apologies. There is an average attendance of nine Art Therapists. There is a core of regular attendees and others who drop in occasionally through the year and others who are new attendees:

Here are brief accounts of clinical presentations during the past year from seven Reflective Practice groups: January 2025 to January 2026:

- Running a monthly art group for a charity for brain injury patients and their family members and carers, with proposals accepted to run a pilot for a weekly art therapy group.
- Discussion about patient safety, safeguarding and confidentiality within the individual Art Therapy session and within the clinical team.
- Individual Art Therapy with a twelve year old girl who had started a new school, experienced a bereavement and a sexual assault in the street.
- Volunteering in running an art group in a GP practice, with nursing support, for people with varied needs that do not meet the criteria for mental health services: an elderly person diagnosed with early dementia who has family support, others who are isolated, bereaved or have relationship difficulties.
- Working for a homelessness charity, as their first Art Therapist, running an open Art Therapy group in an all female home. One of the referrals to the group had a diagnosis of mental illness, a mixture of self-harm and regressive behaviours, including the disorder "Pica", eating harmful substances. The Art Therapy group enabled otherwise prohibited creative art materials to be used in a safe space.
- A qualified Art Therapist working in an NHS complex-emotional-needs unit using "mentalisation-based" individual and group therapy. The case presented was highly defended in interpersonal relationships exhibiting extreme emotions. The Art Therapist presented their own post-session art-making-response which were made to foster their own reflections about the sessions. The group acknowledged the therapeutic stamina required to be present and therapeutically available to this individual.
- A session offering support and advice to newly qualified participants entering employment as Art Therapists, or as other roles in a variety of helping-profession settings, whilst looking for future Art Therapy opportunities.
- An Art Therapist shared a series of images of on-going therapeutic work working with a patient within a complex PTSD service, integrating the EMDR (Eye Movement Desensitisation and Reprocessing) approach within the Art Therapy setting.
- A presentation from working in a school for sensory deprived children; Art Therapy with an eleven-year-old in a chaotic family home, complicated by a family bereavement.
- Working with an individual carer of a terminally ill patient in palliative care.

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 2025 (with number of attendees):

- 'Art & Yak ' Online Relaxed Art Making for members: July 24 (4), Dec 3 (6), Mar 26 (4), April 30 (1)
- Online Survey for all R14 members to map out where members are within region, which sectors they are working in, and the type of activities and topics they would prefer in 2026. Total Respondents (6)
- Online Art Show Planning open to all R14 members: Oct 16 (3), Nov 27 (5), Jan 28 (5), Apr 29 (7)
- 'Drawing Down' A group exhibition of R14 Art Therapists Work shown at Queens Park Arts Center in Aylesbury 12-20 May 2026. This exhibition was accompanied by 2 workshops offering an Art Therapy taster session.
- Exhibiting Art Therapists and Trainees (7)

[Exhibitions & Events – Queens Park Arts Centre](#)

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

Thus far, the meetings have been online this year. We have continued to use the monthly 'Art & Yak' online art making session as a consistent gathering available to all members. In previous years attendees have shared that they valued these sessions. Although they were also keen to meet in person for socials and exhibitions, we were unable to plan one for this year yet.

Both coordinators have found the low attendance of events discouraging. This year in particular, that has affected our motivation in planning and holding the group, alongside that of our own work and family commitments growing. It has been a very small group of individuals that would show up for both online or in-person meetings over the past 2 years.

This group of 7-8 members, would dwindle significantly if anyone were away, ill or busy. We continually strived to be open, inclusive and welcoming in our activities, so it is really dispiriting to have low engagement, even for the online survey, urging members to indicate preference and suggestions for topics and ideas.

We are meant to have 40+ members in Oxfordshire but have seen less than a quarter ever turn up to regional events. Last August, we came to realise that we had been contacting members in an outdated manner that was not GDPR compliant. We have rectified the matter since and have gone through the forum and <group email> function on the baat website in all our communications, unless contacted by individual members.

Our highlight is a group art exhibition titled 'Drawing Down', which was held in May 2026 at a community art space in Aylesbury. This was the effort of several months in preparation which culminated in the exhibition alongside 2 workshops which were attended by 11 members of the public. 7 Art Therapists and Art Therapy Trainees showed their work of various mediums and through the display, we aimed to publicise the work and understanding of Art Therapy as both

a discipline and a profession. We attach a short video summary of the event and have also prepared an article for consideration for InSight Magazine.



Region 15 - Scotland (Clyde)

Name of group: Region 15

Name of coordinator(s): Bryony Budd and Holly Smith

Dates of meetings held since July 2025 (with number of attendees):

September 12th – Bryony and Corah – Corah stepping down

December 15th – Bryony and Holly

March 19th – Bryony and Holly

May 13th – Bryony and Holly

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

Since last July, we have hosted monthly peer supervision at Many Studios, which has been regularly well attended and created a supportive network of art therapists.

On July 26th we hosted Chimera Ecologies with Maya El Nahal – this was a participatory arts workshop in which art therapists used drawing, journalling and terracotta clay to explore the theme of ecologies. Artist Maya El Nahal led the workshop, drawing on her 'Mother Deities' project and interdisciplinary practice.

On June 14th we will be hosting a region 15 curated visit to Glasgow International Festival. We will also be inviting members to attend an exhibition on the 13th 'Braver than Borders' as part of refugee festival Scotland, which will be followed by an invitation to make a response collage.

We are currently planning a workshop with Max Alexander who is a playworker and recently published the book 'The Joy and Shapes of Autistic Play'. This will take place at Many Studios in the Autumn.

We have had a change of co-ordinators due to Corah Ambrose stepping down (and soon going on maternity leave) and Holly Smith stepping into the role. We did a call out for more facilitators but didn't get any offers. It would be helpful to have more co-ordinators to increase capacity.

Region 17 – Somerset, Bristol, South Gloucestershire

Name of group: Region 17

Name of coordinator(s): Samantha Leckie and Rosa Hewitt

Dates of meetings held since July 2025 (with number of attendees):

2025/ 2026	Activity	Hours	Location	No of attendees
12/07/2025	Networking meeting with Art Making.	4	Quaker House, Street	6
August	Rosa Hewitt joined Region 17, no meeting with members, however Rosa and Samatha met.	2	Weston-super- Mare.	-
1/10/2025	Jonathan Fowler- Presentation- The Felt Experience and Motivational Interviewing Process with Region 13	2	Zoom	15
22/11/2025	Art therapy across cultures, exploring trauma, loss and hope, with Dea Loloci.	4	St Lukes Church Bath	35
8/12/2025	Art making social	2	Old Town Quarry, Weston-super- Mare	7
	Pastel Workshop	4	RWA Bristol	12
17/02/2026	Art Therapy at Bristol Cancer Centre with Marian Liebmann	2	Zoom	40
17/03/2026	On line Meeting: Art Therapy festival 2027 planning	1.5	Zoom	3
25/04/2026	Art making and networking meeting	4	Old Town Quarry, Weston-super- Mare	4
28/04/2026	On line Meeting: Art Therapy festival 2027 planning	1.5	Zoom	3
23/05/2026	Mounira Al Solh exhibition tour, A land as big as her skin, with reflective art making.	4	Arnolfini Gallery Bristol	5

26/05/2026	On-line Meeting: Art Therapy Festival 2027 planning	1.5	Zoom	3
13/06/2026	Dr Rebecca Searl research presentation: The embodied process with reflective art making	4	St Lukes, Bath	-
30/06/2026	On line Meeting: Art Therapy Festival 2027 planning	1.5	Zoom	-
4/07/2026	Introduction to therapeutic clay work with Sarah Le Butt.	4	Grow Wilder Bristol	-

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

This year Region 17 has offered a variety of different CPD sessions, responding to member feedback a mix of networking, reflective and informal artmaking, online and face to face presentations and meetings that have been formal as well as social have been facilitated.

Members have feedback that the opportunity to meet other art therapists and to be part of a community has been important to them. There have also been conversations about offering more CPD venues across the wider region, both towards the Devon border and also Gloucester, however it has been a challenge to continue to offer CPD in the more populated area of Bath and Bristol, as well as extend to the more rural areas due to restrictions with budget.

Reduction in budget over the last two years

Has presented opportunities for Region 17 to work creatively, providing less CPD presented by professionals as well as a drive to seek to form partnerships with organisations to provide quality CPD, for a lower price. In addition, there has been an attempt for coordinators to utilize zoom and collaborate with members, to plan an Art Therapy Festival for 2027 has been happening over four months.

BAAT Regional CPD Certification

The cost of CPD offered in London, as well as cost involved in attending events in London have been raised in member conversation, as this can be out of reach of some individual budgets. In addition to this CPD certificates for Regional CPD state, "This workshop was run as part of the BAAT Region 17 regional group. It is not verified by BAAT" recently some members have wondered if this could be reviewed by BAAT Council?

Art Therapy Festival planning in collaboration with members

This has been facilitated over zoom over four months. While over 10 members emailed to express interest; engagement in zoom meetings has been limited. It appears that members have limited time to engage in collaborating, however there has been strong interest in an Art Therapy Festival happening, and it is expected that there will be 30 spaces for members to engage in a two-day festival in Street, near Glastonbury, in July 2027.

Forming Partnerships

An example of this has been working with the Arnolfini gallery in Bristol, where introductions to exhibitions and space for reflection was provided, and was at little financial cost for the region. This has only recently started this month; the feedback was positive and Region 17 plan to provide further opportunities for this to happen on a regular basis.

Community

Themes of being part of an Art Therapy community have been raised in conversations across different events. It would appear that while members value membership to BAAT for professional reasons, the social and informal opportunities to meet have been appreciated at every event. Members often comment on the need for regular opportunities for this to happen.

Engagement

While engagement for art making events has been modest, both online and face to face events facilitated by guest speakers have had excellent member attendance.

Region 19 – Scotland (Grampian, Shetland)

Name of group: Reg 19

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

Dates of meetings held since July 2025 (with number of attendees):

- 25/7/25
- 26/9/25
- 28/11/25
- 23/1/26
- 27/3/26
- 3/4/26
- 29/5/26
- 26/6/26

Attendees. Normally 3 sometimes 4

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

As a group we meet regularly to discuss relevant region subjects. To also discuss papers or other theoretical thoughts. We also hold Balint supervision every couple of months to assist and support those in the region. Although the group is small is always active. There has also been an Eco art day. And various impromptu meals to socialise and chat.

Region 21 – Europe

Name of group: Region 21 – Europe

Name of coordinator(s): Alma McQuade

Dates of meetings held since July 2025 (with number of attendees):

- Liz Atkin charcoal drawing and body based repetitive skin picking talk, December 2025 - 8 Attendees
- Ingrid Penzés, ArTa Method Lecture, October 2025 - 9 Attendees
- Mimmu Rankanen talk about art therapy and art psychotherapy registration, status and training priorities in Finland and Norway (linking to her paper in the new Routledge Art Therapy book) - 7 Attendees
- Oil pastel image making and reflection session, May 2026 - 3 Attendees

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

The group just reactivated at the end of 2025 after a long hiatus and had the first meeting before Christmas. There is a small central group who participate, and a number of others are beginning to make contact as we send out emails. Members are located across Britain, Ireland and Continental Europe and are mostly UK-trained, although we have at least one current student member. We don't know yet how many members on the database are current. The core group are communicating if they cannot attend meetings and are actively planning how they want the group to work for them.

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 2025 (with number of attendees):

No formal meetings have been held since I took on the role.

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

There has been no formal meeting activity since I took on the role. This has provided an opportunity to consider how the International Regional Group can be developed in a way that reflects its purpose, membership and practical realities.

As an international group, online meetings are likely to remain the most appropriate format. Future activity will need to consider time zones, speaker availability, accessibility and the needs of members across different countries and regions.

The priority for the coming year is to establish a realistic and sustainable rhythm for the group. This may begin with an online reconnecting meeting to gather member views, identify areas of interest and clarify what members would find useful from the group.

Future activity could include invited speakers, reflective discussion, regional updates, member presentations and opportunities to share practice across different cultural, professional and geographical contexts.

The aim is to build the group carefully and purposefully, creating space for international connection, exchange and learning, while recognising the practical challenges of coordinating across different locations, time zones and professional contexts.

Activity this year has also been affected by significant transition and changes in availability, which has reinforced the importance of rebuilding the group in a realistic and sustainable way.

Nations

Northern Ireland

Name of group: BAAT NI & Region 20 (at present the BAAT NI committee serves both)

Name of coordinator(s): No coordinator in place instead the BAAT NI committee monitors both region20 and BAAT NI activities. **Committee members:** Clare Boyd, Dr. Caryl Sibbett, Colin Sims; Claire Thompson; Jacqueline Toal; Eileen McCourt; and Mags McClory (left in January 2026).

Dates of Committee meetings held since July 2025 (with number of attendees):

Committee meetings:

30/07/2025 – 7 attendees

11/08/2025 – 7 attendees

13/10/2025 – 7 attendees

17/11/2025 – 7 attendees

14/01/2026 – 6 attendees

15/02/2026 – 6 attendees

25/03/2026 – 6 attendees

11/04/2026 – Annual Meeting 17 attendees

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

04/07/25 – BAAT Members present at EFAT Conference - BAATNI committee members presented at the EFAT (European Federation of Art Therapy) conference at Brunel University in July. EFAT's call was: "...the field of art therapy faces an urgent need to assert its unique role, differentiating itself from general arts-based wellness approaches. ...we are called to emphasize the expertise, safety, and clinical efficacy of true art therapy practice." BAAT NI Committee members presented on trauma informed art psychotherapy in N. Ireland. The team presented to a full house in record temperatures without air conditioning from 4 pm to 6 pm. The fact that so many art therapists in attendance stayed throughout to find out more about art therapy in Northern Ireland at the end of a long, sweltering day made the journey

worthwhile.

CPD Day Saturday September 27th – 16 members attended a very successful CPD day delivered by Claire Thompson with Clare Boyd providing a case study. The theme for the day was “The Sensory Studio: Adapting Art Therapy for Autistic People”. Through art making, presentation and case study, participants were invited to engage with the sensory qualities of the materials. The historical context of neurodiversity was outlined, referring to the natural variation in human neurocognitive functioning (Walker, 2021). Claire further explored the core principles of the concept, the importance of inclusive language, co-occurring conditions, and intersectionality and cultural sensitivity, elaborating on each of these important aspects. Updates on terminology were given and a working example of working with an Autistic client was given by Clare Boyd.

11/02/2026 – Meeting Creative Health Network Meeting NI – The department of health has made £20,000 available for set up of this Creative Health Network to enable it to communicate with the group of potential stakeholders. BAAT NI Chair attended and will follow up opportunities for art therapy’s essential inclusion and appropriate positioning in the Network.

20/02/2026 – Meeting with Florence Milliken HCPC – Florence updated on her role and benefits of the new ‘data’ and research aspects of HCPC in terms of protecting service users. She had noted ahead of the meeting there were ‘sticky points’.

26/02/26 – Meeting with NICCY – Caryl Sibbett met with the NI Commissioner for Children and Young People and attended a NICCY mental health roundtable event.

03/03/26 – Meeting with the Arts Council of Northern Ireland – BAAT NI Committee members met with managers from the Arts Council of NI.

BAAT NI NIGAT Collaboration 2026 – as NIGAT is celebrating 50 years this year, we are working in collaboration to celebrate the work of Rita Simon and the homegrown talent in Northern Ireland. This was announced at annual meeting, and we will work in partnership again at NIGAT’s Art Therapy Summer School later this year.

BAAT NI Committee members attending regular meetings – Eileen McCourt represents art therapy in NI on the AHP Federation NI. Caryl Sibbett represents art therapy in NI on the Advisory Committee of the AHP to the Department of Health, and on the Regional Trauma Network’s Research Advisory Group, and she liaises with the BACP in its support for art therapy in NI. Eileen McCourt and Caryl Sibbett represent art therapy in NI on the Psychological Professions Forum NI. Such work included collaborating to write a policy document for the Dept of Health: ‘Transforming Healthcare Through Art, Drama and Music Therapy: A Clinically Creative Framework for Northern Ireland’.

Concerns:

- HCPC inability to protect the Art Therapy title and regulate those using ‘Arts Therapist, Creative therapist/counsellor’, or even unregistered people using the term ‘art therapist’ because of the difficulty proving intent. The outcome of HCPC Ulster University investigation exacerbated this lack of confidence. Astonishingly, the HCPC stated in writing that the following concerns were not outside of its ‘standards of education and

training' and/or 'not within our remit to investigate or take action': concerns such as unregistered people practising in the UK as an art therapist giving clinical supervision (thus misleading students, placement providers and insurers) and concerns of students accruing clinical client contact art psychotherapy hours when service users were not told it was art therapy and standards of proficiency were not abided by (no art therapy risk assessment, informed consent, record-keeping etc). Florence identified the 'lack of legislative powers' that HCPC has and that this will not change until at least 2030 & advised the need to lobby for change in legislation.

- Loss of BAAT CEO and council members – BAAT NI were hugely saddened by Gary Fereday's leaving. Given that, and the resignation of our esteemed colleague Caryl Sibbett and another director from the council due to serious concerns regarding due diligence and internal governance, the BAAT NI Committee formally requests an official response detailing the specific steps the interim CEO and Council are taking to investigate and address these matters.

Wales

Name of group: Region 7

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

Dates of meetings held since July 2025 (with number of attendees):

14 July: AGM with CPD on Making Audio Image Recordings (online) 14 attendees

Unfortunately, the two other events we planned – 'Making the Invisible Visible' and 'Mindful Artmaking in Nature' had to be cancelled due to facilitators ill health/bereavement.

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

We were disappointed that the two events planned for the second half of 2025 had to be cancelled due to unavoidable circumstances. We were not then able to organise anything to fill the gap at short notice. It continues to be challenging to reach all parts of Wales and to engage with more than a small proportion of regional members (about a fifth of our membership engages with events – largely the same group of people each time). There has been a little more use of the forum on the website, and we have been encouraging this.

Plans for the rest of this year include a gallery visit to see the Gwen John exhibition in Cardiff, CPD on environmental art therapy, an exhibition of Region 7 art therapists' artwork, and an online discussion forum for new and experienced practitioners to share their experience and exchange information and ideas.

A number of members have asked us to say how sorry they are that Claire and Gary are stepping down and to thank them for all that they have done. As co-ordinators of Region 7 we would like to say thank you for their efforts to engage with us. They have both listened and acted in response to issues we have raised and we appreciate that.

Special Interest Groups

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 2025 (with number of attendees):

All CPD had a min of 40 attendees.

- August 5th Sharon Heriot CPD- Anonymised case study of an autistic child in a mainstream primary school setting
- October 4th Sarah Haywood CPD: Language, autism and neurodiversity
- December 2nd Reflective practice group-10 attendees.
- April 7th David Gray-Hammond CPD: Autism and psychosis.

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

June 6th - Autism guidelines group begins.

Group to propose BAAT guidelines for art therapists working with autistic people, hosted by Jenny Clarke.

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

Name of group: Art Therapists working with CYP in Scotland

Name of coordinator(s): Catriona MacInnes, Lauren Fox McGloughlan, Laura Tabor

Dates of meetings held since July 2025 (with number of attendees):

- 11/12/2025- Online Art-based peer support- 5 attendees.
- 26/02/2026 – Online Art-based peer support – 3 attendees.
- 25/04/2026 In-person seminar on 'fatherhood and masculinity' - 31 attendees.

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

Since July 2025 we planned two in person seminar days and three online meetings. As the SIG covers the whole of Scotland we try to move the venue around. Most art therapists live and work in the industrialised central belt and urban parts of Scotland, however, there are art therapists in the Highlands and Islands and in cities further north. After consultation with the members about location of the meetings, we decided to plan an event in Fort William in the Highlands. Unfortunately, we had only one art therapist register for this seminar and had to cancel. In reality, it may be that most members are not prepared to travel. The November date may have also contributed to people not wanting to travel in the dark and in potentially challenging weather conditions. This seminar was also an attempt to do something different that was completely art-based without verbal presentation. Again, this may have not been as attractive as it had seemed during evaluation after a previous successful seminar day.

The co-ordination of the group has been challenged by the demands on the original co-ordinators time. Catriona MacInnes was elected as BAAT Alba/Scotland Co-Chair in March 2025 and had hoped to pass the CYP SIG co-ordination on to the CYP Representatives for Scotland. Laura Tabor came on board to support the co-ordination, but unfortunately Jonathon Milburn was unable to participate due to health and family circumstances and ultimately was forced to resign from his position in BAAT Alba/Scotland. Both Lauren and Catriona have thus remained as co-ordinators along with Laura.

Since 2022 we have regularly held two in-person seminars and four online meetings a year. We have found that the online events are becoming less well attended while the seminar events are vibrant and much appreciated with themes being proposed by members. Nonetheless the artmaking peer support online meetings are much appreciated by those who do attend and so we have agreed to keep holding them as small but important spaces. These particularly offer a helpful space for art therapists working in more rural areas and away from peers.

The highlight of the year has been the recent in-person seminar on 'Fatherhood and Masculinity'. This came about after Stephen Kernaghan got in touch with BAAT Scotland looking for peers with whom to discuss his experiences of challenging projections as a male art therapist working in schools and with families where often fathers appeared to be absent. As co-ordinators we met to discuss this several times before meeting with Stephen Kernaghan and Katherine Jones CEO of 'the Fatherhood Institute' on 18/04/2026. We were delighted that Katherine Jones was able to join us as keynote speaker particularly as she had originally trained as an art therapist in the mid 90s before further training at the Tavistock in consulting and leading in organisations (D10). On 20/04/2026 we also met as a group with Melloney Finn, a newly qualified art therapist and playwright who had written a play as an art-based dissertation for her MSc in art psychotherapy on the theme of fatherhood and perinatal mental health. Melloney got in touch after seeing the seminar day advertised and asked if she could contribute and we met to discuss what an experiential based on her work might look like

before our final planning meeting, deciding on a mix of drama therapy and reflective artmaking based on an excerpt of the script of her MSc play.

The event itself at Falkirk Trinity Church Hall was an extremely thought provoking and inspiring day with members feedback and evaluation suggesting that we might take longer to explore a theme perhaps over a weekend.

Catriona MacInnes May 2026

Chronic Illness, Pain and Fatigue: Art Psychotherapy and Radical Self-care

Name of group: Chronic Illness, Pain and Fatigue: Art Psychotherapy and Radical Self-care

Name of coordinator(s): Jo Cassidy, Simone Chester and Hal Camplin

Dates of meetings held since July 2025 (with number of attendees):

Two online meetings:

- **Monday 13th April 2026:** 13, including coordinators (Apologies 2)
- **Saturday 16th May 2026:** 12, including coordinators (Apologies 4)

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

Both meetings were well attended and followed a similar structure, beginning with brief introductions (including key elements of the group proposal). Creative materials were prioritised to support reflection and allow unconscious responses to emerge in relation to the needs of the group.

The space for image-making, sharing and the guided closing meditation was valued and well received. Some of the issues raised were centred on a need for solidarity and for a space where radical self-care is valued and taken seriously, particularly within working environments where fatigue can be intensified by masking.

We actively discussed session lengths, accessibility and preferred meeting days/times, offering one Monday evening and one Saturday morning.

We are considering more emphasis on movement breaks and encouraged members to lie down or find more comfortable seating where needed. Creating a non-judgemental space that accommodates fluctuating energy levels and physical needs remains an important aspect of the group.

The diversity of members includes both art therapists with lived experience of chronic illness and those working with this client group. Across both meetings, members shared a sense of vulnerability, connection, and hopefulness. We continue to co-create a space where we can be more open about our experiences and the challenges of our working roles.

As a result, themes were raised that affect the politics of our practice, such as the impact of intersectionality, internalised ableism and feelings of isolation, especially as part of a wider

multi-disciplinary team. It would be valuable to explore systems within workplaces. How visible/invisible are our members in their challenges?

Additional themes include medical misogyny, research interests, and the experiences of art therapists who are either currently unable to work or are navigating inflexible systems while advocating for their needs.

Overall, the feeling was one of curiosity, connection, and finding the energy to advocate for and show up for ourselves. We have aimed to provide a collective soothing and supportive space where members can feel seen and heard.

Feedback from members: Feedback has been positive across both meetings, with members expressing gratitude for a space dedicated to sharing experiences of chronic illness within the professional art therapy community. Members particularly valued reflective artmaking, mindful pacing, and closing meditation, as well as a focus on radical self-care. Members appreciated the opportunity to participate authentically, without needing to apologise or mask their experiences.

Challenges: The SIG Forum is useful for sharing resources, research, exhibitions, and meeting information. However, there has been less engagement in online discussions, which may reflect the personal nature of the SIG and the vulnerability associated with living with chronic and invisible illnesses.

Some members have expressed concerns about sharing lived experiences in a professional context and the potential impact on future employment opportunities and credibility.

Interestingly, these concerns have not been reflected in the online meetings. Feedback from online meetings suggests the group provides a supportive space to explore the intersection of lived experience, professional identity and art therapy practice. Radical self-care remains a clear focus of interest for all.

Topic for future:

July 13th meeting with topic of Radical Self Care-experiential healing exercise led by one of the co-ordinators.

Dual Experience SIG

Name of group: DE SIG

Name of coordinator(s): Alma McQuade and Louise Skehan

Dates of meetings held since July 2025 (with number of attendees):

- 26 May Weird Pride: the curse of expectations and why we need to trouble 'normal' in art therapy: Sarah Haywood (17)
- 6 October 2025 Raven Kaliana presentation on her lived experience and puppet drama (9)
- 18 October 2025 ArTa Introductory Talk, Ingrid Penzes (14)
- 24 November 2025 Social Artmaking evening for end of year (12)
- 23 February 2026 Group discussion on IJAT piece: Art Therapy in Transition (10)
- 17 March 2026 Don McJimpsey IJAT bias reviewing (8)

- 23 March 2026 Jacqui Dillon (14)

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

The group has a steady central group who attend meetings, and a larger cohort who attend events with external speakers. The group has several student and recently graduated members. We have had some new and vocal graduate members this year, who are keen to contribute to the IJAT.

The DESIG is offering the opportunity for a member to learn from Don McJimpsey about reviewing for the IJAT, as it is time to find a replacement.

Members of the group present to training colleges on dual experience, on request.

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 2025 (with number of attendees):

- Wednesday 9th July 2025 - 8 attendees
- Wednesday 11th September 2025 - 10 attendees
- Wednesday 26th November - 7 attendees
- Monday 23rd February 2026 - 3 attendees
- Wednesday 6th May 2026 - 6 attendees

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

The EDD SIG has continued to grow steadily over the past year, reaching 105 members as of May 2026. However, this increase in membership has not consistently translated into higher meeting attendance. SIG members identified timing and weekday scheduling, alongside work and personal commitments, as key barriers to participation. In response, a questionnaire was circulated and members were encouraged to complete this in order to explore more accessible meeting times, though response rates were limited. Attendance in meetings therefore remains an ongoing challenge for the SIG despite increasing membership.

Despite this, feedback from members who regularly attend, as well as from invited guest speakers, has been consistently positive. Meetings are held approximately every two months and offer a combination of reflective practice, discussion of clinical challenges, response artmaking, and presentations from both external and SIG member guest speakers. These contributions focus on areas of clinical practice within eating disorder services, alongside perspectives from lived experience practitioners.

Highlights from recent meetings have included discussions on mentalization-based approaches for art therapists working within eating disorder care, reflections on lived experience of ARFID, and treatment guideline considerations alongside art therapy practice.

Upcoming meetings plan to include guest speakers presenting on body dysmorphia research and DBT-informed art therapy approaches for this client group.

A particularly valued aspect of the SIG has been the inclusion of response artmaking, which members have described as a meaningful way to connect, reflect collaboratively, and exchange ideas for practice. Members have also spoken about the challenges of lone working within organisations and private practice, and the importance of the SIG as a supportive professional space for connection and shared reflection.

Looking ahead, the group aims to continue broadening opportunities for learning through invited guest speakers and is exploring the possibility of holding an in-person meeting during Summer 2026.

ATE SIG – Art therapy and Education

Name of coordinator(s): Dejah Sykes

Dates of meetings held since July 2025 (with number of attendees):

14/10/2025 - 6 attendees - online

11/12/25 - 4 attendees - online

05/02/26 - 6 attendees - online

25/04/26 - 11 attendees - in person

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

Although attendance numbers are small for the online meetings as they are only an hour long this gives each person a space to share what they need. The feedback given is that the meetings help us to not feel so isolated and are a chance to share skills and experience. Making art and looking at it together is a nourishing experience.

The in-person meeting was very successful. Salt dough was provided for each attendee and this proved to be an enriching experience with the vitality effects of the dough putting members in touch with many different aspects of their therapeutic practice, such as client experience and the possibilities of creating affordable materials. There was detailed sharing of different activities used in therapy sessions, such as creating snakes and ladders games and sharing of insights between more experienced therapists with those more recently qualified. Lots of laughter and camaraderie. A request went out to see if anyone would like to become a co-coordinator, there was some interest which needs to be followed up.

There continues to be a theme in all of the meetings where part of our job as art therapists in education is educating the staff of our varied establishments about what art therapy is and encouraging them to think more therapeutically towards the client groups we work with. How to guard against overwhelm and the fear of shrinking school budgets are also common concerns.

Forensics SIG

Name of group: Forensics

Name of coordinator(s): Kate Lawrence and Rebecca Brown (both stepped down in May 2026) – *currently no coordinator*

Dates of meetings held since July 2025 (with number of attendees):

- **29.09.25** - Led by Kate Lawrence (Rampton Hospital) minutes by Rebecca Brown (Rampton Hospital) Group work in forensics and beyond - Open Conversation and art response

14 attendees

Kate welcomed attendees and introductions were made.

We had attendees from several different backgrounds including: Children

YP, Medium/high and low secure services, Trainee art therapists, Acute services, Crisis teams, LGBT and homelessness sector, Charity sector, Community settings, Probation service, Therapeutic community

Kate introduced the topic of groups. Why do we do groups? Introduced Adamson and spoke about the NICE guidelines to psychosis and providing groups and the different types of groups that can be offered. She addressed basic challenges of working in secure or forensic services.

Attendees spoke about imbalance of staff to patients due to obs level – regularly more staff the patients – discussed how to involve staff in making

Discussed making within risk levels – materials risks and how different materials can be considered risky for different individuals.

Trauma work – present trauma in work – possible to make in a group without a space for reflection in front of others.

Can the therapist make in the space as well – is there the potential to work into people's trauma or offence work – should it be avoided?

How to keep work? How to keep them safe? Confidential? Working within risk of keeping work? Patients having access to work on it being returned?

- **4.11.25 THE THERAPEUTIC RELATIONSHIP - INTERSECTION BETWEEN THE OFFENCE AND THE FORENSIC SETTING** Cancelled - due to illness

- **27.04.26**

Three attendees. Meet and greet.

An hour reflecting on our work and challenges which we are facing in our work lives.

Request for further information on working with clients who are in the court process.

Legal advice.

ATAH SIG – Art therapy and homelessness

Name of group: Homelessness Special Interest Group

Name of coordinator(s): Joe Langlois and Lucy Harland

Dates of meetings held since July 2025 (with number of attendees):

- 19/6/25 - 6 attendees
- 25/9/25 – 3 attendees
- 20/11/25 – 5 attendees

- 26/2/26 – 7 attendees
- 20/4/26 – 6 attendees
- Next meeting: 17th June

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

All meetings were held online, as we continue to support a membership of people spread across the UK. We have developed a way of information sharing and suggesting topics for future meet-ups through the forum which has had some engagement. Group members have voiced benefitting particularly from:

- A session presentation by a group member on their published chapter about art therapy in homelessness settings
- Validation through shared experiences – most members are lone working / sole art therapists within teams
- Making art in sessions and reflecting on this together
- Creative problem solving through discussing topical issues within our sector

Issues arising have been regarding:

- Members feeling alone in their work
- Provision from services not being adequate in terms of art materials, storage, travel requirements
- The current political climate which directly impacts funding decisions
- Working in a context that is increasingly underfunded and over saturated with need

Inpatient settings SIG

Name of group: Inpatient Art Therapy SIG

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

Dates of meetings held since July 2025 (with number of attendees):

- 25.9.25
8 attendees
Second Introductory meeting, discussion around possible future topics including groupwork/groups run on wards, art therapy in seclusion and LTS, self – care, clinical supervision, promoting and publishing evidence for art therapy on inpatient wards, data collection and outcome measures.
- 11.5.26
12 attendees (not including coordinators or Andrew)

Invited speaker, Andrew Colley.

Andrew and Maggie, Editors of the newly published book 'Art Therapy in Inpatients, the legacy of Edward Adamson,' gave a presentation about the book published on May 5th, 2026.

Themes discussed:

- How art therapy has changed over the last 50 years
- Displaying artwork from art therapy sessions
- How the physical space impacts and influences the art therapy offered
- Groupwork v individual work on wards
- Flexible and adapted framework

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

We have now had 3 meetings of the newly established Inpatient SIG, 2 introductory meetings and a meeting about the above book which we hope will help us plan the next meetings.

Meeting numbers have slowly increased over the first 3 meetings which is encouraging.

ATLD SIG – Art therapy and Learning Disabilities

Name of group: Learning Disabilities

Name of coordinator(s): Georgia Wright

Dates of meetings held since July 2025 (with number of attendees):

- Working with clients with Complex Emotional Needs and a learning disability (A Joint CPD Event with the Personality Difficulties SiG) Led by Georgia Wright: 12th August 18:30-20:30, 26 attendees
- 28th October 2025- Andrew Wright led a discussion on 'Mental health and sensory processing and Autism. Looking at the pitfalls of conducting research and ethical dilemmas', 27 attendees
- 11th December 2025- CPD discussion and art making with Cordy Askew, paper review on using story in art therapy, 5 attendees
- 14th April 2026-Create and reflect, 5 attendees
- 9th May 2026-Doll making workshop with Lyni Sergent, 26 attendees
- June workshop with Simon Hackett (yet to be facilitated)

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 again 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. Discussions during the reflective

sessions have highlighted a group need for the increase of jobs and networking in NHS settings.

LGBTQIA+ SIG

Name of group: LGBTQIA+ SIG

Name of coordinator(s): Naomi Rule, Tara Beazley

Dates of meetings held since July 2025 (with number of attendees):

4 Meetings with members during 2025

- 16/04/25
(Chairs meeting)
- 28/05/25
(Chairs meeting)
- 11/06/25
7 in attendance
- 22/08/25
Chairs meeting

- 18/9/25
Chairs meeting
- 01/10/25
Chairs meeting
- 27/10/25
4 in attendance
- 12/11/25
Research group meeting
4 in attendance

- 08/12/25
5 In attendance

2026

- 28/01/26
(Chairs meeting)

- 11/04/26
CPD event "Queering the 7 eyed model of supervision" Catherine Stevens (online)
25 in attendance

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

2025-2026

SIG Formed officially May 2025

Survey for members about goals for group:

Research and archive group set up

First CPD event (April 2026) 33 participants signed up, 25 attended

Themes from survey:

A need for affirming CPD's around queerness, working with queerness, being allied to queerness

A desire for in person meetups for LGBTQIA+ therapists that are safe and supportive

Developing an archive with a focus on queer led research in Art therapy

Goals: to aim towards developing a toolkit for Art therapists, to develop queer led archive of research and studies

Challenges:

Issues with the format of forums: many people join but unsure if everyone receives messages or emails. Difficulties using email software as it involves having to manually check it every so often rather than something more intuitive.

Huge discrepancy in University trainings regarding affirming queer practice and working with queer clients, sometimes no training on this at all, queer art therapists and trainees feeling othered/dehumanized by often being seen as 'learning experiences' or educators, not feeling protected by tutors by peers, other members of staff or within reflective practice spaces, or wider bodies within BAAT/HCPC oversight.

Art Therapy and Loss - The Creative Response SIG

Name of group: The Creative Response; Art Therapists Working with Loss

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

Dates of meetings held in 2025 (with number of attendees):

Online gatherings:

- 30th June 2025: "Disseminating our Good Work"; focus on research and publication.
Approx. 10 attendees
- 11th August 2025: Collective Action for Public Awareness strategy; supporting BAAT's campaign to raise awareness of art therapy in hospices
Approx. 11 attendees
- 24th September 2025: Social gathering during the week of the BAAT public awareness campaign
Approx. 8 attendees

In-person study day:

- 22nd Jan 2026 – "Sustaining Care, Sustaining Clinicians: Group Art Therapy to Reduce Burnout" with guest presenter and facilitator Megan Tjasink, at Harlington Hospice
26 attendees

Exhibitions and Public Workshops:

- **Severn Hospice Exhibition** – An inspiring exhibition celebrating the power of art and how exploring emotions and expressing feelings through art media can be especially helpful for our patients. November 2025
- **Royal Trinity Hospice, in collaboration with King George's Hostel with support from Hospice UK** - "Dying Matters"; an event showcasing a sculpture and short film, celebrating a project that took place across 6 workshops with homeless community, exploring the theme of death, dying and Hospice care.
- **Palliative Care Congress March 2026-** "*Creating Meaning in the Moment: Single-Session Art Therapy as an Organic Space for Connection in a Hospice In-Patient Unit,*" was selected for oral presentation at the Palliative Care Congress and awarded Runner-Up in the Allied Health Professional Abstract Prize, highlighting collaborative work with newly qualified art therapists Charlotte Orton, Grace Morgan, and Maela Amin alongside with Tristan Chan, exploring meaning and connection through single-session art therapy in a hospice in-patient unit.

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

The Creative Response SIG now has a membership of 349 members. Over the past year, we have hosted a range of opportunities for our members to share the challenges and successes within our workplaces. The sector is facing many trials, including a widespread funding crisis resulting in organisation-specific losses in the form of redundancies and changes to physical environments. A spotlight has also been cast upon the work of hospices as a result of the Assisted Dying bill being debated in parliament. In light of these individual and collective challenges, opportunities to connect have been especially important.

One of the highlights from the year has been the BAAT public awareness campaign promoting art therapy in hospice care, which ran from 22nd-28th September 2025. The campaign sought to

make the case for why art therapy should be included and protected as an important part of compassionate, person-centred hospice provision, and harnessed the voices of art therapists, their colleagues, and service-users. Members supported the development of the campaign, offering insights into their work, which is rich and varied across the sector, and united in social media presence across the week.

Another highlight took place in January when we hosted an in-person study day, which was well-attended and enthusiastically received. Megan Tjasink presented findings from a recently published randomised controlled trial of a manualised group art therapy programme (CHArt) for hospital clinicians, which demonstrated significant reductions in burnout and psychosocial distress. She also shared insights from a parallel process evaluation, highlighting how expressive artmaking, psychological safety, peer witnessing, and reflective dialogue create conditions for meaning-making, moral repair, and renewal. Our thanks are extended to Megan and to Harlington Hospice for hosting this nourishing day, so timely within the wider context outlined above.

CR forum has been active throughout this year - it's inspiring to see professionals sharing practical insights and recorded videos of group meetings, as well as supporting each other's growth. The experience and knowledge in this community make it a valuable place to learn, connect, and stay motivated.

We also wanted to congratulate our colleague and former organising committee member Adam Levene on being shortlisted for the Inclusion and Anti-Opressive Practice award at the BAAT annual conference in November 2025.

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 2025 (with number of attendees):

2025

- 11th September 2025 – Meeting with Gary Fereday. (12 attendees / 4 apologies)
- 15th October 2025 – Horniman Intervention by Helen Jury and Julia Cort. (12 attendees / 1 apology)
- 27th November 2025 – Meeting with Gary Fereday. (16 attendees)

2026

- 19th February 2025 – Creativity and Transformation: The layered excavation through Karanhantepe and Art Therapy. The Transformation Experience Workshop with Art Therapy by Devran Tan. (13 attendees / 3 apologies)
- 20th May 2026 – Presentation by Laura Dove.
- 29th September 2026 – Presentation by Katerina Mavromichali
- 26th November 2026 – Presentation tbc

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

MaG SIG has had another active and productive year, bringing together practitioners working across museums, galleries, heritage sites, and cultural institutions.

We were pleased to see the Museum and Gallery protocol document we created to support therapists keen to work in this setting get the green light for publication. We are fortunate to have lots of different presenters both home-grown and international sharing their experience with the members.

We would also like to highlight our website, atmag.org, which acts as a hub for information about MaG SIG's activities, upcoming events, and resources related to museum and gallery-based therapeutic practice. The website supports visibility for this growing field and provides an accessible entry point for practitioners and institutions interested in this area of work.

MaG SIG remains committed to fostering dialogue, professional development, and the advancement of art therapy practice within museums and galleries.

Nature-Based Practice and Climate Change SIG

Name of group: Nature-Based Practice and Climate Change

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

Dates of meetings held since July 2025 (with number of attendees):

Date	Details of meeting	Numbers attending
29 Sept 2025	2-hour Spiral of The Work That Reconnects workshop, online with experienced WTR facilitators Emily Malik and Rosie Jones.	14
14 January 2026	Reflective art making - 'The dark as a place of renewal and regeneration' When we see the dark of the year as part of our own cycle and needs, we recognise that we can, like the earth, make time to rest now, send down our roots, strengthen ourselves on the inside.	14
Tues 31 March 7-8.30pm	Peer Reflective Practice group - Bring a practice-based dilemma, problem, or question that you would like peer support around in relation to climate change and nature-based practice. We will be dividing into small groups and using breakout rooms.	13

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

This was our first full year as a SIG and we have been really pleased to welcome so many BAAT members. It has felt a bit strange to run the SIG meetings online considering our subject matter, however as we have so many members from across the UK it's been the best way to connect with each other. We have tried to factor in as much nature-connection as possible and we are hoping to organise an in person gathering at some point – perhaps next summer in collaboration with Region 17 (where Becca and Jenny are based).

Our meetings have focused on creating reflective spaces and they have been well attended and used!

Our The Work that Reconnects workshop in Sept 2025 was fully booked and was a very interesting experience. Facilitated by Emily Malik and Rosie Jones, The Work That Reconnects model helps people around the world discover and experience their innate connections with each other and the self-healing. This interactive group process was developed by Joanna Macy, in cooperation with many colleagues, over several decades. It is a set of teachings and practices that weave grief and despair work, deep ecology, deep time, and empowering philosophies to resource and support people to explore their emotional, philosophical and practical responses to the climate and ecological crises.

There were similarities between this space and the climate café with art-making we held last May, and we are hoping to repeat the climate café soon now that Becca is trained as a facilitator.

We also held our first Peer Reflective Practice Group meeting in March 2026, and although we had some technical issues, this was definitely a model we can build on and use again as a way of considering practical issues around outdoor practice and climate anxiety.

We've tried to keep our forum page as active as possible so that people can connect and share information and thoughts between meetings.

We are hoping to build on everything we have done this year to take into next year, and continue to offer spaces of connection and reflection on practice.

Neuro SIG – Art therapy and neurological conditions

Name of group: Neuro SIG

Name of coordinator(s): Alma McQuade and Sarah Barbee

Dates of meetings held since July 2025 (with number of attendees):

The group has a steady central group who attend meetings, and a larger cohort who attend events with external speakers. Some of our recently retired members still attend and bring extensive expertise, and much-needed perspective.

The NeuroSIG is collaborating with a number of ATs from the (dormant) ATOLL, Art Therapy Outlooks on Later Life, who have a special interest in dementia, and the group is meeting to share resources and information about service policies, etc.

Events:

- Ingrid Penzés, ArTa Method Lecture, 24 May 2025 (17)
- Ingrid Penzés, ArTa Method Lecture (repeated for free, as hoarse), 18 October 2025 (19)
- Mark Wheeler workshop, 22 November 2025 (12)
- Ingrid Penzés, Creative Minds Research Lecture, 7 February 2026 (17)
- Lynda Girvan reflections on lessons learned in a career in Art Psychotherapy, 18 April 2026 (5)

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

The group has a steady central group who attend meetings, and a larger cohort who attend events with external speakers. The group has new members this year. We have a cohort of members who hold a great deal of knowledge about neurological matters.

We have had lively debates recently about research and the ethics of consent, particularly with service users/patients/clients with neurological insult.

The guidelines are on hold for the moment, as we do not have the capacity to complete the updates.

Personalities Difficulties SIG

Name of group: **Personality difficulties**

Name of coordinator(s): **Don McJimpsey**

Dates of meetings held since July 2025 (with number of attendees):

- 28/04/26 – No of attendees – unknown (somatic and CEN/PD)
- 11/09/26 - No of attendees – unknown (eating disorders and CEN/PD)
- 15/04/26 – 5 attendees (New coordinator introductory meeting and journal discussion)

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

The former coordinator Ellie Stevens has had to step back from her role and as of April 2026 Don McJimpsey has been the SIG coordinator.

The group has met once since Don took over the coordinator role. The meeting involved discussion about what brings SIG members to work in this area alongside discussion of the new personality disorder guidelines currently under review with BAAT.

SIG members have a wide variety of experiences working in the area of PD. The ongoing stigma and controversy around a PD diagnosis was a topic of conversation. This included themes around uses of language and the often co-occurrence or misdiagnosis of PD as opposed to complex trauma, autism or other neurodevelopmental conditions.

Topics for future meetings and CPD's were considered adding to what was previously gathered by Ellie. This involved inviting people/groups with lived experience of a PD diagnosis to one of our SIG meetings, in the capacity of educators to SIG members. We hope this will take place in

August 2026. One of our SIG members has offered to facilitate of an art-skills based workshop, that we can incorporate into our work with clients. The aim is to arrange this for June 2026.

SIG members agreed to meet every two months, and Don will also offer the opportunity for additional meetings specifically as a journal club. The topic for later meetings/workshops/CPD's has yet to be confirmed and we hope overall this will contribute to a full and exciting overview of events and activities of the SIG for next year's report.

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 2025 (with number of attendees):

There has been limited formal activity since July 2025. Following the June 2025 workshop, the focus has been on considering how the group can reconnect in a sustainable and meaningful way, rather than restarting activity without sufficient capacity, planning or clarity around member needs.

A key highlight was the online workshop held on 28 June 2025 with Kim Valldejuli, ATR-BC, on culturally affirming practice, titled "Culturally affirming practice: integrating cultural elements into therapeutic practice, why it matters.". This was the first speaker-led event for the group in several years and created a valuable space for discussion, reflection and creative engagement. The session was well received by those who attended and demonstrated continued interest in the group's themes, particularly around culturally responsive, international and decolonial approaches to art therapy.

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

It is also important to acknowledge the history of the ARC group and the emotional labour carried by members, particularly around the work that took place during and after 2020, when the profession was being asked to reflect more deeply on race, racism, representation, accountability and culturally responsive practice. Reconnecting a group with this history requires care, respect and realistic pacing. This has informed the decision to avoid restarting activity in a tokenistic or rushed way. Practical considerations have also affected activity this year, including work commitments, availability of speakers and the need to coordinate meetings in a way that is accessible to members across different locations. The June online event also highlighted the importance of clear communication around timings and access arrangements for online meetings. Going forward, the aim is to rebuild the group through a more focused and manageable programme of activity. This may include an online meeting to reconnect members and gather views on future priorities, followed by a possible one-day in-person or hybrid event. A one-day event could provide space for member reconnection, invited speakers, reflective discussion and creative engagement, while also acknowledging the group's history and considering its future direction. The priority for the coming year is to establish a realistic rhythm for the group, identify members who would like to contribute, gather possible

speaker suggestions, and develop activity that is purposeful, well-supported and sustainable. Possibility of connection with other Baat ARC groups for one online meeting.

Activity this year has also been affected by significant transition and changes in availability, which has reinforced the importance of rebuilding the group in a realistic and sustainable way.

SIPPS SIG – Self employed, Independent and Private Practice SIG

Name of group: SIPPS SIG – Self employed, Independent and Private Practice

Name of coordinator(s): Catherine Stevens

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

The SIG is organised by a committee of four art therapists.

The SIPPSIG, which first became a SIG in 2008 as the PPSIG, has around 200 plus members and continues to be used and valued by the membership. Our activities include advising BAAT on guidance for private and independent work, online referrals and online discussion with occasional meetings. We are committed to having a face-to-face meeting in the Summer 2026.

Discussion themes over the past year include :

1. Requests for more training on LGBTQIA issues for art therapists. We also use Pink Therapy's term 'GSRD' - gender, sex and relationship diversities, (pinktherapy.com)
2. Concerns about Scoped and how this new framework will impact on art therapists now and in future in relation to jobs.
3. There are links to the Psychotherapy and Counselling Union (PCU) arts therapists network that provides a forum for workers' rights, regulation and employment issues, H&S and Equality issues. A number of members of the SIPPSIG are actively involved in PCU work representing and explaining the interests of art therapists there.
4. Three members from this SIG have been nominated for council this year as we wish to raise the profile of self employed practitioners and the employment issues they face.

ATORG SIG – Art therapy and Teams and Organisations

Name of group: Art Therapy Teams and Organisations

Name of coordinator(s): Ting-An Chen

Dates of meetings held since July 2025 (with number of attendees):

- 17.09.25 – 3 attendees
- 03.02.26 – 7 attendees

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

Marilyn has stepped down from the coordinator role since the end of 2025. We have been advertising for a new coordinator role; however, there has not been any interest in taking on the role. Currently, the SIG is coordinated by Ting-An. Ting-An is finding it difficult to keep on track with scheduling meetings, with work and life obligations, but she will try her best to keep the group running.

We continue to have our member who is also an ambassador for the International Society of Stress Management sharing monthly free online speakers with our group. There have been topics related to supporting and thinking of work in organisations and supporting staff mental health, such as exploring unconscious patterns that shape workplace stress, exploring the emotional and practical impacts of bereavement on employees, etc., which have been a great resource to support the group.

We have sent out questionnaires to members to ask for feedback on SIG meetings, including meeting time and topics they want to explore. We don't have much feedback for changes or wishes for the new year. However, in our meeting in February this year, members have reflected on facing organisational changes and finding difficulty navigating working between different organisations, and have found the space important to share experiences at work.

The SIG has only been holding online meetings due to members being geographically apart and will continue to hold meetings online. We currently have 115 members, and continue to have new members joining.

Trainees and Students SIG

Name of group: Trainee and Students

Name of coordinator(s): Jess Domin (leading SIG meetings for June 2025- June 2026), Chloe Viney (led SIG meetings June 2024- June 2025), Fatima Haneef. Shared role. Take turns to lead the SIG as also share roles bringing trainee/ new practitioner perspectives advising to IJAT and working in line with Inscape.

Dates of meetings held since July 2025 (with number of attendees):

Summer break between June 2025- Sept 2025

Tuesday 30th September 2025 – 7 attendees

Tuesday 25th November 2025 – 6 attendees

Tuesday 27th January 2026 – ran by Chloe due to Jess having a baby

Tuesday 31st March 2026 – 18 attendees

Tuesday 19th May 2026 – 7 attendees

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

We ran online SIG meetings roughly once every 2 months on Tuesday evenings between 7.30 and 8.30pm. They are online due to participants' widespread locations, however, there is potential to organise an in-person meeting of trainees and students across the courses. We decided to have a summer break. However, we learnt from our attendees that not all courses run to the same academic year. Some run over the summer or begin in January for example.

Each meeting had attendance from a range of the courses and year groups (see graphs below for visual on this). There did not appear to be a core group of attendees like some other SIG groups, perhaps reflecting the fact that members come through the SIG as they go through and complete their course and so SIG membership is constantly changing. We decided to open the group to allow new practitioners to join also, as we acknowledged that there is sometimes a gap between qualifying and working and some support with that transition may be helpful. This was something also discussed within one of our meetings.

We ran a mix of different types of meetings, including some reflective practice-based sessions and some talks led by guest speakers. We collected helpful topics for our members to explore by sending out a questionnaire and then based our sessions on this. Themes included: creative map making and reflecting on our journeys as trainees/art psychotherapists, talks from newly qualified practitioners about their journey from training to work, and a talk by Gemma Wrigley about her article in IJAT and process engaging with the IJAT prizes. This was our highest attended session.

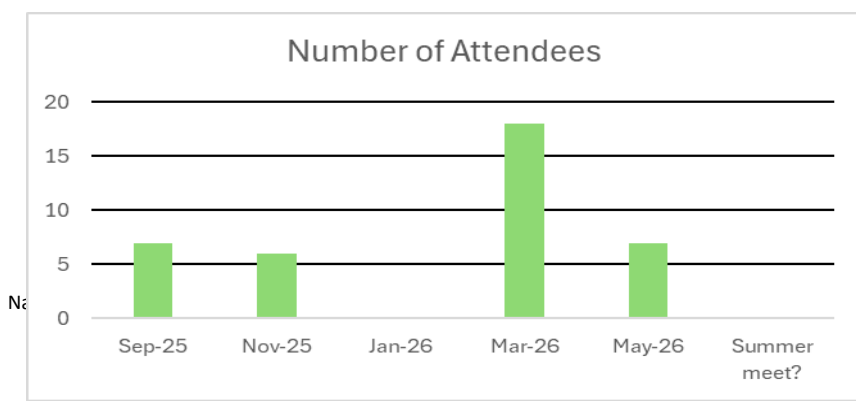
Attendees reflected that they value being able to connect with students on other training courses and the shared learning and perspectives that this brings.

Hopes for future

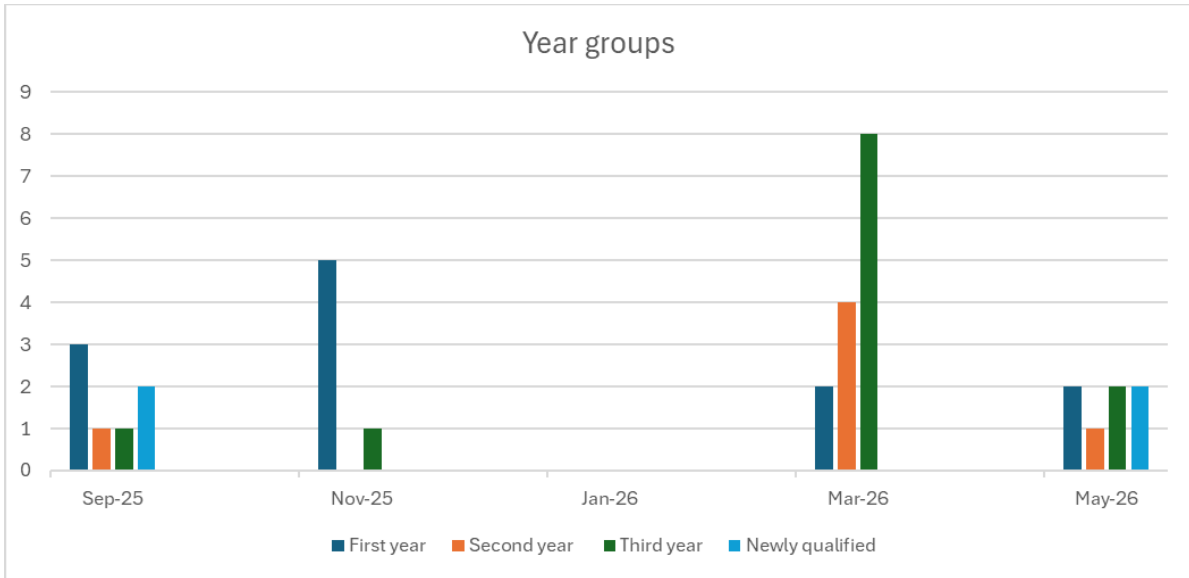
At present, Jess, the lead co-ordinator for the SIG until June 2026 is on maternity leave from her work having had a baby in January 2026. She is still able to run the SIG meetings until June, after which it will be arranged for this to be handed over so that she can go on the next rotation of her role (Inscape). It is unclear who will be taking over running the SIG meetings due to a variety of factors and so we plan to open it up to our members and see if anyone is willing to take over. We will send out an email about this and offer a chance to chat online with those who may be interested.

Issues for council

- Members wondered if there is a disparity in opportunities depending on which course you train on. For example, one member shared that they do not write a research dissertation (rather a case study) and wondered if this was fair as they do not get a supervisor and the chance to engage in research.
- More space/place for connection for those newly qualified
- In person meet up of trainees across courses?
- Difficulty finding/ anxiety around finding, jobs after qualifying



No numbers for Jan meet as run by Chloe not Jess



Lots of 3rd years for the talk by Gemma about writing for IJAT prizes