

AGM 2026: Supporting statements of candidates

Board of Directors (six candidates, in alphabetical order by name)

Nominee: Anne Stegmann

Name of proposer: Catherine Stevens

Name of seconder: James West

Current role(s):

- Self-employed Art Therapist in private practice, working with a diverse client group and providing clinical supervision
- Facilitator of addiction recovery Art Therapy groups for KAIROS Community Trust
- Facilitator of dementia-focused creative workshops at Strawberry Hill House
- Art Therapy facilitator for Avanti Mental Health & Wellbeing support groups
- British Association of Art Therapists (BAAT) – Member & Museum and Gallery Special Interest Group Coordinator

Supporting statement

I joined BAAT as a student in 2014 and have been the Co-ordinator of the Museum and Gallery Special Interest Group (MaG SIG) since 2016. Should I be elected to serve on BAAT Council I would like to focus on the following.

Art Therapists in Private Practise / Affordable CPD

As a predominately self-employed art therapist I know how difficult it is to take unpaid leave to attend CPD. I would like to see BAAT provide CPD trainings that are predominantly 1 day and take place over a weekend making them more accessible

and affordable. Consider offering trainings that support private practice.



Art Therapy in Museums and Galleries

I understand the value and importance of offering art therapy in non-clinical settings. I contributed to the 'Guidance for art therapists working with museums and galleries', which sets out what to consider when providing sessions in such settings. I would like to see BAAT actively promoting such work as I believe there is a need for more community-based work and much of this work is done by self-employed art therapists.

Decolonisation / Equality Diversity and Inclusion (EDI)

Museums and Galleries are in the process of decolonising and I believe that decolonisation and EDI are relevant to all areas of clinical work. To me it is essential to promote better awareness, understanding and support. I understand that art therapy trainings do include EDI in their curriculums. I would like to see the establishment of a CPD training that focuses on decolonisation and EDI. It is my dream that the proceeds from the training be put into a fund to support the training of art therapists from minority groups.

Psychotherapy and Counselling Union (PCU)

I have been a member of the PCU since 2020 I value the work they are putting into protecting the status and recognition of art therapy, especially in light of Scope of Practice and Education (SCoPEd). I believe it is important to promote our skills and to ensure our pay is aligned with our level of training and expertise. I believe that it is important to work collaboratively and hope that I can connect the PCU expertise with BAAT to ensure that the professionalism of art therapists is valued and recognised.

Collaboration

I have been an Associate member of South African Arts Therapies Association (SANATA) since 2023 I find it enriching to learn not only what is happening in South Africa but also to be part of an organisation that represents all Arts Therapies. I believe there is strength in numbers and would welcome closer links to the British Association for Music Therapy (BAMT) and the British Association of Dramatherapists (Badth). I believe we share many similar aspirations for example professional status and recognition. If we collaborated, I believe the impact would be stronger advocacy and shared standards for all arts therapists. The MaG SIG has welcomed international speakers and The World Art Therapy Conference helps to promote global trends. I believe such connections enrich and informs our work.

Nominee: Catherine Stevens

Name of proposer: Julie Watson

Name of seconder: Tara Beazley

Current role(s):

- Self-employed Art Therapist and Clinical Supervisor in private practice
- Peer Reviewer for the International Journal of Art Therapy
- Facilitator of weekly Art Therapy groups at Maggie's Centres – Royal Free Hampstead, supporting people living with cancer
- Facilitator of outdoor Art Therapy groups for adolescents at ADOriver valley alternative education provision
- Facilitator of Ecosystemic Nature-Based Art Therapy groups in a South East London community garden
- Published author on nature-based and systemic art therapy practice in professional journals
- Peer Elected Council Member – British Association of Arts Therapists (BAAT)

Supporting statement

I am a former BAAT Council member, and I am standing for re-election. What I would hope to offer to the Members and to Council if I were re-elected are:

Queer LGBT+ perspectives I would aim to represent a queer, LGBT+ perspective within the profession and would like to work towards better support and awareness of LGBT+ art therapists and the LGBT+ service users' voice. (Queer is an umbrella term for sexual and gender minorities.)

I recently joined the lgbtqia+ sig and am keen to raise awareness of issues faced by LGBT+ queer art therapists and LGBT+ queer clients. I would like LGBT+ queer perspectives to be better understood, and for these to be consistently taught on art therapy trainings. As a way of supporting this aim, I recently presented an experiential CPD training to the lgbtqia sig on 'queering the seven eyed model of supervision.' The feedback from this was that more experiential trainings in this clinical area are greatly

needed. If we were able to do this, I think this would help build a larger body of practitioner research, exploring the lived experience of LGBT+ queer therapists and LGBT+ queer clients.

IJAT peer reviewer I am an IJAT Peer reviewer and I am often asked to review papers covering LGBT+ queer practice. I have found that this is another route to supporting queer therapists and queer service users' perspectives.

Psychotherapy and Counselling Union (PCU) In the spring of 2026 I was co-opted onto the executive of the psychotherapy and counselling union (PCU) as one of their EDI officers. The PCU is a union that supports counsellors, psychotherapists, and arts therapists to address employment issues such as pay and working conditions, health and safety, mental health and stress at work, and all forms of discrimination. As a member of the PCU executive I am passionate about fair pay, non-discrimination and good working conditions for all. This role helps me develop my understanding of employment law, workers' rights, equality laws and reasonable adjustments for workers with disabilities. I would hope to bring this understanding to my work on Baat Council.

Ecosystemic Nature -based Art therapy My other main area of clinical interest is that of nature based art therapy. I have many years' experience of working with clients in outdoors garden settings, as well as being a horticulturist and community gardener.

Published author I have written about this work in my published non IJAT article 'Sensing Nature's Pulse' in the online journal Murmurations: Journal of Transformative Systemic Practice (murmurations.cloud) I also have an article in the Journal of Applied Arts & Health. Volume 16 on Creativity, the Arts and the Environment, where I wrote 'Ecosystemic Nature-based art therapy: Portraits from the 'Book of Nature'. I am a member of the Nature- based Practice and Climate Change Sig, and support their work in developing a wide range of Nature based art therapy practices alongside providing spaces for giving voice to the distress many feel about the ongoing destructive effects of climate change upon us all. I bring an ecological, systemic perspective to the work I do, and I know (as do many gardeners), that in a garden (as in therapy), everything is connected to everything else.



Nominee: Corrina Eastwood

Name of proposer: Catherine Stevens

Name of seconder: Claire Louise Vaculik

Current role(s):

- Freelance Equality, Diversity & Inclusion (EDI) Consultant and Advisor, specialising in anti-oppressive and anti-racist practice
- Peer Reviewer for the International Journal of Art Therapy
- Co-curator and commissioned artist for exhibitions with Museum of London, Victoria and Albert Museum / Royal Institute of British Architects, and Arts Council-funded programmes
- Co-director Sweet 'Art Ltd

Supporting statement

I am excited to accept the nomination with a view of continuing my ongoing work and dedication to the advocating for marginalised art therapists in the profession, BAAT members, and contributing to the developing discourse, research and inclusive building and dissemination of decolonial knowledge production in the profession.

My previous work as EDI advisor for IJAT, conceiving of and building the Actions for Change as a starting guide to implementing more inclusive and safe EDI policy; my developing of and delivering of anti-oppressive and anti-racist training to existing and new members of the peer review network; consultancy with BAAT representatives regarding EDI and existing complaints policy and procedures, within the current institutional structures and dynamics of the association; reflecting on fair and ethical distributions of power held within the organisation, and the pedagogic research I have been developing over the last 20 years, through practice, publishing and teaching in the profession, are all areas in which I will be able to support the organisations development, relevance and growth, ultimately in honour of anti-oppressive practice that advocates for ethical, inclusive and empathic work with our clients.



Nominee: Emma Mills

Name of proposer: Catherine Stevens

Name of seconder: Rebecca Lunn

Current role(s):

- Mental Wellbeing Coordinator at Southend Borough Council and Metal, Essex, developing outdoor and digital arts-based mental health initiatives
- Self-employed Art Psychotherapist and Clinical Supervisor, including international training delivery and private supervision
- Published researcher and author in international Art Therapy and mental health journals, with a focus on trauma, domestic violence, and global mental health practice
- Researcher and Author in Art Therapy, Trauma, and Intercultural Practice (including publications and international collaborative research in arts therapies, trauma protocols, and child agency in therapy)

Supporting statement

I am pleased to accept this nomination to stand for election to BAAT Council. Art therapy is a profession I care about deeply, not only in terms of clinical practice, but also for its wider social, cultural and political importance. Throughout my career, I have been committed to developing accessible, innovative and socially responsive art therapy, particularly in community settings and with groups who might otherwise struggle to access support.

Professional and community experience

For the past 20 years, I have worked across the NHS, schools, local authorities, social care and charities. I have introduced trauma-informed art therapy interventions into free community art therapy groups and delivered training in the safe use of expressive arts in Botswana for social workers, teachers and police. This work has strengthened my belief that art therapy has a vital role to play not only within established services, but also in communities and in places where there is no formal art therapy training.

I have also helped sustain a community mental health project over the past 10 years



despite repeated threats to funding. This has given me direct experience of the persistence, advocacy and collaboration needed to keep free, creative and relational spaces alive, especially for people who may not meet NHS thresholds or who are more able to engage outside clinical settings.

Teaching, writing and supporting the profession

I lecture on the MA at Goldsmiths, and this work has been informed by many years of practice in trauma-focused and community settings, including running an art therapy group in a women's refuge for 16 years. If elected, I would particularly want to advocate for art therapists at different stages of their careers, especially those entering the profession.

I am increasingly concerned that training has become more expensive and less accessible, and that these risks create divisions within the profession. I am also troubled by the increasing drift towards corporatisation in our profession. I would like to help ensure that art therapy remains connected to its relational, creative and socially engaged roots.

Alongside practice and teaching, I have contributed to professional writing and conference presentations, including co-authoring *Using group art therapy to address the shame and silencing surrounding children's experiences of witnessing domestic violence*, alongside other published work on trauma-informed art therapy, international practice, art therapy in Botswana, and a contributed book chapter.

What I would offer BAAT Council

I would bring a thoughtful, grounded and collaborative voice to Council. Alongside my employed roles, I have managed a private practice and helped develop free and low-cost services, which has required budgeting, fundraising, partnership working, service development and strategic planning. I believe these skills are relevant to BAAT as a professional body and limited company.

If elected, I would want to support trainees and newly qualified art therapists, strengthen links between community practice, training and leadership, and advocate for an inclusive, accessible and socially responsive profession. I would approach the role with care, commitment and a strong sense of responsibility to the membership and the future of art therapy.



Nominee: Hannah McKimm

Name of proposer: Bridget Salter

Name of seconder: Dr. Pamela Whitaker

Current role(s):

- Trauma Therapist, Coach & Trauma-informed Trainer (self-employed)
- Freelance Training Associate – Surviving Economic Abuse (SEA)

Supporting statement

I am honoured to accept the nomination to stand for BAAT Council. Art psychotherapy is where I began my professional journey, and while my work has evolved to integrate other modalities, it remains a core part of how I understand and approach my practice.

As an Art Psychotherapist based in Northern Ireland, I am drawn to BAAT's continued focus on ensuring voices of members across all four nations are heard, valued, and supported. Bringing a Northern Ireland perspective into these conversations feels important, especially as the association continues to strengthen its approach to representation.

I'm particularly interested in how we continue to create meaningful ways for members' voices and lived experiences to shape the direction of the profession, alongside developing the profession in ways that reflect both the depth of our work and the realities of practice.

This connects to the importance of sustainability within the profession. BAAT's commitment to supporting members through CPD, guidance, and community is vital in a context where burnout, vicarious trauma, and emotional fatigue are ongoing challenges. I'm also aware, from both personal and professional experience, of how neurodiversity and chronic pain can shape how therapists work and sustain themselves over time.

I am also mindful of the wider context we are working within. Ongoing global and societal challenges inevitably impact both therapists and the people we support, and I believe there is an important role for the profession in acknowledging this, speaking into it where appropriate, and supporting members with its impact.



From this, I am interested in how we support therapists to build sustainable and visible careers that take these realities into account, particularly within changing professional landscapes where many are working beyond traditional roles.

BAAT's ongoing work around research, innovation, and the development of new curricula and career frameworks feels closely aligned with these areas, and I would welcome the opportunity to contribute to these areas.

I am equally drawn to BAAT's work in raising the profile of art therapy. I welcome the opportunity to support BAAT in continuing to widen how art therapists are understood and where they can have impact. Through my own work, I have seen how transferable our skills are beyond traditional clinical settings, particularly in areas such as leadership, team dynamics, and organisational wellbeing.

I do not come into this role assuming I have all the answers. What I bring is a willingness to listen, to learn, and to engage with the experiences of members, alongside a readiness to ask the questions that may feel uncomfortable but are needed.

I approach this role with a clear understanding of the responsibility it carries, including contributing to the strategic direction of the profession and representing members' voices. I am also mindful of my own health, and am committed to contributing as fully as I can in a way that is considered, reliable, and adds value.

Nominee: Jacqui McKoy-Lewens

Name of proposer: Claire Louise Vaculik

Name of seconder: Dr Deborah Michaels

Current role(s):

- Consultant Psychotherapist (various employers)
- External Examiner – Goldsmiths University
- Peer Elected Council Member – British Association of Arts Therapists (BAAT)

Supporting statement

As a senior manager, programme director and art psychotherapist for over 20 years, my previous roles have spanned the whole spectrum of the Arts including visual arts, music, theatre and dance.

Having just served two years on BAAT council, the role has proved to be challenging, informative and inspiring as we have collectively explored and supported in all aspects of the profession, in line with the requirements of our members. As a previous Programme Director for the Sheffield based, Northern Programme in Art Therapy, a key focus had been on broadening the range of training experiences for new Art therapists who will eventually join our profession. Expanding the course programme to include joint training sessions alongside other allied health professions such as occupational therapists, physiotherapists, dieticians as well as mental health nurses and social workers. This has proven to be extremely beneficial experience for all of the AHP students as they learn more about and from each other. This development can only help to put service users at the core of AHP care plans and to encourage person centred care packages going forwards.

In 2024-5 I was privileged to have supported BAAT with their research and work on the NHSE Commission where I chaired and supported the Course Leads focus groups. It was enlightening to explore our professional standards and the connections between students' clinical placements, development of simulated placements and links to future employment opportunities. My focus continues to be around enhancing the professional standards within our profession, as well as extending the range of available employment roles for qualified arts therapists.

Previous community arts development roles across South Yorkshire and the UK, has provided experience of supporting in EDI development and job creation within varied multi-cultural contexts, as these under-represented and marginalised service users have formed the highest percentage of the communities that my roles have served. As such, I continue to strive to encourage our profession to be as widely diverse, culturally aware and accepting of differing perspectives as possible.

My personal interests and professional career opportunities to date have always been within the creative arts and health sectors. I continue to work as a consultant psychotherapist and art therapist in residence for large arts organisations such as the Southbank Centre in London. I also advise and support other arts organisations on various issues around their organisational development, EDI & cultural diversity, quality, delivery and performance.



I currently also support Greater Manchester Police as a Highly Specialist Psychotherapist within their complex safeguarding teams, focused around their complex cases of child criminal and sexual exploitation.

My belief remains that preventing mental health issues should be more of a Government and NHS priority than it is, rather than subsequently trying to address these problems after they have surfaced. This motivation has also allowed me to further extend my researching into these areas, such as exploring the connections between arts, culture & well-being activities, and how this enables service users to be aware of and maintain positive mental health and wellbeing.

In summation, I offer my experience to a further two-year term with BAAT, as the council member role will utilise many of the skills that I have developed over the years.

Chair (one candidate)

Nominee: Sarah Challenger

Name of proposer: Diane Waller

Name of seconder: Tiffany Arnold

Current role(s):

- Lead Arts Therapist – Older Adults Psychological Therapies Services (NHS mental health and memory services)
- Private Practice Art Psychotherapist and Clinical Supervisor (including youth counselling service work)
- Lecturer – BA (Hons) Creative and Therapeutic Arts / Therapeutic Studies (Higher Education)
- Arts Therapy Researcher and Presenter (including NHS research projects, academic publications, and conference presentations)
- Peer Elected Council Member – British Association of Arts Therapists (BAAT)

Supporting statement

It has been a great privilege to serve on council for the past four years. An experience which has cemented my passion for art therapy and grown my understanding through my contact with members of all the different ways practice flourishes. Our professional body has been supporting members for over sixty years. Since those early years when Di Waller and others founded the organisation, many have worked hard as we have grown and changed as a profession to make BAAT and art therapy what it is today. We move now into a period of natural change within the organisation, as Claire Louise comes to the end of her term as chair and Sam picks up the mantle of CEO from Gary. I believe I can bring the knowledge I have gained from my experience on council to the role of chair to help support and hold this transition while looking forward to the future with an awareness of both the needs of members and the wider political landscape which has an impact on us all.

There are several brilliant projects which Claire Louise and Gary implemented during their time at BAAT. Including among them the new EDI policy and the promotion of arts therapies through the NHS England project, which I believe are important to continue and grow, through the work of the board of directors and the BAAT team. We are in a quickly changing world, one which I think can often feel hard to plan for, especially when we consider the impact for example of AI on both the people we support and us as practitioners. In these times it becomes more important to work together to understand the impact of these developments and how we as an organisation can support its members.

I am proud of the part I have played in the growing connections BAAT has made with all four nations in its more recent history, a path I believe is important to develop further. As a Welsh person who lives and works in Wales, I am acutely aware of the role devolution plays in my working life. I recognise that members from each of the four nations will face different challenges. There is however a strength in this and that is the learning we can gain from each other; by leaning into and understanding those differences, we have the opportunity to strengthen the support as a council we can offer members. This work has started to happen with wider discussions and more involvement by BAAT on a local level; such as attendance at nation specific events by council members. But as is often the case there is more we can do and I would like to steer and continue this work through the role of chair. Considering not just the political impact of devolution for members on jobs but celebrating the cultural differences of the four nations by ensuring BAAT is present across the country with events such as the conference which has traditionally been held in London, moving to different locations.



Within my work I am fortunate to have extended contact with trainees, either as a placement provider in the NHS setting I work, through providing personal therapy in my private practice, or as a lecturer at USW. I am continually blown away by the dedication, and passion they bring to art therapy. The training is not a small undertaking, on both a personal and financial level, and the one thing I often hear from newly qualified art therapists is how hard it is once they have that degree certificate and HCPC registration in their hands to make the next step and find paid work. I would like to work with council to find ways we can increase the support we offer newly qualified members, such as, mentoring programmes, creating opportunities for involvement with BAAT on a local and national level, and targeted CPD. Trainees and newly qualified art therapists are, after all, our future as an organisation and group, bringing richness and energy to the work that we do.

I believe it is important for BAAT as an organisation to continually think about and focus on job creation, as without the opportunities and posts, we are not able to do the invaluable work we all hold so dear. Part of this approach needs to include promotion of art therapy. In addition to the collation of the evidence base we have for the different areas we know art therapy is able to make a powerful difference in, for the people we work with. As this is what speaks to and informs both the legal framework in which we work but also the wider commissioning of roles.

Finally, I would like to acknowledge the continued work Claire Louise has done to involve members in the work of BAAT council, as this is something I will always have at the heart of anything I do with BAAT. I have repeatedly seen and felt the value of regular contact with members across the 4 nations through my work with the regional reps. This has allowed me to understand the different challenges and successes across the country and feed it back to the council, to help support and further the work and experiences of all. My favourite moment as a council member last year was attending the conference and getting to hear not just the wonderful work of those who shared on the stage, but the excitement and buzz of all the conversations happening, in between sessions, during lunch and in the line for the toilet.

BAAT is its members and I am very proud of being one. If I was fortunate to be elected as your chair, my intention would always be to listen to what you need and support the board of directors to continue to build a strategy that allows art therapy to continue to grow and flourish as a profession.