

**BAAT Council meeting**  
**12 - 4 pm, 27 February 2016**  
**24 – 27 White Lion Street, London N1 9PD**  
**Approved minutes**

## **Present**

**Council members.** Tobias Arnup, Emer Douglas, Nigel Durkan, Jayne McConkey Simon Richardson (Hon. Secretary), Nicki Power, Whittaker Scott, Richard Whitaker (Vice-Chair), Ami Woods, Tim Wright (Chair).

**SIG Representatives.** Diana Kagiava (Creative Response), Catherine Stevens (Private Practice)

**In attendance.** Mary Rose Brady (Professional Officer, BAAT), Val Huet (Chief Executive Officer, BAAT), Alex McDonald (Social Media and Advertising Officer, BAAT), Simi Valecha (Business and Marketing Manager, BAAT), Joan Woddis (Vice-President, BAAT).

## **1. Apologies for absence and approval of minutes**

**1.1. Apologies.** Kate Pestell.

### **1.2. Corrections to the Minutes for the Council meeting on 12 December 2015.**

Minor amendments were made to points 5.1, 8.1, 11.2, and 11.5.

## **2. Matters arising**

### **Minutes for the Council meeting on 12 December 2015.**

**2.1. BAAT Region 7, Wales** (point 2.1). Llinos Couch and Dilys Pugh have been working hard to find someone to take on the role of Wales representative on Council. Members in Wales are spread across the country which can mean undertaking long journeys to attend meetings.

**2.2. BAAT database** (point 5.1). Trillium, BAAT's IT provider, seem to have sorted out most of the issues with the database but there are still problems with collecting direct debits. BAAT are due to meet with Trillium to try to resolve these remaining difficulties.

**2.3. Regional Group Network Co-ordinator** (point 10.1). Nigel Durkan shared some ideas he had been having about what the post should entail. Val Huet felt the main task was to organise an annual meeting of Regional Group co-ordinators to exchange ideas and give feedback.

**2.4. Private Practice register application form** (point 11.5.1). James West (Private Practice SIG) had contacted BAAT to ask how the SIG should proceed with updating the application form sent out to members who want to join BAAT's Private Practice register. Tobias Arnup recapped some ideas discussed by the Membership Group which included revising the reference, CPD, data protection, storage of art work, and therapist incapacity sections.

**Action:** Membership Group to compile these points in an e-mail for BAAT to send to the Private Practice SIG prior to its next meeting on Saturday 4 March.

**2.5. Auto-enrolled pensions** (point 14.3). BAAT has to have these in place for its staff by January 2017 at the latest but paying the employer contribution will involve increased outlay. Val Huet suggested a possible way to mitigate this might be to offer staff bonus-related payments rather than wage increases.

**Action:** Tim Wright and Val to compile a draft framework for consideration by Council.

### **3. Chair's report - Tim Wright**

**3.1. Psychosis Task and Finish group.** Progress has slowed and it seems unlikely that the guidelines will be ready by Easter as originally intended. The group has been using its Facebook page to share and refine ideas about practice. The timetable for completing the guidelines will be reset at the next Psychosis Task and Finish group meeting.

**3.2. BAAT workshops.** Val Huet and Tim are in the process of developing a Research and Evaluation Skills and a Teaching Skills workshop for launch in the summer. The underlying aim of both workshops is to show how to integrate practice and research.

**3.3. Meeting with CEO of HCPC.** Val Huet and Tim are in the process of arranging to meet with the CEO of the Health and Care Professions Council (HCPC) to give a briefing on issues currently facing the profession.

**3.4. Use of BAAT premises by SIGs.** Tim will be contacting all the SIGs to remind them that the meeting rooms in BAAT office are available to all SIGs free of charge. Using them means SIG budgets can be spent on things like guest speakers or special training events.

**3.5. Curriculum review.** Tim recapped the review process BAAT had gone through. This had been undertaken under the belief that BAAT (as the professional organisation) was required by the HCPC to conduct periodic reviews of the training curriculum. However, the HCPC had since clarified that professional organisations are not expected to do this. Tim asked Council for suggestions about what should be done with the document the curriculum review group had prepared. Nicki Power suggested adapting it into an advisory document that potential trainees could use to help them decide which courses offer the most relevant trainings.

**Action:** Curriculum review group to proceed with Nicki's suggestion.

### **4. Vice Chair's report - Richard Whitaker**

Richard's work for BAAT is ongoing and he had no new updates to report to Council.

### **5. Chief Executive Officer's report - Val Huet**

**5.1. Financial report, year ending 31 December 2015.** Simi Valecha explained the loss of £37,105 shown in the report circulated is incorrect. Owing to BAAT's IT problems (see point 2.2 above) some invoices had been included twice. Simi added that there has been a healthy start to BAAT's new financial year and the situation is steadily improving.

**Action:** The corrected financial report to be circulated to Council by e-mail for approval.

**5.2. Research.** A report by Sue Holttum (BAAT Research Officer) was included in the Council meeting pack. A funding bid prepared with Combat Stress focusing on art therapy with ex-services personnel with PTSD is ready to be submitted. Two doctoral psychology students Sue supervises are also doing a research project on art therapy and PTSD which will run in conjunction with the BAAT / Combat Stress research project.

**5.3. Minister of State for Community and Social Care.** The Rt. Hon. Alistair Burt MP, whose brief includes the Allied Health Professions, met with AHPs (including art therapists) at the Department of Health on 3 February. BAAT gave a short presentation on the effectiveness of art therapy with 'hard to engage' clients and also sought the minister's help in contacting the Department for Education to develop the use of art therapy with children in schools.

**5.4. Outcome Measures in Mental Health.** BAAT has been invited to participate in producing a set of recommendations on which outcome measures should be used in mental health services. The subsequent commissioning of mental health services will be linked to these outcomes so art therapists will have to start actively using these measures.

**5.5. British Medical Journal and qualitative research.** The journal has started a discussion about including qualitative outcome measures in medical research. This appears to be a recognition that the effectiveness of some areas of healthcare cannot be evaluated using quantitative measures alone.

**5.6. Social media.** Alex McDonald will provide a full update (see point 13 below). BAAT has made good contacts with the American Art Therapy Association through social media and BAAT now has a monthly blog spot on the Huffington Post to which both Mary Rose Brady and Val will contribute.

**5.7. Paintings in Hospitals.** Val has been asked to join the Paintings in Hospital Engagement Committee. This offers a further opportunity to build partnerships with the Arts in Health.

## **6. Director of Operations report - Mary Rose Brady**

**6.1. CPD courses.** There has been an increase in CPD courses on offer in the spring calendar with continuing demand for places. Three BAAT CPD courses will be delivered in Edinburgh.

**6.2. Planned Children's course accreditation.** Val Huet and Mary Rose met with Jenny Sprince of the Association for Psychodynamic Practice and Counselling in Organisational Settings (APPCIOS) to find out about the course accreditation it offers. On balance, it has been decided to continue with the application for accreditation with the Counselling and Psychotherapy Central Awarding Body (CPCAB).

**6.3. BAAT Team Values.** BAAT staff and Tim Wright met in February for Day 1 of a two-day exercise to decide on three to five values that encapsulate BAAT's culture, mission and vision. This was undertaken as part of the process of team-building for the new BAAT office staff and Day 2 will take place in March.

**6.4. Art Therapy Trust.** Two new trustees have been recruited: Christine Kelly (current HR director for the Coram group) and Sarah Kendrick (an existential psychotherapist and National

Service Manager for The Place2Be). Jacqui Garner is continuing as a trustee but Neil Springham has stood down. The Trust is working towards a major fundraising event in December.

**6.5. Children's Mental Health Week.** There was good coverage of BAAT's involvement in this on social media, which enabled the association to promote its child-related training courses. Mary Rose was invited to do a blog post on a children's mental health themed issue of the Huffington Post, edited by HRH the Duchess of Cambridge, and has now been offered a regular monthly spot.

## **7. 2016 AGM planning**

**7.1. AGM theme.** Val Huet set out the planned programme for the AGM. After the business section, the focus will be on how art therapists can use digital and social media in their practice. This will include using digital media with clients and social media for finding jobs and developing research. Alex McDonald said a short animation will be shown along with examples of how digital media can be used (from Emer Douglas's courses). Council members suggested having a 'support desk' at the AGM to help BAAT members set up social media accounts.

**7.2. Nominations for Council officers.** The deadline for submitting nominations is 21 March and both the post of Chair and Vice-Chair are up for re-election. Tim Wright will be standing again for Chair but Richard Whittaker is standing down as Vice-Chair.

**7.3. Help with setting up and clearing away.** Val asked Council members to arrive at the London Volunteer Resource Centre around 11.30 am to help with setting up the room.

**7.4. Reports.** Val reminded Council members with lead roles to send in their reports for inclusion in the business part of the AGM.

## **8. Practice guidelines for Neuro-Rehab SIG**

The draft guidelines produced by the SIG will be recirculated to Council by e-mail.

## **9. Update of Supervision guidelines**

**9.1. Confidentiality boundaries in supervision.** Val Huet reported that an update is needed to the BAAT Guidelines for Practice. This was because of a case in an NHS Trust in which a supervisor referred an issue discussed by a supervisee in supervision up the line management chain. The trades union Unison has now asked that the Trust make it clear that confidentiality in supervision is not absolute.

**9.2. Duty of Candour.** The BAAT Guidelines for Practice also need to be updated to take account of the recently introduced 'Duty of Candour' requirement which means practitioners must report concerns they have about aspects of practice or service delivery.

**Action:** Val to add amendments to the BAAT Guidelines to Practice.

## **10. Newsbriefing report - Nicki Power**

**10.1. Summer 2016 issue.** Planned articles at present include the protocols for social media use and a possible survey. Articles and reports from BAAT members are welcomed.

## **11. Service User involvement - Ami Woods**

**11.1. Evidence Based Co-Design (EBCD) in a Mental Health setting.** Ami delivered a training on EBCD and learning disabilities commissioned by Point of Care Foundation in January with the next training scheduled for April.

**11.2. St George's Researchnet.** Ami will be participating in service user led training events by the Learning Disabilities/Autistic Spectrum Disorder/Mental Health research.net group at St. George's Hospital in April.

**11.3. Dual Experience (DE) group.** A BAAT training event is planned for group members who will then be teaching about DE at the training course at Roehampton.

## **12. BAAT website and social media - Alex McDonald**

**12.1. Update on BAAT social media platforms.** Alex talked through a report on the 'traffic' on BAAT's social media platforms which showed an increase in visits to all of them. A new YouTube account is to be set up as the existing one could not be accessed.

**12.2. Research on social media.** BAAT is developing a protocol for conducting focus groups on Facebook. This will be used to develop practice descriptions and manuals.

**12.3. Social media campaigns.** There was a good response to BAAT's social media campaign for Children's Mental Health Week campaign on 8-14 February and a similar one is planned for Museums and Wellbeing Week on 29 February - 6 March.

**12.4. BAAT e-Bulletin.** This will be sent to members once a month. There will also be a monthly RSS feed with events and courses and a weekly RSS feed with job opportunities.

**12.5. Social media ambassadors.** A team of BAAT social media ambassadors, to include BAAT staff, SIG and Regional Group co-ordinators, IJAT Inscape editorial board members, Council members, and the Educators is being assembled.

## **13. Regional Groups and Countries**

**13.1. Regional Group Network Co-ordinator.** Nigel Durkan has been reviewing what this role should entail (see point 2.3 above).

**13.2. Scotland.** Kate Pestell had sent her apologies for the meeting but had sent a report on the main recent developments in Scotland. This included details of the Allied Health Professions Scotland meeting with the Cabinet Secretary, Shona Robson, in January to talk about AHPs having representation on Integrated Joint Boards. Also, that NHS Education for Scotland have offered to support the relaunch of the arts therapies sub-group and to review the evidence base used for the arts therapies.

**13.3. Northern Ireland.** Jayne McConkey reported on the Region 20 (Northern Ireland) group meeting on 20 February at which members talked about the settings in which they are

employed, how to register for private practice, and had a presentation on the HCPC's CPD audit requirements. Jayne has been asked to join the Allied Health Professions Forum Northern Ireland as the art therapy representative.

**13.4. Wales.** No representative at present (see point 2.1 above).

## **14. Special Interest Groups**

**14.1. Creative Response – Diana Kagiafa.** Michele Wood attended a round table event at the Houses of Parliament on the arts in palliative care and gave a presentation on the importance of service user involvement. Full minutes of the meeting are on the National Alliance for Arts, Health and Wellbeing website. The next Creative Response Study Day is on 4 March and will focus on 'burn-out' in palliative care.

## **15. Dates of the next Council meetings**

14 May 2016 (AGM)

9 July 2016

24 September 2016

10 December 2016

## **16. Any Other Business**

No further issues were raised for report or discussion.

## **17. Elected Council members**

**17.1. Future development and strategy.** Val Huet introduced a discussion on how BAAT may have to evolve over the next three to five years and the challenges this could present. She emphasised that BAAT will have to diversify to meet the needs of a growing profession. Council members then shared ideas on how BAAT might meet these challenges by considering the potential possibilities and problems in the following areas:

- **BAAT's current service provision.** What functions the association presently performs and how it can maintain and develop them as demand increases.
- **BAAT's relationship with its members.** How BAAT can support and represent its members and encourage more people to become actively involved in its work.
- **Teaching and research.** How BAAT can develop the short courses and CPD events it currently provides and encourage members to conduct research into their practice.
- **Representing the profession.** How people with ideas and experience can be encouraged to take on leadership roles within the profession.
- **Mission statement.** What are the main tasks BAAT needs to fulfil and what should be its priorities.