



BAAT Council meeting
12 - 4 pm, 20 June 2015
24 – 27 White Lion Street, London N1 9PD
Draft minutes

Present

Council members. Emer Douglas, Jayne McConkey, Kate Pestell, Nicki Power, Simon Richardson (Hon. Secretary), Whittaker Scott, Richard Whitaker (Vice-Chair), Ami Woods, Tim Wright (Chair).

SIG Representatives. Den Cox (Private Practice), Catherine Stevens (Private Practice), James West (Private Practice), Carlo Zenone (proposal for an Eating Disorders SIG).

In attendance: Val Huet (Chief Executive Officer, BAAT), Joan Woddis (Vice-President, BAAT).

1. Apologies for absence and approval of minutes

1.1. Apologies. Tobias Arnup, Nigel Durkan.

1.2. Corrections to the Minutes for the Council meeting on 7 March 2015.

The minutes were approved without need for correction.

2. Matters arising

Minutes for the Council meeting on 7 March 2015.

2.1. Health and Care Professions Council (HCPC): campaign to highlight art therapists' state registered status. This has been achieving its aim of raising the profile of the profession, with art therapists in the NHS reporting positive feedback from managers.

Action: Val Huet to contact the HCPC to ask for copies of the press releases it has used.

2.2. BAAT Region 7: Wales. Tim Wright has contacted Region 7 to ask if there is a group member who would be interested in providing representation for Wales on Council.

2.3. BAAT Professional Officer. Mary Rose Brady has been appointed to the post and will be starting work with BAAT on 6 July.

3. Chair's report - Tim Wright

3.1. Curriculum review. The consultation process has fallen slightly behind schedule. Tim has not heard back from the Educators but will be meeting with them on 3 July and will seek comments then. A method to consult outside the profession (with service users and carers, for example) is being developed which looks likely to take the form of a questionnaire.

Action: Tim to circulate a draft questionnaire to Council for ideas and feedback.

3.2. Psychosis SIG. The group is working with Dr Sue Holttum (BAAT research officer) on a joint research project. It is also considering the possibility of developing a practice manual but this will have to wait until its current project of producing practice guidelines is complete.

3.3. IJAT Inscape. Tim will be attending the next editorial board meeting on 17 July.

3.4. Art Therapy Outlooks on Later Life (ATOLL) guidelines. Following Tim's meeting with the SIG earlier in the year it has produced a more condensed version of its practice guidelines. These will be circulated by e-mail to Council members for comments.

3.5. Private Practice SIG. Tobias Arnup and Tim attended the SIG's meeting on 30 May to hear from SIG members about a number of issues, including initial problems with BAAT's new website and database. PP SIG members Stella Joel and David Rogers will be meeting with Val Huet to help resolve the difficulties with the 'Find a therapist' facility on the website.

4. Vice Chair's report - Richard Whitaker

4.1. Public Health England research project. Richard is supporting Val Huet to collate and submit evidence for the cost benefits analysis of art therapy services by health economists at the London School of Economics. He is using CORE data audits from his workplace for clients with borderline personality disorder who have art therapy. Richard is also seeking audits from other art therapists working with this client group.

4.2. Psychosis SIG. The group has been working with Dr Sue Holttum (BAAT Research Officer) to analyse the statements from a Delphi survey of art therapists who work with clients with psychosis as part of their diagnosis.

4.3. Art Therapy Practice Research Network (ATPRN). Richard will be attending the next ATPRN symposium which will be on 20 November.

5. Chief Executive Officer's report - Val Huet

5.1. Payment plans. The change to the new IT database has revealed a number of faults in the old system. It was giving repeated error messages resulting in 261 members having no functioning payment plans (transfer of money from bank accounts to BAAT). Simi Valecha (BAAT Finance Officer) and Nicky Sutton (BAAT Region 13 co-ordinator) have painstakingly re-entered this data on the new system. The positive outcome of this process is that income from membership direct debits is now up £9K on the same time last year.

5.2. Art Therapy Trust (ATT). The trust recently received a donation of £2K, following an appeal accompanying the publicity for the Attachment and the Arts conference in October. The ATT is aiming to help art therapists with funding for research projects, small pilot projects, and to offer bursaries for training. Currently, it needs to develop a board of Trustees to join the current members, Neil Springham and Jacqui Garner. Council discussed possible funding sources the ATT might approach to develop its work.

5.3. BAAT Newsbriefing. Nicki Power is the new editor of Newsbriefing and is currently working with Val Huet to finalise the Summer 2015 issue.

5.4. BAAT Research. Dr Sue Holttum (BAAT Research Officer) circulated a report on her activities since March (included with the Council meeting pack). Val highlighted the work Sue has been doing supervising two trainee clinical psychologists' research projects into the use of art therapy. Sue has also conducted three research surgeries with a total of seven art therapists and this resource appears to be very useful for developing research projects.

5.5. Dual Experience group. Val will be meeting with Ami Woods and Sue Holttum to develop a work plan for this group.

5.6. Reframing BAAT's research strategy. Val would like to focus BAAT's research work on small scale Randomised Control Trials (RCTs), following the example of music therapy which is about to publish two RCTs which show good results. How an RCT is set up for art therapy could be reviewed: not using the control group / placebo model but a 'stepped wedge' approach. Val suggested three different strands for an art therapy RCT: standard care (GP and medication), art activity, and art therapy. This sort of research could be small scale, which would make finding funding easier.

A discussion followed on how this idea might be taken forward. Richard Whitaker suggested doing RCTs with people with depression. Small scale RCTs could involve people having art therapy and nothing else, avoiding the problems that arose in the Matisse Study where patients were having a range of interventions and it was difficult to show art therapy's contribution. James West (PP SIG) asked how BAAT could support research by people working in private practice or in addictions services, where posts tend to be generic and/or have short term funding? Val said the traditional case study approach could still be used but with a more thorough research methodology. Tim Wright suggested setting up a BAAT systematic research and audit training event.

Action: Tim and Richard to set up a half-day BAAT training on basic research methods.

5.7. Financial report. BAAT is currently running a net loss of £23,600, although these figures do not include the £9,000 gained from updating the payment plans (see point 5.1. above). This situation has largely resulted from the one-off costs incurred from the redundancy process for two former BAAT office staff. However, BAAT has not had to dip into its reserves and with careful monitoring of expenditure can work its way back into surplus.

5.8. Pension regulations. The government has made all employers responsible for ensuring there is a pension scheme available for staff. The deadline for implementing this is July 2016. BAAT's payroll provider will be setting up the pension scheme for BAAT employees.

5.9. Newly qualified BAAT member survey. Val circulated the survey to Council. The headline findings showed that people who qualified since 2012 are working an average of 21 hours a week (either as an art therapist or in a generic post) with two-thirds having several part-time posts. Around 20 per cent of respondents are working on a voluntary basis, 35 per cent are employed in a temporary position, while 50 per cent are self-employed (doing either sessional work or setting up in private practice).

6. AGM 2015 feedback

6.1. AGM 2015, Augustine United Church, Edinburgh. Tim Wright thanked Kate Pestell for her presentation and co-ordinating the discussion in the second section of the AGM. Kate

said Scottish members felt the day helped to stimulate discussion about the future direction of the profession in Scotland. People also commented on how welcoming and helpful the staff at Augustine United Church had been. £50 had been donated to its charitable work.

6.2. AGM 2016. Val Huet invited people to begin thinking of themes for next year's AGM, which will be at a venue in London. The date was set for Saturday 14 May 2016. Simon Richardson asked about the possibility of future AGM's in England being held in places other than London? Val said this had been voted on at a previous AGM but could be reviewed if the membership supported the idea.

7. Art Therapy and Digital Media - Emer Douglas

7.1. Guidelines working group. Emer reported that the group (Emer, Samantha Durant, Tony Gammidge, Penny Hallas, Alison Hawtin, Gudrun Jones, Andrew Marshall-Tierney, Michele Wood) has drawn up draft guidelines to be circulated to Council. The document has tried to catch the key aspects that need to be clarified for members. Once the guidelines (governance) are finalised then a consideration document (how-to guide) can be added to it as an appendix.

Action: Council members to e-mail comments on the draft guidelines to Emer by 31 July.

7.2. Encryption of images. Val Huet asked about the encryption of images sent by e-mail. The draft guidelines give advice about using encryption but not how to do it. Emer explained that the different policies and procedures in various health and social care sectors makes it difficult to give general advice. Val suggested the Professional Record Standards Body (PRSB) for health and social care might provide information on how to proceed with this.

7.3. Potential BAAT e-learning courses. Val is working on two BAAT e-learning courses: one on using social media and the other on the risks of using social media. Emer will provide input into the areas to be covered in the courses.

7.4. Clients photographing their own work. Whittaker Scott raised the issue of clients taking photos of their own art work during or after art therapy sessions. Current NHS guidance is that they cannot be prevented from doing this but there are clearly confidentiality issues if the images are uploaded to social media.

8. Newsbriefing - Nicki Power

8.1. Summer 2015 issue. Work is progressing on this issue but publication will be slightly delayed because of problems with some of the photographs to be used.

9. IJAT Inscape - Whittaker Scott

9.1. July 2015 issue. This will be published shortly. The throughput of articles submitted is sufficient at present but may need to increase when Inscape is published four times a year.

9.2. Peer review training. Inscape will be running a training session for new peer reviewers in Bristol in November. Attendees will receive a CPD certificate and the course fees will be refunded to people on completion of their first peer review for the journal.

9.3. Editorial board. The next meeting is on 17 July.

10. Service User involvement - Ami Woods

10.1. Evidence-Based Co-Design (EBCD) in Mental Health. Ami is to attend a meeting in Birmingham on 9 July with the EBCD research network and a course in teaching the EBCD model at the Salomon's Centre for Applied Psychology on 16 July.

10.2. St George's Researchnet. The Learning Disabilities/Autistic Spectrum/Mental Health researchnet team held a celebration ceremony on 17 June to acknowledge service user achievements over the past year. They are also working with the local police on several projects including service user led staff training.

10.3. Dual Experience (DE) group. The summary of the first round of the Delphi cycle, completed by Dr Sue Holttum, has been circulated to the group. Val Huet, Sue and Ami will give a presentation at the Attachment and the Arts conference on 2 October.

10.4. Lived experience practitioner training. Ami will be doing a 12-week training course at Canterbury starting in September (postponed from April).

11. BAAT website and social media

11.1. Social Media Officer. Val told the meeting that BAAT is aiming to start the recruitment process for a self-employed Social Media Officer in July. A draft job description will be circulated to Council. Kate Pestell asked if there was a possibility for social media training for art therapists being developed.

Action: Val Huet to circulate Social Media Officer job description by e-mail to Council.

12. Regional Groups and Countries

12.1. Regional Group Network Co-ordinator. Nigel Durkan had sent his apologies prior to the meeting.

12.2. Scotland. Kate Pestell updated Council on the following issues:

12.2.1. Art Therapy representation in Scotland. There are difficulties in having adequate representation for the profession at the Allied Health Professions Forum Scotland or in consultations with the Scottish government. Might a solution be to have joint arts therapies representation on these bodies? Val Huet advised against this and recapped the problems that have arisen in the past in Scotland when the professional bodies are represented by people with no direct contact to them.

12.2.2. BAAT Scotland. A draft constitution has now been submitted. There will be a Professional Officer (one day a week, initially) from September.

12.2.3. Scottish Intercollegiate Guidelines Network (SIGN). There are long-running issues around BAAT's relationship with SIGN. In terms of the core psychological interventions it cites it can be very ad hoc in its approach. Tim Wright wondered if it might be worth BAAT Scotland meeting with the Scottish government about this?

12.3. Wales. No representative at present (see point 2.2 above).

12.4. Northern Ireland. Jayne McConkey reported on the challenging employment situation as the cuts and austerity measures take effect. Despite this, the regional group had held a successful training event 'Exploring Play' which helped members to think about and explore their working methods. Some members of the regional group are to deliver workshops at the NIGAT summer school in August. A new joint regional co-ordinator will be sought later in the year.

13. Special Interest Groups

13.1. Eating Disorders - proposal to set up a SIG. Carlo Zenone explained the idea for the SIG came out of discussions with work colleagues and at the ATPRN. Art therapists working with eating disorders tend to be in small, often single-post services. The SIG would aim to provide a network for art therapists working in this area to share skills and knowledge. It will be co-ordinated by Frank Thomas, who works in eating disorder service in Yorkshire, and Carlo. They have had over thirty expressions of interest in joining the SIG if it is approved.

Action: Council members voted unanimously to approve the proposal.

13.2. Private Practice (PP). James West gave feedback from PP SIG members on the issues with the BAAT website discussed at the meeting on 30 May (see also point 3.5 above, and PP SIG minutes included in the Council meeting pack). Val Huet said the agreed amendments to the website and 'search by post code' facility will be done by Trillium, BAAT's IT support provider, in the week. A field will be added for links to peoples' websites. Val will contact James, Stella Joel and David Rogers to ask for feedback before it goes live. The same will apply for the supervisors register, which will take about two or three weeks to complete. James said Gary Nash was willing to co-ordinate a paper list of PP members to be circulated to training colleges if necessary. Val anticipated the IT work would be done in time for this not to be necessary. There could also be data protection issues associated with circulating a paper list which would mean it would not be available any sooner.

14. Dates of the next Council meetings

26 September 2015

12 December 2015

15. Any Other Business

No other business was raised.

16. Elected Council members

16.1. Discussion of the outcomes and action points from the PP SIG meeting. Tim Wright gave feedback on the meeting on 30 May which he attended with Tobias Arnup. The outcome had been positive, although there was a recognition that it had been a difficult time for the association. Thinking about how to avoid a similar situation in future it was recognised that a face-to-face meeting helped to resolve the issues rather than e-mail

exchanges. It was also felt work could be done to ensure the profession fully understands BAAT and the HCPC's organisational structures and how they inter-relate.

Action: Val Huet to oversee the implementation of the agreed IT amendments and liaise with James West, Stella Joel and David Rogers (see point 13.2 above).

16.2. Update on BAAT's recruitment plan and office re-organisation:

16.2.1. Social Media Officer and Scotland Professional Officer posts. Val will send out draft job descriptions to Council members by e-mail for these posts. The aim is to recruit in line with the deadlines set out in previous minutes.

Action: Val to circulate draft job descriptions to Council members for comments.

16.2.2. BAAT Professional Officer. Mary Rose Brady will start work on 6 July. She will begin setting up a CPD course for working with looked after children and dealing with safeguarding issues. This could potentially be a six month training including weekends.

16.2.3. Short courses. Antonia Kenny is to be given extra responsibility handling the bookings, developing the role she is currently undertaking.

16.2.4. Staff performance reviews. These will be done in July.

16.3. Discussion of quotes for web-based membership processes. Val suggested BAAT wait for a while to proceed with this because of i) its current financial situation (see point 5.7 above) and ii) to avoid making any IT changes until after the busy period for membership applications in August and September. Val will contact Trillium about quotes for this work in early 2016.