



BAAT Council meeting
12 - 4 pm, 26 September 2015
24 – 27 White Lion Street, London N1 9PD
Approved minutes

Present

Council members. Tobias Arnup, Emer Douglas, Jayne McConkey, Kate Pestell, Nicki Power, Simon Richardson (Hon. Secretary), Ami Woods, Tim Wright (Chair).

SIG Representatives. Rachele Impson Davey (Art Therapists in Education), Diana Kagiava (Creative Response), Emma McKinnon (Museums and Galleries), Frances Walton (Private Practice), James West (Addictions; Private Practice), Emily Wyr (Art Therapists working with Children, Adolescents and Families).

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

1. Apologies for absence and approval of minutes

1.1. Apologies. Nigel Durkan, Whittaker Scott, Richard Whitaker (Vice-Chair).

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. BAAT Region 7, Wales (point 2.2). Tim Wright contacted Region 7 to ask for a group member to provide representation for Wales on Council but has had no response. Region 7 now has a new co-ordinator, Dilys Pugh. Tim will contact the group again about this matter.

Action: Tim to contact Dilys Pugh and Llinos Couch, joint co-ordinators, BAAT Region 7.

2.2. Reframing BAAT's research strategy (point 5.6). The proposal for developing a half-day BAAT training on research methods is still in the early planning stages.

2.3. BAAT website and social media (point 13.2). The promised improvements to the website and 'search by postcode' facility have been made and the feedback has been positive. Private Practice SIG members had tested the changes and everything worked well.

2.4. BAAT office recruitment (point 16.2). Mary Rose Brady (Professional Officer) and Alex McDonald (Social Media and Advertising) were recruited and are both now in post.

3. Chair's report - Tim Wright

3.1. Psychosis SIG. The draft practice guidelines have now been sent out to art therapists working in psychosis services for the last part of the Delphi cycle. When this is completed there will be a consultation with other stakeholders and then the guidelines will be published.

3.2. Private Practice SIG. The changes to the website, particularly the 'Find a Therapist' function, requested by SIG members at the meeting on 30 May have been made.

3.3. Curriculum review. This has been making slow progress. Tim discussed it when he met with the Educators group on 3 July but no written feedback has been received so far. Joan Woddis suggested co-opting new members onto the steering group now that Rachael King and Tony Chenery have stepped down from Council. See also point 16.5. (below).

4. Vice Chair's report - Richard Whitaker

Richard Whitaker had sent his apologies prior to the meeting.

5. Chief Executive Officer's report - Val Huet

5.1. BAAT database. Simi Valecha (BAAT Finance Officer) has updated and improved the database so it is now much easier to identify problems with membership payments and resolve them straight away. Reviewing budgets has been made easier too as the database provides a more detailed breakdown of where and how money is being spent. BAAT will be investing in a further software package that ensures all parts of its digital information remain fully connected to each other.

5.2. Financial report. BAAT's finances have recovered and the previously projected end-of-year loss of £23,600 is now likely to be only £1,500. This is partly because the new database has improved the collection of subscriptions. Demand for places on the BAAT Short Courses and at the Attachment and the Arts conference remains strong. There were no redundancy payments to make this year, although some spending on casual fees for people coming in to do short-term or one-off pieces of work has been necessary. Overall, turnover is slightly up.

5.3. Certificated courses. Mary Rose Brady (Professional Officer) is looking for suitable agencies to certify the longer courses BAAT wants to offer. The first e-learning courses are ready to be set up and Emer Douglas and Alex McDonald are going to be involved with this. See also point 16.2 below.

5.4. BAAT research. A report on the work Dr. Sue Holttum (BAAT Research Officer) is doing was included in the Council meeting pack. Sue and Val will present the findings of the Dual Experience questionnaire at the Attachment and the Arts conference. They are also starting work on a funding bid to do a feasibility study on art therapy with people with post-traumatic stress.

5.5. Public Health England (PHE). Val attended a meeting at PHE on 24 September for an update on the progress of the 'Return in Investment in Arts Therapies' study. The study aimed to look at art therapy services for borderline personality disorder but there is little available evidence either in art therapy or in health economics. More evidence is to be

sought from art therapists working with this client group. So far, only three responses have been received to BAAT's previous request for information.

5.6. Art Therapy Trust (ATT). The Trust is aiming to do a fundraising drive and will be able to apply for funds as a charity that BAAT as a limited company cannot. The ATT presently has around £3,500 in funds but needs around £6,000 to start funding research projects.

6. Art Therapy and Digital Media - Emer Douglas

6.1. Digital Media Practice Guidelines. Emer presented a final draft of the guidelines, included with the Council meeting pack, for consideration and a vote on approval. Tim Wright suggested not recommending the use of Skype as there are concerns about how secure it is. Council members voted unanimously to approve the guidelines. A vote of thanks was recorded to Emer for co-ordinating this important piece of work.

Action: The Digital Media Practice Guidelines to be published as BAAT-approved guidelines.

7. BAAT Scotland Officer post - Val Huet

7.1. Job description and person specification. The aim is to recruit someone within two months. Council had a brief discussion about the job description to ensure all the relevant points had been included. The post will be one day per week initially with the aim of increasing this as funding becomes available. The post holder will be supervised by Val Huet and will report to Council. The interview panel will include Kate Pestell, Val Huet, Tim Wright and a member of BAAT Scotland. Council members voted unanimously to accept the job description and person specification. See also point 16.1 below.

8. Newsbriefing - Nicki Power

8.1. December 2015 issue. Plenty of copy has been received so far and the deadline for submissions is 31 October. Nicki would like to re-activate the 'art therapy amnesty' section in which art therapists describe ways of working with clients that are effective but can challenge received wisdom about practice. Ami Woods suggested a similar section for service users to give their views on how and why art therapy helped them.

9. IJAT Inscape - Whittaker Scott

9.1. Report. Whittaker Scott had sent his apologies prior to the meeting. Tim Wright highlighted the main points from the report Whittaker had submitted.

9.1.1. Peer Review training. The upcoming course in Bristol has only had two applicants so far. This may be because trainees now have to pay for the course, with their fees refunded in full on completion of their first review. Previously, the course was free but few people who completed it went on to do any actual peer reviewing.

9.1.2. Complaint about misquotation. Inscape has received a complaint from an author who has been misquoted in a paper published in Inscape. People submitting papers will be reminded to double-check all quotes they have used are accurate.

9.1.3. Cited articles. The editorial board and Val Huet will contact Taylor and Francis to ask for more articles by UK art therapists to be cited. Taylor and Francis are based in the USA and a lot of the cited articles they use are by American art therapists.

10. Service User involvement - Ami Woods

10.1. Evidence-Based Co-Design (EBCD) in Mental Health. Ami attended a meeting in Birmingham on 9 July with the EBCD research network. On 16 July she presented a teaching session to psychology students on lived experience and using EBCD at the Salomon's Centre for Applied Psychology.

10.2. St George's Researchnet. The Learning Disabilities/Autistic Spectrum/Mental Health researchnet team is hosting a conference at St George's Hospital on 29 September. They will present a conference and training package evaluation on 21 October.

10.3. Dual Experience (DE) group. Dr Sue Holttum, Val Huet and Ami will be presenting the outcomes of the dual experience survey at the Attachment and the Arts conference. A BAAT training day for DE group members will be held on 30 October.

11. BAAT website and social media - Alex McDonald

11.1. Update on BAAT social media platforms. Since Alex started in post on 1 September she has been focusing on increasing BAAT's social media presence.

11.1.1. Facebook. BAAT now has an organisational page. Alex is making the posts more focused on art therapy related content and the page is gaining more followers.

11.1.2. Twitter. BAAT's twitter profile is growing too and links are being made with other organisations which then retweet BAAT's tweets.

11.1.3. LinkedIn. Alex is starting to invite people into BAAT's circle with the aim of developing LinkedIn conversations.

11.1.4. YouTube and Google. Neither page can currently be accessed because of technical issues. It may be necessary to open a new BAAT account for both.

11.1.5. Pinterest and Instagram. These image-based pages are to be started at the Attachments and the Arts conference with photos taken on the day being uploaded.

11.2. BAAT website. Alex has been doing short courses in website design so she can work on making BAAT's website more interactive. She will also be working on making BAAT's communications with members, like the Bulletin, more visually engaging.

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 reported on the last BAAT Scotland meeting. There had been some concern that since Rachael King and Tony Chenery stepped down from BAAT Scotland

it has lost some of its momentum. It is hoped the BAAT Scotland Officer post will revitalise things. Kate had given a presentation to the Cabinet Secretary at the Scottish Parliament in the week. She emphasised that with the changes happening in Scotland it is important art therapists attend such meetings to make sure the profession's voice is heard.

12.3. Northern Ireland. Jayne McConkey reported there had not been a BAAT Region 20 meeting over the summer but one is being planned for the autumn. Colin Sims, one of the regional group co-ordinators, is moving to Spain to take up a job there. Nicola Boucher is to replace him as joint co-ordinator with Eileen McCourt. The MSc Art Psychotherapy course is not running again this year but the Foundation course does appear to be.

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

13. Special Interest Groups

13.1. Art Therapists working with Children, Adolescents and Families (ATCAF) - Emily Wyer. ATCAF North will hold a joint meeting with NATE (Art Therapists in Education, North) in October. A joint meeting with Art Therapists in Education (ATE) is being planned. ATCAF South is meeting in November and the event will include training on making AIRs (audio image research) and using outcome measures.

13.2. Art Therapists in Education (ATE) - Rachele Impson Davey. Its most recent meeting on 23 May included a talk by Claire Louise Leyland on children and grief in schools. A joint meeting with ATCAF is being planned. ATE's co-ordinators will meet in early October.

13.3. Creative Response - Diana Kagiafa. Two study days have been held so far this year. The SIG will be part of the Annual Hospice UK Conference in November and Diana will be giving a presentation. Gill Thomas will be presenting at the National Palliative Care Educators conference in November. Michele Wood is to co-edit a book on art therapy in hospices around the world and a call for chapters will be sent out soon.

13.4. Learning Disabilities - Nicki Power. The SIGs next meeting will focus on using digital media in art therapy. It is working towards a BAAT conference on learning disabilities in 2016 as well as a special IJAT Inscape issue. An appeal for papers has been sent out.

13.5. Museums and Galleries - Emma McKinnon. The last meeting included talks about work with Gloucester Museum and a dementia project at the Ben Uri gallery in London. The next meeting on 10 October is at the Orleans House gallery in Twickenham.

13.6. Private Practice - James West. The SIGs research group has compiled a survey (which will be sent to BAAT to go on Survey Monkey) to find out what sort of work people in private practice are doing. A book on art therapy private practice, to be published by Jessica Kingsley, is now in the early planning stages. A work group is looking at how to support newly qualified practitioners in the early stages of private or sessional practice.

14. Dates of the next Council meetings

12 December 2015

5 March 2016

14 May 2016 (AGM)

2 July 2016
24 September 2016
10 December 2016

15. Any Other Business

15.1. IJAT Inscape. The price of producing the journal is going up to £6 per copy in 2016 as agreed in the contract with Taylor and Francis. BAAT will need to raise subscription fees to cover this. See also point 16.3 below.

Action: To be discussed at Council as an Agenda item for the 2016 AGM.

15.2. AHP Reward Scheme. Val Huet reminded Council of the savings that can be made with this scheme. Uptake amongst art therapists remains low.

15.3. Comprehensive spending review. The government's spending review launched in July may lead to cuts in health and social care budgets. BAAT is anticipating there will be an increase in members seeking advice about possible loss of posts or services being moved out into the third sector.

15.4. Control and Restraint training. BAAT's advice to members is to do the training if your employer requires it. There are concerns, however, about how art therapists might then be asked to use control and restraint in their practice. BAAT's position is that going to help a colleague in danger is ethical; participating in administering medication by force is not.

16. Elected Council members

16.1. Update on BAAT recruitment and BAAT staff. Val Huet reported that BAAT's recruitment programme was going to schedule. The Professional Officer (Mary Rose Brady) and Social Media and Advertising Officer (Alex McDonald) were both in post and had attended this Council meeting. Val will contact Samantha Vassell (Finance Officer) at the end of October to sort out when she will return to work after maternity leave. Recruitment for the BAAT Scotland Officer post may be put back, however, to give time to review how it could be funded for two days a week (rather than one as currently envisaged).

16.2. Update on new BAAT courses. Mary Rose Brady has been working on developing a BAAT training course around working with children. Newly qualified art therapists in particular often lack the specialist skills and experience necessary to work with them. The course will be accredited and trainees would need to be working with two or three clients for its duration. The aim is to launch the training course in September 2016.

16.3. Discussion on rise in BAAT fees. The cost of producing IJAT Inscape is to increase by £2 per copy (see point 15.1 above). Council members discussed possible levels of increase in membership subscriptions. A proposed rise in fees of £10 per person per year in all categories was agreed unanimously by Council members and the new rates will be: Fully employed: £164, Under-employed: £94, and Unemployed and Students: £55 from 1 January 2016. Other categories (Associate, Overseas Associate, and Corporate) will increase by £10.

16.4. Governance of BAAT SIGs and Regional Group members' lists. Many people on SIG and / or Regional Group membership lists are lapsed members of BAAT or have never joined.

When they attend BAAT meetings they are in effect being subsidised by fee-paying BAAT members. SIG or Regional Group co-ordinators need to review circulation lists regularly to make sure everyone on them is a current BAAT member.

Action: Val Huet to draft a set of guidelines for SIG and Regional Group co-ordinators on how to maintain membership lists and circulate group e-mails.

16.5. Update on Curriculum Review. BAAT initiated a review of the curricula of training courses in 2012 with the aim of completing it in 2016. However, when Tim Wright met with the Educators group in July (see point 3.3 above) they made clear their view that it is the Health and Care Professions Council's role to review the training curriculum. Val Huet suggested the draft curriculum guidelines the review group has produced be circulated to SIGs, regional groups and other practitioners aware of the skills and knowledge required in current practice and then be put on BAAT's website.