



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

## **Present**

**Council members.** Tobias Arnup, Simon Richardson (Hon. Secretary), Whittaker Scott, Richard Whitaker (Vice-Chair), Ami Woods, Tim Wright (Chair).

**SIG Representatives.** Rodney Dee (Art Therapists in Education), Diane Eagles (Art Therapy Outlooks on Later Life), Monica Gobourne (Art Therapy, Race and Culture), Alisa Hamilton (Art Therapy, Race and Culture), Kristina Terefe (Addictions), James West (Private Practice).

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

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

**1.1. Apologies.** Emer Douglas, Nigel Durkan, Jayne McConkey, Kate Pestell, Nicki Power.

**1.2. Corrections to the Minutes for the Council meeting on 26 September 2015.**

The minutes were approved with minor corrections for typographic errors.

## **2. Matters arising**

**Minutes for the Council meeting on 26 September 2015.**

**2.1. BAAT Region 7, Wales** (point 2.1). Val Huet has contacted Llinos Couch and Dilys Pugh to offer them support to resolve the issue of there being no Wales representative on Council.

**2.2. BAAT database** (point 5.1). Simi Valecha (BAAT Finance Officer) has completed inputting and updating all the direct debit payments on the database.

**2.3. Public Health England** (point 5.5). The report on 'Return in Investment in Arts Therapies' is still to be signed off by PHE.

**2.4. Update on BAAT recruitment and BAAT staff** (point 16.1). Samantha Vassall decided not to return to the Finance Officer post in October after her maternity leave. Simi Valecha has agreed to continue in the role on a permanent basis.

**2.5. Discussion on rise in BAAT fees** (point 16.3). The announcement that BAAT fees will rise from 1 January 2016 (to meet increased costs for producing IJAT Inscape) has not caused any comment or complaints from members.

**2.6. Governance of BAAT SIGs and Regional Group members' lists** (point 16.4). A number of the names appearing on attendance lists for meetings have turned out not to be current BAAT members. The new database has made it possible to contact these people quickly so they can renew their BAAT membership.

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

**3.1. Psychosis Task and Finish Group.** The group hosted the Art Therapy Practice Research Network (ATPRN) meeting on 20 November and focused on the guidelines for art therapy with psychosis it has been working on. The group has also set up a Facebook page.

**3.2. Private Practice SIG.** Tobias Arnup and Tim met with James West (PP SIG co-ordinator) on 27 October. Issues discussed included newly qualified practitioners and private practice, and guidelines for private practitioners providing therapy to trainees.

**3.3. Curriculum review.** Tim contacted the Health and Care Professions Council (HCPC) for clarification on how to proceed with this. The HCPC confirmed they do not require the professional body (BAAT) to conduct a curriculum review. As a result, BAAT will go ahead with consulting the SIGs and then publish an advisory document on BAAT's website.

**3.4. Psycho-education.** Tim assisted with this BAAT training day on 5 December and will be helping to develop a framework of core principles for art therapy psycho-education.

### **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. BAAT database.** The database malfunctioned after Microsoft updated its software but Trillium, BAAT's IT support provider, has been slow to repair the problem. Val asked Council if it was happy for her to contact Trillium in the new year, set a deadline for the repairs to be completed and, if this is missed, look for another IT provider? Council voted to support this strategy. Val added that the launch of the e-learning course has been delayed.

**5.2. BAAT research.** A report from Dr Sue Holttum (BAAT Research Officer) was circulated with the Council meeting pack. Two of the psychology students Sue supervises want to co-produce a bid to do research into art therapy and post-traumatic stress disorder.

**5.3. Dual Experience group.** Val, Sue Holttum, Ami Woods and Chris Wood co-facilitated the first training for art therapists with dual experience as mental health service users to have input in the art therapy trainings. Ten people attended and there has been interest from the Roehampton, Northern Programme, and Queen Margaret's University courses in running these training days.

**5.4. Faculty for Public Health.** Val met with David Allen, the CEO of the Faculty for Public Health (FPH), to talk about art therapists being involved in some of its groups on mental health. Current membership of the Faculty is predominantly from the medical professions and the FPH would like to broaden this to include other professional groups.

**5.5. 'Art therapy' colouring books.** Val has been interviewed by Reuters TV and a French magazine about the adult colouring-book phenomenon and BAAT's response to it. Val has reflected BAAT's view, agreed at Council, that the books can help people to improve their sense of well-being but are not 'art therapy' as it is generally understood.

**5.6. Financial report.** Val reviewed the budget report for the period 1 January 2015 to Month 11, 2015 with Council. There is a likely end of year loss of £20K, which includes the redundancy payments for two BAAT staff made at the start of the year. The categories in the spreadsheet are being reviewed with the aim of making them more precise.

**5.7. Mary Rose Brady.** A report by Mary Rose (BAAT Professional Officer) was circulated with the Council meeting pack. She has been working to develop new CPD courses for the Spring term. Mary Rose is also working with Neil Springham and Jacqui Garner of the Art Therapy Trust to enable it to become more active and raise funds for art therapy research.

## **6. Newsbriefing - Nicki Power**

**6.1. December 2015 issue.** The new issue of Newsbriefing was circulated for Council to see and will be sent out to BAAT members in the next few days. Nicki Power had sent her apologies prior to the meeting.

## **7. IJAT Inscape - Whittaker Scott**

**7.1. Editorial board meeting.** The Inscape editorial board last met on 27 November. Alex McDonald (BAAT Social Media Officer) will now attend the meetings to update board members on social media and how it can be used in research. Alex is also liaising with publishers and is involved in exploring free access journal articles.

**7.2. IJAT Inscape writing mentor.** Andrew Marshall Tierney is taking on a new role as part of his work as an Associate Editor. The aim is for him to be a writing mentor and help new or first-time writers with planning and preparing papers for peer review and publication. This new resource will be highlighted in the next issue of Inscape.

**7.3. Copy flow.** There are currently 11 papers in the system and a number awaiting revision. The Spring 2016 issue is in production and there are promising articles for the Summer issue.

**7.4. Special issue on art therapy and learning disabilities.** This is planned for Autumn 2016 and Simon Hackett from the IJAT Inscape editorial board is leading on developing this issue.

**7.5. Podcast about Inscape.** Helen Jury and Whittaker are going to do a podcast about IJAT Inscape. They have sought advice from Taylor and Francis, which has experience of creating podcasts for some of its other publications.

**7.6. Associate Editor vacancy.** Neil Springham has stood down as an Associate Editor but remains a peer reviewer. A replacement Associate Editor is being sought.

**7.7. Peer reviewer training.** Six people attended the training on 7 November in Bristol run by Helen Jury and Whittaker. Of these, four look to be serious about doing peer reviews. The next training will be in Edinburgh in Autumn 2016.

**7.8. International links.** There appears to be interest in art therapy writing and publishing in Spain at present. Whittaker is currently in discussion with Carlos Ramos of the Barcelona Art Therapy course about giving a talk about this in 2016.

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

**8.1. Evidence Based Co-Design (EBCD).** A paper has been published in the British Medical Journal about EBCD on an acute ward. Ami contributed to it by talking about her own dual experience as a service user and service provider.

**8.2. EBCD training event.** Point of Care Foundation has commissioned an EBCD and learning disabilities training event on 7 January at Berkshire Health Care NHS Foundation Trust.

**8.3. Chapter for 'Mental Health and Space' book.** Ami has started work on chapter about her work implementing EBCD on an acute ward in partnership with members of the national EBCD network.

**8.4. 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 Springfield Hospital on 16 December and St. George's Hospital on 25 January.

**8.5. Dual Experience (DE) group.** Ami co-facilitated a BAAT training day for DE group members on 30 October (see point 5.3 above). The data gained from the DE research project is to be used in papers to be submitted to IJAT Inscape and the Counselling and Psychotherapy Journal.

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

**9.1. Update on BAAT social media platforms.** Alex had circulated a report on BAAT's social media and advertising with the Council meeting pack. The main points were:

**9.1.1. Social media.** Visitors to both the Facebook and Twitter pages have been increasing. Use of the LinkedIn page remains low and it might be useful to review how this could be promoted more effectively.

**9.1.2. YouTube and Google.** Neither of these accounts can be accessed at present for technical reasons. If these persist, Council will be asked to decide at the next meeting whether BAAT should open new YouTube and Google accounts.

**9.1.3. Pinterest and Instagram.** These pages were launched at the Attachment and the Arts Conference in October. The weekend posts appear to be the most popular.

**9.1.4. IJAT Inscape.** The free access articles from past issues of the journal are proving to be very popular.

**9.1.5. Website and e-Bulletins.** BAAT's e-Bulletins are now going out via MailChimp and Alex is in contact with Trillium, BAAT's IT provider, to have a blog set up on BAAT's website. Once this is up and running it will function as BAAT's main channel

of communication with members. The e-Bulletin and social media platforms will be linked directly to the BAAT blog.

**9.2. Social media ambassadors.** Val Huet and Alex are gathering together 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. Specific lead roles will be assigned to each ambassador.

## **10. Regional Groups and Countries**

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

**10.2. Scotland.** Kate Pestell had sent her apologies. A report for Scotland was circulated with the Council meeting pack.

**10.3. Northern Ireland.** Jayne McConkey had sent her apologies. A report for Northern Ireland was circulated with the Council meeting pack.

**10.4. Wales.** No representative at present (see point 2.1 above). Council briefly discussed whether Wales might be divided into two regional groups, as members find there can be a lot of travelling up and down the country involved in attending meetings.

## **11. Special Interest Groups**

**11.1. Art Therapy, Race and Culture (ARC) - Monica Gbourne and Alisa Hamilton.** Many trainees and newly-qualified members attending ARC meetings are reporting problems with talking about issues relating to race and culture on the training courses. There often seems an unwillingness from lecturers and supervisors to talk about difference and this is having a negative, often harmful, effect on Black, Asian and Minority Ethnic art therapists.

**11.2. Addictions - Kristina Terefe.** James West is standing down as SIG co-ordinator and Den Cox and Kristina Terefe are taking over. The SIG will now function as a community support group for art therapists working in the sector and will meet on a monthly basis.

**11.3. Art Therapists in Education (ATE) - Rodney Dee.** At ATE's most recent meeting, Alex McDonald (BAAT Social Media Officer) gave a talk about how art therapists in education can use social media. Miriam Usiskin did a presentation on working with trauma in education.

**11.4. Art Therapy Outlooks on Later Life (ATOLL) - Diane Eagles.** ATOLL is planning to link up with the Museums and Galleries (MAG) SIG for a future meeting. It is also working with Alex McDonald on how to use social media to promote art therapy with older adults.

**11.5. Private Practice (PP) - James West.** James had attended Council to support Kristina Terefe (Addictions SIG). However, he reminded Council of two issues currently of concern to the PP SIG: (i) private practitioners seeing more than one trainee for personal therapy and (ii) having an art therapist as personal therapist and being asked to change therapist by the IATE training. PP SIG members want to know if trainings could be more co-ordinated in their requirements of how many trainees a qualified art therapist can take on for personal therapy? After discussion, the consensus from Council members was that co-ordination was

likely to be difficult as the training courses are in competition and often have different approaches to things like how trainees access personal therapy.

**11.5.1. PP register application form.** Tobias Arnup asked James if the PP SIG had any further thoughts about updating the BAAT PP register application form? Council agreed the SIG should lead on this and come back with suggestions for changes or updates to both the Private Practice and Supervisor forms.

**Action:** PP SIG to take this forward in collaboration with Tim Wright and Tobias.

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

27 February 2016  
14 May 2016 (AGM)  
9 July 2016  
24 September 2016  
10 December 2016

## **13. Any Other Business**

No further issues were raised for report or discussion.

## **14. Elected Council members**

**14.1. Strategy planning draft.** Val Huet introduced this section and outlined the areas of work BAAT is currently involved in and where expansion or development could be possible. A SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis has been produced and this has helped to identify a set of core aims and objectives for BAAT to achieve within (i) one year and (ii) three years. The short training courses BAAT offers and the development of other trainings is a key aspect of this. BAAT wants to develop resources for trainees and newly-qualified art therapists. It is looking to raise its profile nationally and internationally, for example, through the use of social media. BAAT also wants to streamline its office structure and develop new posts in marketing and administration.

**Action:** Val Huet to develop a full draft strategy document to present to Council.

**14.2. Recommendations to Council.** Val Huet presented five recommendations (as listed below) to the elected Council members and asked them to consider and vote on each of them. BAAT office staff (Val, Mary Rose Brady, and Alex McDonald) left the room while Council did this. The recommendations and Council decisions were as follows:

**14.2.1. Rename Mary Rose Brady's post.** Council agreed the post should change from 'Professional Officer' to 'Director of Operations' with the proviso that Mary Rose's post will be reviewed as in her contract at the end of one year.

**14.2.3. Re-design Simi Valecha's post to be the Business and Marketing Manager.** Council agreed to the re-design and development of Simi's post.

**14.2.4. Simi Valecha's salary.** Council agreed to Simi's request for a rise in salary to reflect her new responsibilities taking into account Val's support for this and the fact that Simi's improvement of the finance and administration systems has already saved BAAT £10K.

**14.2.5. Have a 'tree structure' for line managing BAAT office.** Council agreed that Val Huet will line manage Mary Rose Brady and Mary Rose will line manage the BAAT office staff team.

**14.3. End-of-year bonus / one-off payment to BAAT's CEO.** Tim Wright (Chair) and Richard Whitaker (Vice-Chair) will negotiate a bonus figure for the year with Val Huet that, after discussion with the other elected Council members, will not be greater than £3K.

**14.4. Use of social media.** Alex McDonald gave a short presentation to elected Council members on how to join and use social media, particularly with the aim of having more art therapists active online to 'like' BAAT's social media platforms and improve its profile.