

AGM Report

24 June 2023



Foreword by your Chair, Claire Louise



It is such a pleasure to be able to share this annual report with you, in preparation for our Annual General Meeting on Saturday, 24 June 2023.

In this, you will be able to read about many of the different layers of the work that have taken place within our community this year – across all four nations of the United Kingdom.

There are reports from the volunteer coordinators of our special interest groups, where art therapists have come together to support one another, to reflect, and to share expertise about particular clinical areas.

There are overviews from countries and regional groups, setting out some of the very creative and different ways in which these groups have been able to bring together members who live in a particular area, offering support, inspiration, and raising awareness of art psychotherapy in that community.

And there is a detailed description of the work that the staff at the British Association of Art Therapists have undertaken over the past 12 months, bringing the Strategic Plan

that Council developed in consultation with members to life. This work stretches from offering support to members and answering queries, liaising with partners and stakeholders, developing our new website and branding, advancing our Journal (which already performs well beyond expectations in the sector), improving operational systems and governance, responding to members' proposals from the last AGM, to running our many CPD events and our annual conference that support members in their work and encourage on-going professional development. The team has developed a more visual way to present this information, which we hope you find helpful.

You will also see the minutes of the last AGM on the [AGM webpage](#) and many thanks to our Honorary Secretary, Em Inman for producing these – it is no small feat! The Minutes are presented as a draft currently because we will need to take any corrections at the AGM and then vote to approve these as an accurate record of last year's meeting.

And finally, on the [AGM webpage](#) (and on the online voting forms) you can also read statements from those members who have been nominated to stand for elected posts on Council, which set out why they are standing and what they'd like to bring to this work. As well as a members' proposal about some of the ways we could think of acknowledging and honouring the incredible work that our members do in this field.

Thank you to each and every one of you. You are the reason why we do this work. Your belief in the value of art therapy and your passion for supporting your clients and service users is an inspiration and drives us onwards.

**All the best,
Claire Louise**

It seems like a very long time since we came together last year at our online AGM on 16 July 2022. We so valued having this time with you as a community. This review provides a short overview of the main activity we have been undertaking in the past 12 months on behalf of you, our members, supporting and promoting art therapists / psychotherapists across the UK.

Since the last AGM, we have worked hard to respond to some of the proposals you made, to address some of the issues and suggestions that have been raised and to work together to support each of you and our profession in this time of ongoing change.

The past year has been a period of considerable change for the association, with the introduction of the new website and members data base, a comprehensive overhaul of our operational systems and processes alongside a re-organisation of staffing to help improve the support we provide to members.

The longer-term strategic direction was captured in our Strategic Plan, adopted by Council in September, after consultation with the membership. The plan contains five strategic aims for what we want to achieve in the next five years.

1. Support, engage, understand, and reflect the views of our members.
2. Promote and champion equality, diversity, and inclusion within the profession and within our professional networks.

3. Ensure the efficacy of what art therapists / art psychotherapists do is understood, and drive research and innovation, and its dissemination.
4. Be the clear and respected voice of the art therapy profession and develop opportunities for our members.
5. Ensure the organisation and profession is well governed, inclusive, and sustainable.

Our governance is continuing to be improved. A members' proposal about the Articles of Association last year has resulted in the review of these and the drafting of new Articles of Association. These are being brought to this AGM for members to adopt.

Our drive to better engage members has continued too, including open calls for presentations for the annual conference, and calls for members with expert knowledge to be involved in the development of our professional guidelines.

Externally, we continue to promote art therapy to important stakeholders, opinion formers and the public, across all four nations of the UK. The new website is proving to be an attractive 'shop window'

for our profession, as people from all over the world engage with the site. We also maintained a strong social media presence, promoting art therapy across all the major social media platforms.

We continue to be an active member of the Allied Health Professions Federation (AHPF) and a member of the Psychological Professions Workforce Stakeholder Group, among others, reflecting the profession's identity as both an allied health profession and a psychological profession.

With limited resources, the programme of change that we have embarked on over the past few years hasn't always gone entirely to plan. There have been technical problems with some SIG online forums, and the delivery of an online calendar for SIGs and Regions is still to be added to the members area. We recognise that some members are keen that these are resolved. These are being addressed and the technical problems with some of the SIG online forums is being sorted as we write this report.

As soon as this has been resolved we will be working with the web developer to develop the public facing "find an art therapist" search function to include all members that wish to appear – currently it is only those who have private practitioner or supervisor status that appear (although all members who have consented appear in the "find a member" search function to allow members to contact each other).

As Chair and Chief Executive, we had hoped to get out much more to meet members in-person around the UK. Some of the operational challenges we have been addressing and the residual effect of the Covid pandemic curtailed some of that activity.

However we are looking forward to getting out around all four nations in the coming years to further ensure we hear and learn from the membership to ensure the organisation fully understand and responds to your needs and aspirations.



The year ahead

We will continue to work to improve the support you tell us you need and work with you to develop opportunities for art therapists.

At the beginning of the year Council agreed that our priorities for 2023 are:

- To develop our advocacy and public affairs activity to better represent art therapy to policy makers commissioners, opinion formers and the public, across all four nations of the UK.
- To continue to improve member engagement and networking, particularly through the Special Interest and Regional Groups and the associated on-line forums.
- Review how we support the development of research and how we better present the evidence base for art therapy.
- Relaunch Newsbriefing as a more engaging online magazine, renamed "InSight", with both members only and public content
- Review and update our Articles of Association and byelaws to ensure they are comprehensive, inclusive, simplified and fit for purpose).

Thank you

Thank you to our amazing staff team, who continue to provide so much more for our members than one would expect such a small team to be able to deliver.

Also, thanks to our volunteer Special Interest and Regional Group coordinators whose hard work helps to bring members together to support one another and to share skills and experience – in their local area, or area of clinical practice.

Thanks to everyone involved in the International Journal of Art Therapy (IJAT). The journal's extraordinary growth and ever increasing academic ranking is only possible thanks to the contributions of the authors, the essential feedback from our Peer Reviewers, and the work of the [IJAT Board](#) including the Editor-in-Chief, Deputy Editor, Associate Editors, and Advisors from around the world.

And thanks to all the Council members and especially those who have come to the end of their term and will be stepping down at the AGM: Clare Boyd, Em Inman and Mandy Leonard. They have all served our profession with such care and dedication over their term and we are enormously grateful for this and for the support that they have given the Chair and Chief Executive.

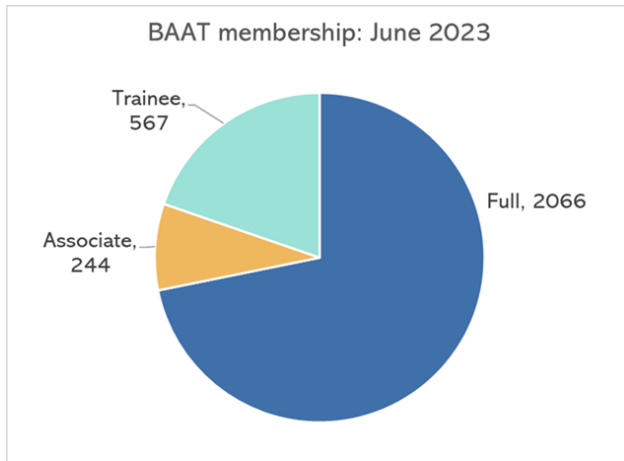
And finally, we would like to end this year by thanking each of our members. Our shared efforts as the art therapy community ensures that our rich and rewarding profession can continue to grow, to develop, and to offer much-needed support for our service users across the UK.

Claire Louise Vaculik, Chair

Gary Fereday, Chief Executive

Supporting members

We have over 2,000 full members, over 550 trainee members and over 200 associate members. The year has seen a steady increase in membership numbers.



Full members are all qualified art therapists / art psychotherapists. The terms 'art therapist and art psychotherapist' are our registered titles, and both are protected by law. Clinicians must be registered by the Health and Care Professions Council (HCPC) to use them.

Other people interested in art therapy can join BAAT as associate members, while those on an HCPC approved art psychotherapy training courses can join as trainee members.

Throughout the year a full range of member services and support was delivered, including:

- Access to the member zone on the website where a comprehensive range of resources and guidance is available for members to download.
- Advice and support from the staff team, responding to members' professional and clinical queries.
- Access to the "find a member" search function where members can search for other members who may be geographically near or share

- similar professional interests
- Access to local art therapy events through our Regional Groups
- Access to Special Interest Groups to engage with colleagues interested in similar areas of clinical work.
- Online access to all International Journal of Art Therapy articles, with an option of receiving an annual printed compendium of the quarterly edition.
- Online access to the American and Canadian art therapy journals
- Online access to our membership magazine, InSight
- Monthly member Bulletin with all the latest news about developments in art therapy, events, jobs and publications
- Monthly Events Update alerting members to conferences and training courses for art therapists around the UK
- A comprehensive range of Continuing Professional Development (CPD) courses at discounted rates
- Quarterly free on-line lectures on practice and professional issues, many of which are recorded and available to download from the member zone.
- Access to the BAAT Rewards scheme that provides a range of discounts and offers from retailers and businesses around the UK.
- Howden professional liability insurance cover at a discounted rate.
- 30% off art therapy books published by Jessica Kingsley, CRC Press and Routledge.

Training courses and events

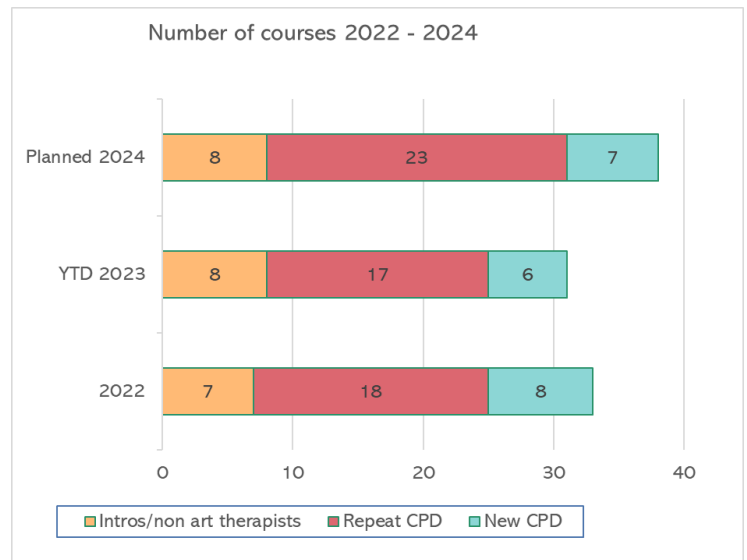
We continued to provide a comprehensive range of CPD, and other short courses and events in response to members' needs. Alongside these we ran a range the introduction and foundation courses for members of the public to help those looking to become art therapists gain an insight and understanding into the profession. We also continued to deliver the ARTiculate course for education and social care staff to encourage the safe use of art within support work with children and ensure that this doesn't turn into therapy.

In 2023 we are running:

- **6 introductory and foundation** courses for people considering training as art therapists.
- **2 ARTiculate courses** for education and social care staff to encourage the safe use of art ensuring that support work doesn't turn into therapy.
- **17 CPD courses** that continue to be very popular with members (and some overseas arts therapists) and
- **6 new CPD courses** responding to feedback from members.

The courses are extremely popular with over 1000 bookings last year and excellent feedback for each training. This year's new courses cover:

- Clay Field
- Social Justice
- Intersectionality
- Embracing ethnic & cultural diversity
- Psychoeducation
- Perinatal art therapy



In November we also delivered our annual conference that examined art therapy, trauma in society and social activism. Some 250 people attended the day, which had presentations from leading practitioners in their fields:

- Karen Treisman looked at trauma-informed practice;
- Daniel Regan explored mental health, art and the service user perspective;
- Stephen Miller and colleagues from the Turner Prize winning 'Array Collective' explored art therapy and social activism.

The day also included a number of case studies presented by our members, showcasing innovative art therapy practice and work in areas related to trauma and social activism.

International Journal of Art Therapy



Each year we produce four editions of the International Journal of Art Therapy. The Journal has continued to grow in its reach and standing as a peer-reviewed academic journal.

Over the past year the Journal had 64 submissions (41 research papers, 20 practice papers, 3 opinion pieces). Downloads of articles from the journal website grew from 150,000 in 2021 to 155,000 in 2022 and are continuing to rise in 2023.

In 2022, for the first time in the journal's history, it was placed in the top 25% of journals within the rehabilitation category for both the [CiteScore](#) and [SJR](#) ranking systems.

The potential impact that this has on the standing of the art psychotherapy profession cannot be underestimated.

InSight



Our members' magazine, Newsbriefing, was relaunched earlier in the year as InSight. The online magazine continues to offer accessible resources and showcase the work of art therapists in the UK and around the world.

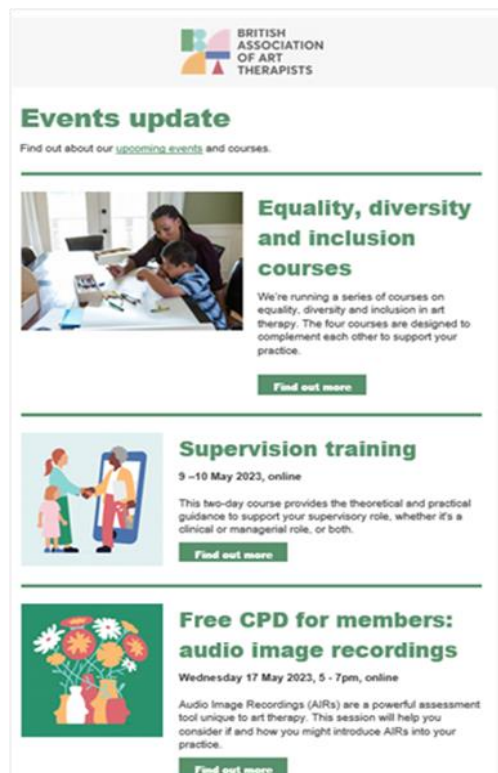
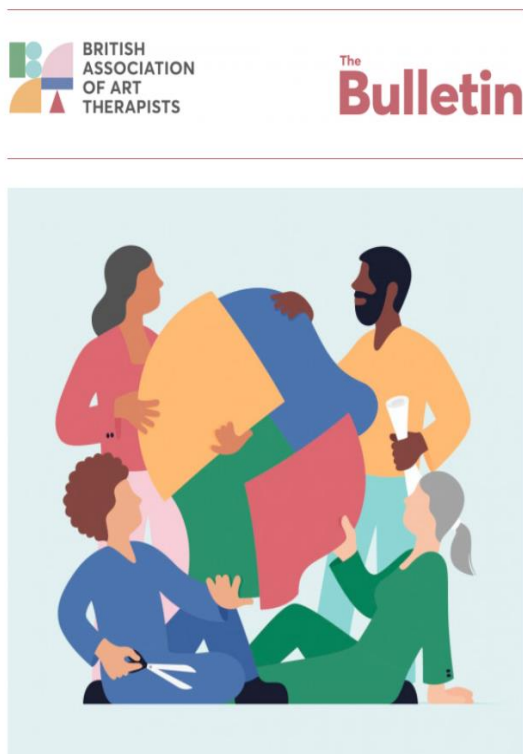
Some articles are open for anyone to read as a way of making material about art therapy available to everyone and so help promote the work of our members. Other articles are for members only and are password protected. Members continue to be encouraged to [submit contributions](#).

Bulletins

The monthly members Bulletin was relaunched with our new branding and look. It is emailed to all members to help keep them up to date with our activity, key developments in the profession, training courses, online resources, and job opportunities.

Alongside the Bulletin we launched a monthly Events Update alerting members to conferences and training courses for art therapists around the UK

The Bulletins are very popular with members. The typical open rate for the Bulletin is 47% and the Events Update is 65% compared to averages of 17 to 25% for many similar associations.



Providing advice and guidance

We continued to provide advice by telephone and email to members on a wide range of professional and clinical issues. **Each month the staff team respond to almost 400 queries.**

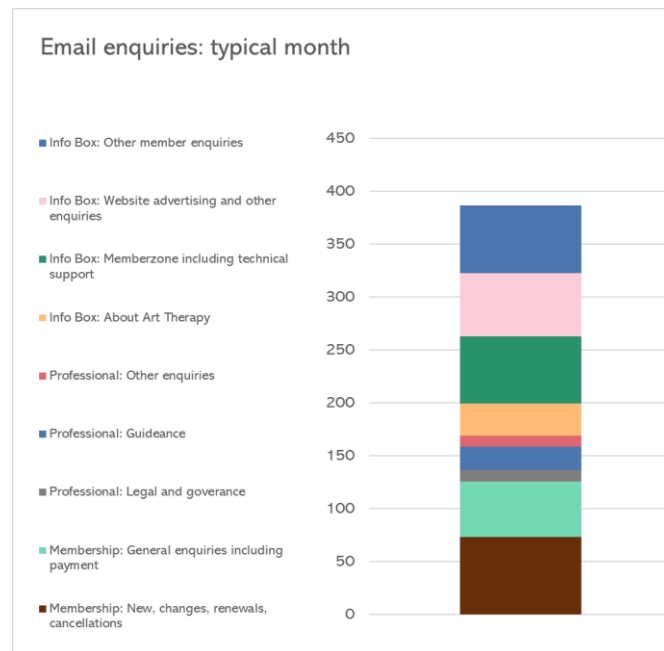
An all-member survey told us that while most member queries were dealt with promptly and satisfactorily, there were some members who felt our response could have been quicker.

To improve our responsiveness our staffing was reconfigured with additional staff time available to monitor and respond to emails and telephone calls.

We also recruited into a new post of part-time **Professional Advisor** to provide advice directly to our members to support their professional and clinical work.

Member queries are now monitored carefully, and most members receive a response within a matter of a few days.

To support the awareness and development of research into art psychotherapy we provided regular research **drop-in sessions for members** and produce a regular digest of new research projects and publications.



Promoting art therapy: communications



Central to any work to promote the art psychotherapy profession is the need for a strong and contemporary online presence aimed at an external audience.

Our new website was launched in the autumn last year and received considerably positive response from members and key external stakeholders. The appointment of a dedicated **Senior Communications Officer** earlier this year has brought in house expertise to further develop the site and ensure it remains a contemporary 'go to' source for all things art therapy.

The public facing '[find an art therapist](#)' search function contains those members who are in our private practice or supervisor categories. We are working with website developers to move all members into this public facing search function, (if they wish to appear there) with contact details. The find a member search function, in the memberzone will remain to enable members to find and communicate with each other.

Alongside the new website we continue to maintain a strong social media profile on a

 **Facebook: 14,700**
 **Twitter: 8101**
 **Instagram: 8101**
 **LinkedIn: 2362**
 **Galleries: 3200**

range of platforms, including Twitter, Facebook, LinkedIn and Instagram.

They all have high levels of engagement with people both in and outside the art therapy profession. Facebook remains the most popular social media platform with over 14700 followers, and all our channels are growing in followers every month.

Promoting art therapy: public affairs

We continue to build our public affairs and advocacy work. We maintained our active membership of the Allied Health Professions Federation and continue to build our links with colleagues in the NHS, the Culture, Health and Wellbeing Alliance and our colleagues at British Association of Drama Therapists and British Association of Music Therapists.

We are also active members of the NHS Psychological Professions Workforce Stakeholder Group, enabling us engage in the wider debate about the role of art therapy in the NHS.

We continue to work with colleagues across the four nations to think how we can better represent art psychotherapy in Scotland, Wales and Northern Ireland – reflecting and responding to the increasing diversity of policy and delivery of services. Work included our CEO and Scottish members attended a parliamentary event at the Scottish Parliament that celebrated the work of allied health professional, and members in Northern Ireland meeting with senior politicians to explore the art therapy in schools.

Our Chair and CEO regularly meet with senior civil servants to discuss a range of issues around the provision of art therapy and with senior official at the Health and Care Professional Council (HCPC) about the regulation of our profession.

Recently, our Professional Officer used research findings and some of the case studies sent in by members to brief Professor Sir Chris Whitty, Chief Medical Officer England, in a discussion about art therapy and health in an aging society.

Following suggestions from members, we are in the process of joining the Memorandum of Understanding on Conversion Therapy in the UK - a joint document signed by over 25 health, counselling and psychotherapy organisations which aims to end the practice of conversion therapy in the UK.

The year also saw the completion of three major projects commissioned by Health Education England examining:

1. Career mapping of art therapy against other psychological professions careers
2. How we can support and increase the availability of clinical training placements
3. Establishing the knowledge, skills, and attributes of the 21st century professional and how it could be embedded in the pre-registration curricula

The reports will be launched in the next few months.

Further afield we continue to maintain close links with art therapy professional bodies in the USA, Canada, and Australia, New Zealand, and the Pacific. We also met with colleagues in Europe, to start to explore how we might improve links with our European colleagues and further help develop art therapy in the UK. And liaised with art therapists in China, who are working to develop the standing of the profession there.

Developing the organisation



The past year has seen ongoing work to develop and improve our operational capacity and staffing so we continue to deliver better member services and promote the profession.

There have been some changes of staff through the year. New colleagues have been recruited to bring in specific expertise while the overall head count has remained at around 7 full time equivalent.

It is testament to the commitment, expertise, and hard work of the team that so much is delivered with so few staff members.

At the beginning of 2023, Council had to take the difficult decision to increase membership fees by £10 (£5 for reduced fee categories). These had not been increased for many years and due to ever-mounting costs and inflation had to be reviewed.

The annual full membership fee is now £174, which is in-line with those of most other allied health profession associations.

Improvements to our governance continues, to ensure the organisation is well run, transparent and responsive to members. The new Articles of Association (that we are looking for members to adopt) will ensure the Association is compliant with all current legislation, and with the associated byelaws enable all of us to better understand how the organisation works, and decisions reached.

Our Special Interest and Regional Groups are an important part of our structure. Considerable work has gone into improving how we support the groups, and while some issues remain to be resolved, the new staffing structure has meant we have been able to better support and respond to the coordinators.

The online forums have experienced some teething problems, but these have recently been resolved and should now start providing an easy and accessible online platform to join the groups and discuss issues, post ideas and post queries to other members.

As we go into the next year, we are really looking to further improve the support provide the groups. We shortly will be announcing the creation of a new Special Interest Group for trainees, which will support those in training all across the UK.

Equality and diversity



We acknowledge that structural racism and all forms of discrimination have had an enormous impact across our society and that there is much that needs to be done to ensure our art therapy community is truly representative of our wider community.

As part of our commitment to creating a more diverse and inclusive culture, we are committed to taking action.

In 2022, we developed and adopted an **Equality, Equity, Diversity and Inclusion Strategy and Policy**.

We also signed up to be **Disability Confident** committed employer and we are members of **The Coalition for Diversity and Inclusion**, which brings together organisations with a shared mission to improve diversity within the counselling, psychotherapy, and psychological therapy professions.

As part of our work with the International Journal of Art Therapy, we worked with members to create **'Actions for Change'** to enable us to diversify the journal, make it more inclusive, and start to address issues of racism and inequality.

Climate Crisis



Last year members called on us to pay attention to the climate crisis and to act. In response we have planned this year's annual conference to address art therapy and the climate crisis, looking at how we might build emotional resilience.

The day will give members space to think about the effect the climate crisis is having on you, your work and how art and art therapy can help meet this challenge.

Alongside this, we continue to review our carbon footprint to see how we can reduce our impact on the environment. We are signatories to the **Allied Health Profession Federation's 'Charter on Climate Action and Sustainability'** and are one of the founding members of an emerging group of psychological professional bodies interested in collaborating around issues surrounding the climate emergency.

Regions and Special Interest Groups reports

Region 1: Devon and Cornwall

Coordinator: Suzi Norris

Emily and I took on the roles of Coordinators for this region in March 2020. We continued what the previous coordinators had set up, offering online meet ups every month. We also started an article club where we suggested an article to read and then met up online up to discuss, one evening a month. Numbers for the online meet ups were low but still bought together a few art therapists in the area and gave an opportunity for some CPD and connection. Since the AGM 2022 we have continued the online presence and organised a number of face to face events. We also produced a small newsletter every month for a while.

These were the face to face events:

- Online Workshop on Art Therapy and Anger with Dr Marian Liebmann
- Exploring Boundaries of Self – Using Masks in art therapy
- Art therapy In nature CPD

Each event had around 12 participants from the region.

In February Emily stepped down as coordinator and I have spent time talking to other members to find new coordinators. No one has taken to role as yet. BAAT said they will put out a general request to regions about the benefits of becoming a

coordinator. I am prepared to continue to support new people in the role but do not want to continue alone. Our last online meet up was February 2023.

Region 5: Gloucestershire, Berkshire and Buckinghamshire

Coordinators: Tempe Stuart and Clare Parsons

For over the last 10+ years the coordinators of region 5 have been Gloucestershire base and we wanted to find a way to connect with the wider region so sent out a questionnaire to find out what people wanted and where they wanted to meet, online or in person. We had 13 replies which was disappointing but those that replied gave us lots of good ideas for CPDs.

The most popular time to meet was weekday evening or weekend daytime. Most people wanted to meet in person but didn't want to travel for more than 30 minutes, which is difficult to accommodate given the size of the region. There was a request for some meetings to be for qualified only to allow people who offer personal therapy or supervision to trainees a space to meet without the trainees.

Following on from the desire to meet in person we have offered in person meetings in different parts of the region, in Gloucestershire, Berkshire and Buckinghamshire. Although only a few people have attended these meetings those that have reported to have found it helpful.

Offering a mixture of online and in person meetings seems to work, and we have tried to make the expensive CPDs online to make them accessible to all. It has been important for us to offer most of the CPDs for free. Highlights have been Cornelia

Elbrecht deliver an online training starting at 8am (as she is in Australia!). As it was online, we were able to offer spare spaces to other local regions, we also recorded the training for those who were unable to attend.

The two yearly exhibition of art made by region 5 art therapist is planned for November.

Clare and I are stepping down this July and are hoping people from a different part of the region will become the coordinators so people in a different part of the region get to attend more in person meetings. We will pass on the CPD ideas from the questionnaires that we haven't managed to arrange yet.

Meetings held since last July:

- 19.7.22: Reflective art making meeting in Berkshire – 4 people attended.
- 28.9.22 – Clinical note writing online CPD – 15 people attended.
- 16.10.22 – Ceramic workshop – 10 people attended.
- 18.10.22 – Reflective art making meeting in Berkshire – 4 people attended.
- 13.11.22 – Online business meeting/feedback from questionnaires – 7 people attended.
- 16.11.22 – Online Cornelia Elbrecht Guided Drawing CPD – 21 people attended.
- 29.11.22 – Reflective art making meeting in Berkshire – 4 people attended.
- 15.2.23 – Online reflective art making, qualified only meeting – 4 people attended.
- 25.2.23 – Reflective art making in Buckinghamshire – 2 people attended.
- 4.3.23 – In person art making/sharing practice – Stroud – 3 people attended.

- 22.4.23 – Ecotherapy CPD – 7 people attended.
- 8.7.23 – Exploration of the intention of movement led by a dance and movement psychotherapist – 9 people signed up so far.

Region 6: West Midlands, Shropshire, Staffordshire, Warwickshire, Worcestershire, Herefordshire

Coordinators: Daisy Dixon and Genevieve Collier

Region 6 has two new co-coordinators this year, getting to grips with a 5-county, large geographical spread.

We started off the year with a member survey, finding out about the breadth of employment and experience, plus training and support needs among members across the region.

From the priorities gathered we have so far been able to offer online CPD training modules on aspects of trauma, and have recently started monthly online reflective practice art-making sessions.

We hope to develop in-person events and CPD activities as we get further through the year.

Region 7: Wales

Coordinators: Claire Aldridge and Jess Gordon

In October 2022 Claire Aldridge and Jess Gordon became joint coordinators of Region 7, taking over from Sarah

Challenger. Many thanks to Sarah who held the role for over six years!

Jess and Claire began by surveying members to identify preferences for meetings (frequency, location, online/in person) and invite suggestions for CPD. The majority who replied wanted meetings three to four times per year and preferred online or hybrid meetings, though many were prepared to travel. There were lots of excellent ideas for CPD. In response, the following events took place:

In early March members met to see the exhibition 'Reframing Picton' at the National Museum Cardiff and have lunch together afterwards. Members enjoyed the exhibition, which examined colonialism through reframing the legacy of 19th Governor of Trinidad, Sir Thomas Picton. They also looked at other work on display and appreciated the opportunity to connect and network.

In April members met in Swansea for a CPD: event The Six Shape Model of Supervision, facilitated by dramatherapist, Rosie Bufton. The workshop introduced members to the theory and practice of the Six Shape Model, adapted from narrative therapy by Anna Chesner. The image-making element makes this model particularly helpful for art therapists. It can be used by both supervisors and supervisees and in self-supervision. Members enjoyed the experiential nature of the workshops and came away with a clear understanding of the model and its uses. There was opportunity afterwards to discuss the model further and to network.

Future events planned for this year include:

- CPD - Introduction to Sandplay

- Therapy with Kirsty Bilski in June,
- an AGM in July,
- CPD in October - Getting Started with Practice-Based Research with Ali Coles.
- Two online case-presentation evenings are also planned and some members may be getting together to share art making skills.

Jess and Claire promoted art therapy at a community wellbeing event held in Monmouth on 26 April, which was an opportunity to raise awareness of art therapy locally and to connect with other wellbeing services.

The large geographical extent of the region and the unequal distribution of members continues to be a challenge for in person meetings.

Meetings this year since July have been:

- 4 March 2023 - 12 attendees
- 29 April 2023 - 17 attendees (of which 9 online)

Region 9: Derbyshire, Leicestershire, Lincolnshire and Nottinghamshire

Coordinator: Felicity Davies

Dates since July 2022 are:

- 30th September 2022 - Leicester Attenborough Arts Centre - POSE Gallery Late's event and Bruce McLean exhibition 19.00pm to 23.00pm

- 24th November 2022 - Regional Co-ordinator's On-line Zoom Meeting
- 28th November 2022 Zoom One Pro Account set up
- 14th December 2022 - On-line Zoom Open Agenda Meeting 19.30pm to 21.00pm
- 17th December 2022 - On-line Zoom Meeting
- 30th January 2023 - On-line Zoom Open Agenda Meeting 18.30pm to 20.00pm
- 17th February 2023 - On-line Zoom CPD Discussion Group, International journal of Art Therapy 2021, VOL. 26, No 4 'A systematic review of the impact of Art Therapy upon post-traumatic stress disorder.'
- 16th March 2023 - On-line Zoom CPD Discussion Group, International Journal of Art Therapy 2022, vol. 27, No 4, 'Healing Boundaries: a teenager's experience of Art therapy integrated Somatic Experiencing '
- 25th March 2023 -
Lincolnshire
National Centre of Craft and Design, Drypoint / Linoprinting workshop with Louise Stebbing , 10am to 17.00pm
- 18th May 2023 - Regional Coordinator's On-line Zoom Meeting
- July 2022 to June 2023 - 60 plus hours Administration activities
- Reg. 9 Account Balance: £443.03
BAAT Reg. 9 Account Balance: £993.05

Region 11 Yorkshire, Humberside

Coordinators: Amy Sanderson, Shalini Mehta, Pippa Crosby and Catherine Blackburn (taking over from Em Inman and Dawn Boulton last year in June 2022.)

We hosted our first business meeting at St Clement's Hall in York in December 2022 followed by a workshop by Chris Wood. This event was well attended by the members in the region.

Our first event of 2023 was held in Sheffield at Netherthorpe House in April 2023. Amy Sanderson presented a slideshow on Power Threat Meaning Framework which could be adapted to Art Therapy. This was followed by a visit to the Power of Creativeness exhibition at the University of Sheffield and experiential art making. A very small number of people attended the event.

As regional coordinators we have on offer monthly online groups via Zoom for Literarti. This online reading and discussion group is for any papers that might be of interest to art therapy theory and/or practice. Papers to read are circulated in advance and shared with the members. Members are invited to share and suggest any papers they would like to read and discuss. So far there has not been any engagement within the group.

We aim to have in person meetings 3-4 times a year. These events are still in the planning stages, but we hope to at least keep the dates the same. We are also looking for speakers who can offer online CPD events and are following up suggestions given by members. We will be planning a few more events in future focusing on some of these topics

such as Neurodiversity, working with racial trauma and exploring what "Whiteness" means in an art therapy space.

On another note: since the four of us took over as Regional co-ordinators, few of the coordinators have left or are planning to leave soon due to frustrations with declining engagement within the Regional group and some for personal reasons.

Region 12: North East England (Tyne & Wear, Cleveland, Cumbria, Durham, Northumberland)

Coordinators: Kristin Ricci and Jillian Archibald

From July 2022, we have held three meetings across the region. In September, our colleagues in Carlisle kindly hosted us at PAC Therapy and a number of members from Cumbria as well as the wider region joined in discussions and reflective art making. One of our members also shared a presentation outlining her PhD research and the group spent some time thinking about the role of fathers in promoting the mental health and emotional wellbeing of their children and family.

In December we had a less formal meeting and met at the BALTIC Centre for Contemporary Art in Gateshead. We viewed some of Baltic's exhibitions and met for hot drinks in the café to catch up about developments in our region.

More recently we met in Middlesbrough and were hosted by the Eston Arts Centre. The course leader at The University of Teesside talked to us about the new Art

Psychotherapy Apprenticeship programme. The group had lots of thoughts and questions and we had a stimulating discussion with lots of positive support expressed for the programme. We also enjoyed viewing the exhibition and reflective art making.

Jillian and Kristin have announced that we will be stepping down as regional coordinators in September after nearly ten years in the role. We are confident that whoever takes on this role, either individually or jointly, will bring new skills, interests and ideas which will enrich the group moving forward.

Region 13: London

Coordinators: Jean-Jacques Bonneau and Tessa Rawcliffe

Review of bi-monthly meetings run remotely on Zoom from April 2020 – March 2023. (In-person meetings to resume in May 2023)

Initially the Zoom meetings had a large attendance, probably due to the ease of access the video conference provided, as well as the possible sense of isolation and uncertainty that most of us experienced in the early days of the pandemic. Facing the unpredictability of the sanitary situation and anxiety generated by an unknown affecting our life and work conditions, it was initially unclear whether the remote meetings should attempt to continue in the previous format or whether it should take a more essentially supportive turn.

During the initial meetings conversations

evolved around the practicality and value of remote therapy for those participants whose work transitioned from face-to-face contacts into remote interactions with service users, either by phone or videoconferences. Opinions varied and some participants counteracted the enthusiasm of others with doubts; some participants saw advantage in being able to remotely see the service user, especially if working with children, in their personal space, including the occasional participation of carers or family members, whereas other participants saw a potential breach in confidentiality and impairment to initiating or even sustaining a therapeutic alliance with the user.

The dilemma participants were facing appeared to be reflected in organisations employing art therapists during the period of lockdowns; some employers expected continuation of therapy remotely, while others favored regular contact, to facilitate safety and support, rather than therapy per se, which blurred and morphed professional boundaries.

After the critical lockdown phases, meetings continued in remote format and became, like the past in-person meetings, more closely focused upon complex, often intensive, lived clinical experiences:

A participant gave a talk about working in-person with an autistic child using modern technology. In response to face-to-face contact being too problematic for the child, the therapist set up a computer screen in the therapy room itself. This facilitated a safe interactive space between client and therapist, enabling a slow, graduated, phased exposure from screen interactions

to actual face-to-face interactions.

A presentation and discussion about working in art therapy with an adult mental health patient who was about to be leaving the unit. The session generated discussion about a patient's narcissistic control over the session and the compromises the therapist negotiates in such circumstances.

Presentation and feedback on a draft paper about Art Therapy and homelessness.

A presentation about brief therapy with an apparently socially high functioning adult and the topic of verbal interactions in Art Therapy.

Discussion on the topic of verbal interaction within Art Therapy sessions.

Presentation and discussion about open Art Therapy sessions available on campus for Art College students.

Discussion about the concept of 'holding' within the therapeutic relationship, participants sharing relevant situations from their own clinical practice.

A presentation and discussion of a case of an adult patient in a specialist unit for people hearing voices.

A presentation and discussion about a child hearing voices.

Discussion of Art Therapy with patients who are hearing voices with clinical vignettes from participants and theoretical references from various schools of thought.

Summary:

From April 2020 meetings continued

remotely which initially enabled therapists to actively share the challenges and adaptations to art therapy practices due to the unavoidable changes of lockdowns. Since then and up until March 2023 there has been active involvement from all participants in each session, bringing their impressions and feelings on presented clinical cases, often enlivening debate with relevant vignettes from their own practice.

Attendances at 18 zoom meetings:

2020 (April)– 2023:

Attendances = 170

Average attendees per meeting = 9

2020 – 2021:

Attendances fluctuated between lockdown/no lockdown periods.

During lockdown periods = between 10 and 15 attendees

Outside lockdown periods = between 5 and 8 attendees

2022 - 2023 (March):

Between 9 and 15 attendees

Region 14 Oxfordshire

**Coordinators: Shin-shin Ngiam and
Miriam Muldal**

This year we have had monthly zoom meetings to make art together ('Art & Yak'), with a starting point of an image or poem. This has been an enriching and very enjoyable experience which brings us together and gives a chance to make and talk and mull over our practice.

We have started a new zoom group 'Peer

Reflection Space' to talk about professional issues arising in our work places.

We also held an in-person art making workshop, led by Region 14 member Chris Lyle, exploring felt making and wax encaustic.

The group is planning an exhibition of art therapists work in a pop-up location, to engage the public and highlight the impact of art therapy in mental health

The 'Peer Reflection Space' zoom meetings meet a need to have a place to talk, and support each other, about wider issues in our practice

Zoom has worked well for us, the artmaking sessions are surprisingly powerful. Using the Baat Forum does not seem at all popular and I fear that if we lose Baat 34SP.com webmail we will lose valuable and regular contact with regional members.

Members have been able to access support and advice when needed and to feel connected to the art therapy community through direct contact with BAAT, mailings and trainings.

**What issues, challenges or resources
have your members flagged up?**

It has often felt quite difficult to arrange meetings, so in some ways Zoom has provided our members a solution that could carry forward.

Other difficulties:

- Difficulties of working therapeutically with PPE
- Assessing risk in face-to-face settings and online settings

- Extra financial costs of. Providing individual art materials for every client
- Extra time spent cleaning and airing rooms to be Covid-safe

Are there any resources or services that members in your region would find useful to develop with BAAT:

Black Lives Matter - further training (the Small Axe films by Steve McQueen were great awareness-raising).

It would be useful to develop effective resources (with BAAT) to promote art therapy to senior managers in schools/ organisations when art therapy comes under threat due to new senior management team styles or financial political pressures.

Also Regions hosting local CPD, with BAAT sharing contacts/expertise.

BAAT's free CPD and links to organisations eg Confer for online training are great.

Help with regional workshops

Any further comments or ideas:

Our Region has been quite quiet for a few years with quite a low turnout for planning meetings. But, meeting for exhibitions, discussions or art based workshops have felt very valuable to members who do attend and have had high attendance in the past.

Members have been able to access support and advice when needed and to feel connected to the art therapy community through direct contact with BAAT,

newsletters and trainings.

Art therapy is a wonderful resource and it is fantastic to see it continuing to develop as a profession.

Region 16 Forth Valley and the Lothians

Coordinators: Manny Soora / Lynne Grahame

Since our last report Lynne Grahame has continued in coordinators role, Amy Crawley Wise stepped down from coordinating in July 22 and Manny Soora joined as a co coordinator in October 22. Lynne planning to step down in summer 23. We have been working towards a collaborative way of holding Region 16 and are meeting in June with the aim of creating a wider team to take things forward.

Our aim has been to further embrace zoom for meetings and some events whilst continuing to encourage face to face events and meetings.

We have really appreciated the efforts of the BAAT team to make our communication more efficient. Along with recent regional coordinators meetings hosted by Sarah Challenger. These have been so helpful in hearing from each other and thinking of ways to make the role more useful to members across the UK.

Region 16 Facebook page created in December 22, with a recent addition of a calendar of events.

CPD events

- 24.9.22 Environmental Arts Therapies workshop – “Finding Balance” with Rachel Campling. This was attended by 12 members. Held at Bawsinch Reserve, at Duddingston, Edinburgh.
- 28.1.23 Open Studio – Clay- 1-4pm Hybrid/inperson Collaboration with BAAT Scotland at the Quaker Meeting House, Edinburgh. Approx 40 attending.
- 29.4.23 Environmental Arts Therapy –Taking the Arts Therapies Outside – Rachel Campling at Dalkeith Country Park, Midlothian. A day of theory and experiential role play in the ancient oak forest, to help us to take art therapy with clients into the outdoors. 12 members with requested donation to unrestricted funds.
- October 23 – Open Studio with Collage date and venue TBC.

Reading Group Online

We have continued to run the Reading Group online on Thursdays from 7.30-8.30pm. We have had an average of 5 members attending. At times we have included response art to aid our reflection on the article or artwork/video. This group has been really lovely to host and there is always great discussion with members. Feedback is that it encourages us to read/reflect beforehand - always good to have a deadline. As an open style group there some members have found it a good place to begin in accessing the regional group. This year we have held 9 reading group meetings. Article themes have been Animation with trauma narratives following on from our event in Jan 22, William Kentridge film “How we make sense of the

world”, “Response art” by Gary Nash, “Distillations” by Shaun McNiff, book chapter by Kae Tempest, “Reimagining art therapy for digitally mediated world”- Bridget Grant and Sarah Haywood, Gaston Bachelard – “Nests” from Poetics of Space, and next group images from Venice Biennale.

Business Meetings

We have had 6 business meetings, 4 online, with 2 in person meetings - at Modern One National Gallery in May, and The Quaker Meeting House, in October 22.

Region 17 Somerset, Bristol, South Gloucestershire

Co-ordinators: Katherine Engel, Kim Matias, Jenny Clarke (new, started January 2023)

Over the course of this last year we have moved from running outdoor and online events to safeguard against covid complications to starting to reintroduce more face to face indoor events. We have had an ongoing interest in wanting to provide more group artmaking opportunities for Art Therapists in the region. There has been a strong sense particularly since Covid that opportunities for Art Therapists to connect and participate in artmaking for self care was appreciated. Positive feedback from the Outdoor artmaking events run in 2022 encouraged us to find ways to extend this. We also had a new Co-ordinator join the group to help manage the organisation and facilitation of the different events throughout the year.

We have put together a programme of events moving into 2023 that includes a mixture of shorter online lunchtime meetings, artmaking Saturdays and face to face meetings and facilitated workshops. This hopefully provides a range of ways for people to come together from quite a wide spread geographical area.

Events

Four online lunchtime meetings for 1.5 hours spread across the year in July, September and December 2022 and February 2023. These meetings allow art therapists to join in online from wherever they are and discuss issues arising in the group that feel relevant to their practices.

2 face-to-face art workshops in Feb and May 2023 on Saturday mornings in Bristol. These meetings provide a space for art therapists to come together to focus on personal artmaking in a shared space.

The space is in a local community garden in Bristol that has an art therapy space and art therapy taking place in it already.

In October 2022 we organised an Environmental Art Workshop run by local Art Therapists group, Flowers and Ash in the Somerset Countryside. This was an experiential whole day workshop that provided opportunities to create outside in fields, woods and under cover using natural materials from the surroundings and time for reflection with a focus on the season of Autumn and Harvest.

In May 2023 we organised a face-to-face meeting in Bath with a business meeting in the morning to discuss relevant issues arising. In the afternoon we had a

facilitated workshop lead by local art therapist, Rebecca Smart on Storytelling and Art. This workshop included presentation of art therapy work with older adults using storytelling alongside experiential activities exploring both storytelling and artmaking in a group with space to share reflections and creative work.

Going Forward

We also have the following planned future dates for the rest of 2023:

Online Meeting/Discussions:

- Fridays 12-1.3
- June 16th
- October 13th

Face to Face Meeting/Workshops: Fridays 10-4.30

- November 3rd

Art Workshops: Saturdays 10am-12pm

- Aug 19th
- Nov 18th

Art therapy and Education SIG (ATE)

There is not much to report for the Education SIG since the last AGM as we have not had much opportunity to meet, but what we can report are our intentions for the future.

The membership on the forum is growing well and we are now putting a meeting in for every half term, 6 meetings a year, a mixture of online and in person. This along with publishing the dates on the forum well in advance, with gentle reminders and varying the days and times, will hopefully

give more members the opportunity to attend. Our last three meetings have had only one attendee, albeit a different one each time! This is, we feel, a reflection of how fatigued the art therapists who work in schools are and we are hoping to encourage attendance by continuing to provide a nurturing space for reflective practice.

The Creative Response SIG (Loss)

145 members of BAAT are signed up to the Creative Response SIG forum at present. The SIG is coordinated by a committee, currently made up of four people - Nana Zhvitiashvili, Michele Wood, Tristan Chan and Hannah Cridford - who meet online approximately every four - six weeks. Over the past year, we have delivered a face-to-face study day in London, "Reconnection", which focussed on environmental art therapy. We have also begun piloting "Feeling A/part", a monthly online gathering for members.

"Reconnection"; Art Therapy in Green Outdoor Spaces, September 2022. This study day took place in September 2022, at a time of emergence from the pandemic. It offered the opportunity to reconnect with nature and each other in the beautiful surroundings of Kensington Gardens, London. The Study Day was facilitated by Simon Woodward, an Art Psychotherapist and trained nature-based therapist. Simon invited the group to explore the practicalities and philosophy of taking art therapy outdoors, deepening understanding through experiential art making. Within this process, consideration was given to the potent themes of life and

death as part of the cyclical seasons and their associated metaphors.

The study day was attended by 20 people and was well received. An evaluation survey circulated following the event indicated that 40% of respondents felt that the workshop was "excellent", with the remaining 60% categorising it as "good". The main feedback was that participants would have preferred to meet for longer, enabling the rich exploration and connection to develop further.

Participants travelled to London from a range of locations in the UK, indicating an appetite for in-person CPD workshops of this nature, that are free to attend. Notably, due to difficulties with the old forum, the study day was advertised via the BAAT bulletin. Advertising in this way widened the range of art therapists who attended beyond existing Creative Response members, enabling new interactions and an event that was well attended.

"Feeling A/part"; A Monthly Gathering on Zoom, May 2023 onwards.

The Creative Response SIG has a professional zoom account which we use for committee meetings. The committee felt that it may be beneficial to use this facility more fully, with the aim of generating increased activity and interaction across the SIG. "Feeling A/part" offers the chance to meet and socialise with fellow SIG members and listen in on an 'in conversation with...' style session, where one member of the Creative Response will interview another about a specific project, intervention, or piece of research. Members are welcome to suggest subjects for this session. We hope the sessions and this format will generate connection and

supportive sharing across our network of art therapists working with loss.

The first of these sessions took place at the end of May, attended by around 10 people. We plan to continue these monthly for at least 4 months before reviewing uptake and impact.

Deaf Culture SIG

Following a period of inactivity due to a lack of opportunities for deaf therapists, the Deaf Culture and Art Therapy group has reformed and developed strong international connections. We have made contact with Deaf and hearing Art Therapists in America, New Zealand, Australia, Mexico and the U.K, and on sharing our experiences it is clear that the barriers for trainee Deaf Art Therapists are very much the same. Colleagues reported issues in gaining placement accreditation and arranging accessible supervision where we can communicate the challenges around working with Deaf clients in their preferred signed language. We also believe that that accessible opportunities to study Art Therapy are severely limited which is compounded by the need for specific funding to cover communication support. In terms of practice, it is clear that any Therapist working with the deaf community encounters the issue of a wide geographical spread of clients, meaning that deaf people who need therapeutic intervention can be physically located very far away from the closest Therapist. This can present particular problems for Deaf people with a high level of need in remote rural locations (particularly in countries such as New Zealand) whose isolation can add to their mental health issues. All of these are ongoing topics of discussion for

the group.

We have also invited Dr Paddy Ladd to a meeting to talk to us about his new book, 'The Unrecognized Curriculum: Seeing Through New Eyes: Deaf Cultures and Deaf Pedagogies'. We were able to share the similarities of our experiences working with clients and Paddy's findings.

In all our meeting we have live captions and International Sign Language Interpreters to ensure there is full access to communication. It must be noted, though, that these services are not without cost and are currently being funded by some of the group's personal Access to Work budgets. This is not sustainable and we need to look at fairer ways to cover the access costs for the group. Whilst video calling allows this wonderful opportunity to meet with colleagues all over the world, it has been a challenge to co-ordinate time zones! We hope we build on the group's new beginning to share our experiences and support those who need it. We are all benefitting from sharing knowledge and reflecting on how we can be creative with how we communicate with the Deaf and hearing professionals we interact with as well as with our clients.

Dual Experience SIG

Co-leads: Alma McQuade, Don McJimpsey and Maddy Smith

A SIG for art therapists with an interest in dual experience.

One co-lead, Don is still a trainee, so her role will not include voting rights in BAAT policy or procedural matters and Alma and Maddy will take responsibility.

Mandy Leonard has moved on from her role as Lead for the Dual Experience Special Interest Group to exciting new career opportunities. We thank her for the past two years of her professionalism and unfailing support. Mandy has been a consistent and valuable support and educator to members of the DE SIG. Fazila Virmani former co-lead of the DE SIG has stepped down due to exciting new work commitments.

Maddy Smith now facilitates the monthly Dual Experience SIG well-being group, taking over from John Newton. John is a greatly experienced art therapist and offered a valuable supportive space with humour for the past two years and he will be sorely missed. Maddy has begun this role modelling the spirit and values of co-production. This group offers a supportive space for ideas, creativity and best practice for reducing stigma and valuing lived experience.

Alma McQuade, IJAT dual experience advisor, presented a review of IJAT articles to the editorial board.

Mandy Leonard, Ioanna Xenophanes, Val Huet and Gilly Angell joined a webinar on co-production in practice and research with University College London (UCL). All offered valuable insights into working in a co-produced way.

Mandy Leonard has made several presentations to art therapy and art psychotherapy trainees, in their universities. The group aims to raise awareness of its existence to trainees and practitioners. Don McJimpsey (formerly Flood), an art

psychotherapy trainee and member of the SIG offered a presentation on the themes of societal and systemic stigma. She collaborated with DE practitioners from other mental health disciplines. She is collaborating with in2gr8mentalhealth CIC (a centre for valuing and supporting lived experience in the mental health professions) to plan an art [exhibition](#) for DE practitioners with BAAT Scotland is supportive of this event and the chair will join the event in October.

Clinical Psychologist with lived experience, Dr Natalie Kemp, (CEO and Founder of in2gr8mentalhealth CIC) will present at the next meeting on the 20 June.

in2gr8mentalhealth offers peer spaces and mentoring where practitioners can process the challenges and benefits of being a dual experienced practitioner. The centre also trains in mental health academic courses and workplaces including NHS trusts concerning best practices when teaching and working with DE practitioners.

Neurological conditions SIG

Coordinator: Sally Weston

Report to the British Association Of Art Therapists AGM from the Neurological conditions group 2022-2023 During this period we have continued to meet online and had 4 meetings. These have been attended by between 10-15 people. In our first meeting of the year we looked at the results of a survey of BAAT members working with People with neurological conditions. Subsequent meetings have featured three well received presentations from practising art therapists Group work in a Neuro Behavioural unit, Speech therapy –

working alongside other disciplines as an art therapist Institutional dynamics and the vulnerable client. At the meetings we have had discussion and art making and breakout rooms in the virtual format. We are currently forming a group to work with BAAT to revise the Art Therapy Guidelines for Art Therapists working with people with neurological conditions.