

COUNCIL BUSINESS MEETING Saturday 30th May 2023

In attendance:

Council Members: Claire Louise Vaculik (Chair), Sarah Challenger, Sophia Cowx, Em Inman (Hon. Secretary), Mandy Leonard, Francesca Norouzi, Caryl Sibbett (Vice-Chair), Catherine Stevens, Michele Wood

Officers: Gary Fereday (CEO)

1. Apologies for absence and Declaration of Conflicts of Interest

- a) **Apologies:** Clare Boyd, Sinead Braiden and Liliana Montoya De La Cruz sent apologies for absence. Francesca Norouzi indicated that she had to leave at 3:30pm.
- b) **Conflicts of interest:** The Chair asked if any Council member had a potential conflict of interest on any of the matters on the agenda for discussion today. None were declared.

2. Minutes of Last Meeting – Matters arising

The minutes were previously approved. Matters arising:

- Item 2 - HCPC data: Data on registered art therapists that the CEO had previously requested from HCPC has now been made available. He will discuss this today in his report.
- Item 6a - Climate crisis: There appeared to have been some confusion about the work procedures and arrangements for the group that was set up to consider a response to the climate crisis, which has now disbanded. The Chair has contacted some members since the last meeting, in order to understand this more fully. She suggested that Council may need to be clearer about arrangements when setting up future working groups. This will enable Council to communicate and support this work well and to use the valuable time that any members or other professionals involved in them give to benefit the profession.
- Item 5b – Different formats are being considered for BAAT training and CPD, which may offer more flexibility for members, e.g., accessing recordings of events. Staff team are working through some of the complexities related to this, but the idea was welcomed by Council.
- Item 7 - The CEO has met with Professional Standards Authority (PSA), who regulate the HCPC, regarding our protected title, infringements of this and voluntary registers that the PSA manage directly. The meeting was positive, and they will continue to work with us around this important issue.
- Item 8 - Council voted to investigate further how to expand the 'Find an Art Therapist' function on the website. The CEO reported that there are some GDPR issues related to this.

Membership appears to support the idea of being public facing, however there are some practicalities to address. Staff will survey members at the AGM.

- Item 11 – Representing BAAT on external bodies and at professional networks: Liliana Montoya De La Cruz represents BAAT within the NHSE/AHP Education and Training Group; Caryl Sibbett represents BAAT at the AHPFNI.

3. Chair's report

The Chair highlighted items from her report, which had been circulated prior to the meeting. She took time to reflect on the year, giving thanks for the hard work of elected members of Council, the CEO and BAAT's staff team. She particularly praised the development of the operational plan, risk register and the realisation of the new BAAT website, all of which are contributing to a more secure footing for the membership and the Art Therapy profession. She acknowledged though that the new website and our different ways of communicating are still in the early days, and that quite understandably some technical issues have arisen. The work on developing communication continues, so that BAAT can be in a much better place to be able to support members to work together and, as a whole profession, to build on the amazing work being done across the UK.

The Chair reflected on the recent meetings arranged for BAAT members about the changes to the Articles of Association. These had been developed after a comprehensive review and with advice from a specialist consultant, who is familiar with governance and AHP professional bodies. Council had welcomed the proposed Articles and how much clearer these could make the working of the association for members. Following this, the drop-in meetings had been arranged and offered to enable members, so they could use these alongside the written reports to find out more about the proposal and have the opportunity to ask any questions.

The Chair thanked members of Council for supporting these meetings. All agreed how important it was for members to have been able to ask any questions they had and to have these answered fully. Council members also thanked the CEO for his recent engagement with some members on this, who had written in with a query. They were thankful for the dialogue and his letter, which clarified some confusion that appeared to have arisen. They also reflected on what a dynamic process this had been, which had resulted in good feedback and positive engagement.

Council highlighted that it had been incredibly helpful to have the specialist consultant, Andy Burnham, involved at all stages of this process. Governance needs to be clearly understood and Andy's benchmarking across other bodies helped us to ensure we are operating within best practice guidelines and the requirements of Companies House.

ACTION: A vote was taken for the new Articles agreed by Council to now go forward to the AGM.

RESULT: Passed unanimously; all Council members present voted in favour.

The Chair continued with her report, noting that along with Vice Chair and CEO, she had recently met with representatives from BAAT Scotland online to discuss working together for members and how to develop our communications and public affairs work across England, Northern Ireland, Scotland, and Wales so that more people understand what Art Psychotherapy is and what it offers service users. It will be important to re-establish previous

relationships and build new ones that can allow BAAT to increase our influence on policy and commissioning. She noted that as part of this, the newly appointed Senior Communication Officer will be asking members to share any interviews, articles, and podcasts they do, so BAAT can share these across the membership. We have some solid relationships and networks already. In July, BAAT has been invited to attend a round table discussion with Professor Sir Chris Whitty, in order to share what art therapy can offer services for older adults. Council want to maximise opportunities like this and also, to start to develop resources that will support members to feel more confident about speaking up more publicly about the amazing work they do.

She also explained that she has continued to work with partners and stakeholders on shared projects like the EDI Toolkit. The Chair and CEO continue to meet with HCPC and have made plans to co-run a workshop with HCPC on the updated Standards of Proficiency, which come into force in September 2023. She has also had a new SIG for Art Therapy Trainees established, which will be coordinated by Jess Baum and Sarah-Jane Sellors.

Looking at our work further afield, last month the Chair and CEO recorded a presentation for an International Art Therapy Education conference in Beijing. This focused on the role of a professional body, how BAAT developed, and the work we do now to support the ongoing development of the profession.

The Chair ended her report with thanks to Council. She noted that she was coming to the end of her first term as Chair and shared her thoughts about the work that has been done over the past three years. She explained that the foundations for BAAT are in place now and she has been so pleased to see a more open and transparent way of working at all levels. The Chair thanked the CEO, staff members, the IJAT Editor and Deputy Editor and the Editorial Board, and Council, particularly those members whose term comes to an end in June 2023. She noted for information that Prof. Diane Waller had nominated her to stand as Chair for another term, which would be her last, and that she has accepted this nomination.

The CEO responded by reflecting on the difference he's seen in the organisation, since he started to how things are now. He reflected that the Chair's role in this successful transition has been significant and tremendously supportive. He noted that he is pleased that looking forward, BAAT can be more outward facing. Several Council members then took a moment to reflect on their time on Council and to thank the team.

4. Vice-Chair's report

The Vice Chair highlighted key items from her report, which had been circulated prior to the meeting. Echoing the Chair, she reflected that BAAT is held in good hands and good hearts. She thanked both the Chair and the CEO for their work and acknowledged and thanked those Council members coming to the end of their terms.

She went on to report back on several areas of work that she has been involved with for BAAT. Her major focus in Northern Ireland has related to serious funding cuts across Education, Health and Social Care sectors – with £300 million needed to be cut. She spoke about the serious deterioration of children's mental health and the soaring rates of suicide in Northern Ireland. She has been engaging in extensive lobbying against the cuts and attended meetings held with NI politicians; she also presented to Stormont Assembly's All-Party Group for Mental Health. Letters have been sent to the Permanent Secretary for Education in Northern Ireland,

as part of a collaboration with BACP. It is clear that Northern Ireland is facing very difficult times.

The Vice Chair continues to liaise with the AHPFNI, which provides a useful forum for allied health professions to work together. The CPD courses that have been offered in NI are thriving, with each event attracting significant numbers of people. This offers a good opportunity to develop the support offered.

Members of Council reflected on the hardship and challenge outlined in the Vice Chair's report. Some asked for further clarification about the interface between BAAT and BAAT Northern Ireland; it was noted that the structures in place are not consistent across the devolved nations. Council then discussed WATAF, which feeds directly into Welsh Government and BAAT Scotland. Council felt that this highlighted the ongoing need to clarify structures used across the four nations, so that BAAT can ensure representation across and support members working in these areas, who may encounter different issues.

The Chair thanked the Vice Chair and Sarah Challenger, as Council's representative from Wales.

5. Chief Executive's report

The CEO highlighted key items from his report, which had been circulated prior to the meeting:

a) Operational Plan 2023 update on progress

Changes to the Operational Plan suggested at the last meeting had been drafted. The CEO requested agreement from Council regarding the wording of priority number 3 (pg.6), so that this now reads: *'Review how we support the development of research and how we better present the evidence base for art therapy.'*

Council agreed this wording. Following this there was a brief discussion about how to present the evidence base for art therapy as a professional body, reflecting that the website do so currently. The CEO explained that this area of the website is currently under development, but that staff are working on the content. Council discussed the differences between evidence and academic research. There was a suggestion made that the CEO contact a researcher, who specialises in the area of health and social care policy – Prof Annette Boas.

b) Risk Register

The risk register was noted, and the CEO thanked the staff team for their continuous effort, reflecting that they just keep going, working 100% all of the time. He recommended some areas for Council to consider:

- **Children and Young People Course (Jersey):** This pilot course is now complete. The data from this will now be analysed and reviewed, so that BAAT can take a strategic view on if this would be appropriate to run again.
- **Technical issues that have arisen with the Special Interest Groups.** On the forums there is a facility to email all members of a group, however recently there has been an issue with emails being sent to many more members than in the group itself. The CEO is hoping to resolve this in the next month. Looking across the 20 SIGs, 14 have been affected (6 of these currently appear inactive).

c) Dashboard

The CEO shared the first Dashboard that he had been working with staff to develop. This aimed to enable Council members to understand in greater depth the membership, their demographics and circumstances, and the work of the organisation.

The feedback from Council was positive, reflecting that dashboard provided a very helpful, visual and interesting representation of the management information, which sets out the way that BAAT is functioning. Some of these visuals will be used in the AGM Report, so that members can understand our shared work more easily. The CEO said that the HCPC has shared figures on registered art therapists (as noted earlier in the meeting), which we can use to reflect on the data captured by the dashboard. According to the HCPC, there are currently around 2700 art therapists on the register.

d) Management accounts Q1 2023

The Q1 accounts were presented. The CEO highlighted in the Profit and Loss for January - March 2023, BAAT made a surplus of £23k. He drew attention to the way that the website payment had been logged by the accountant; there were £15k of administrative costs, which is the payment back to BAAT.

Looking at the budget variances on revenue, everything is broadly as expected. There are three areas of note – slightly lower numbers for the Articulate and Foundation courses; a reduction in membership fees, which is being explored; and changes in levels of engagement for the CPD courses. On the expenditure side, budget variance were broadly on target. He noted that there was an increase in spending for CPD and the new e-bulletin, but explained that this is a one-off expenditure. The last area to be noted is additional spend for social media.

e) Annual accounts for year-end 2022

The Formal annual accounts were presented by the CEO. These had been prepared by BAAT's finance manager and reviewed by BAAT's appointed accountants. A question was asked about the increased costs for IJAT expenses. The CEO agreed to look into this and bring it back to the next meeting.

f) IJAT update

The journal continues to grow well beyond what would be expected for a publication of its size. It is now ranked in the top quarter of the two areas where it is ranked, which is a great success story.

Zoe Moula has been appointed as the new Editor-in-Chief. She is very familiar with the Journal, having served as Deputy Editor for a term. The Chair again expressed thanks to the IJAT Editorial Board, and in particular the Editor-in-Chief for all her valuable work in supporting the journal's development and preparing staff for the transition when her term ends.

After considering the formal reports, there were some questions and discussion of matters relating to issues the CEO had raised. CPD across the organisation and SIGs/regions was discussed. It was noted that the branding colours uses should take account of people with colour blindness, particularly if we are now going to use visuals to share data (e.g., the colours chosen for different areas in a graph). Question also arose about national logos, with Wales and Northern Ireland requesting the development of national logos.

ACTION: Vote to accept the annual accounts for submission to Companies House
RESULT: Passed unanimously; all Council members present voted in favour.

ACTION: Vote to re-appoint the current accountants
RESULT: Passed unanimously; all Council members present voted in favour.

7. AGM preparation update

The AGM will be held online on the 24th June 2023. In the morning there will be time for the formal business meeting, with elections for Council members. The CEO thanked Clare Boyd, Em Inman and Mandy Leonard, whose terms come to an end in June, for their work on Council over the last two years. The CEO noted that there is one member proposal for the morning session, which has been proposed by Prof Di Waller and seconded by Dr Susan Carr. This proposes that BAAT explores or develop ways to celebrate art therapists in our community, who have made outstanding contributions to the profession.

In the afternoon, the speaker will be Robert Rowland-Smith, a philosopher (Fellow, All Souls College, Oxford) who will present "Express yourself: Trauma and Release". He will then be joined by Liliana Montoya De La Cruz, who will respond to his presentation by drawing links between this and different art therapy practices. After this members will be placed into smaller breakout rooms, where they can make art and discuss practice.

8. Annual Conference 2023 and emerging ideas for the 2024 conference

The CEO gave an update on the developing work for the Annual Conference 2023, which will be held in November. There was a discussion regarding the content for the second and third plenary sessions. Council discussed the intersections of art, art therapy, nature, social prescribing and arts in health, in relation to the speakers at the conference and the learning for members of the profession. Some reflections too on what is offered and how to ensure that this is still considered art therapy and covered by insurers.

The CEO requested input for the 2024 Annual conference, which on current plans may focus on contemporary practice and innovation. Council also discussed some of the advantages and disadvantages of holding a 1- or 2-day conference and options for in-person/ remote attendance. Members particularly supported the idea of the inclusion of service users, co-production and dual experience. A conference steering group will be developed.

9. Application to join MoU on Conversion Therapy update and feedback from Council members

The CEO asked Council to review the BAAT Statement on Conversion Therapy, which had kindly been drafted by a Council member as part of the process to become a signatory on the MoU for Conversion Therapy. There was some discussion about some of the aspects of this, as the statement was longer and more detailed than some had expected. Discussion explored the context for the development of the MoU and where/with whom Conversion Therapy is being implemented, and the fact that transgender people are excluded from the ban on Conversion Therapy meaning that these people are vulnerable to this corrective practice. Council members collectively affirmed their belief in the importance of becoming a signatory, but asked the CEO to check exactly what was required for this statement and, if appropriate, to draft a refined and simplified statement that focused on this specific task.

10. Updates from:

- a) Council SIG Network Coordinator
- b) Council Regional Network Coordinator
- c) England, Scotland, Wales and Northern Ireland

Due to time constraints these items were not taken. Written reports have been requested for the AGM Report, which Council members will review in advance of the AGM. Given the full agenda at most BAAT Council meetings, in future written reports submitted in advance will be encouraged.

11. Representing BAAT on External Bodies and Professional Networks

- Liliana Montoya De La Cruz – NHSE/AHP Education and Training Group
- Caryl Sibbett – AHPFNI
- Francesca Norouzi – Office for Health Improvement

12. Any other business

- **Supporting art therapists across their careers:**

This item had been included to consider some issues relating to professional standards, job concerns and career structures, supervision, leadership development and other CPD. It will be added as an full agenda item to the next ordinary business meeting (in September 2023) to enable full consideration of these issues by elected members.

Dates of next meetings

- 24 June 2023 (AGM)
- 30 September 2023
- 2 December 2023