

Country, Regional and Special Interest Groups Annual Summary 2024



Regional Groups

Region 1 - Cornwall, Devon

Name of group: Region 1 Devon and Cornwall

Name of coordinator(s): Suzi Norris and Rachel Ventom

Dates of meetings held since July 2023 (with number of attendees):

September 2023 "What do Art Therapy and Buddhism have to say to one another beyond Mindfulness?" This face-to-face CPD event was attended by 12 members.

October 2023 Rachel joined Suzi as a joint co-ordinator for Region 1

October 2023 – Study/art group arranged at Family Centre in Exeter – 5 members attended

November 2023 – Study/art group in Exeter - 3 members attended

December 2023 – Online meet up 3 members attended.

February 2024 – Meet up at The Box, Plymouth to view the exhibitions, including "Beyond the Page: South Asian Miniature Painting and Britain". 7 members attended. The morning included response art and discussion.

March 2024 – Online meet up 4 members attended.

April 2024 - Online meet up for art making 3 members attended.

May 2024 – Meet up at RAMM (Royal Albert Memorial Museum and Art Gallery) in Exeter. Bill Viola Exhibition and exhibition on the history of print making– 3 member attended.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

We have provided a range of ways to meet up over the past 12 months. We produced a newsletter for our members in autumn and spring asking for ideas and inviting members to events. We are still trying to encourage members to use the forum.

Region 2 - Dorset, Wiltshire, Hampshire, Isle of Wight

Name of group: Region 2

Name of coordinator(s): Samantha Dobbs-Jones, Jenny Downie, Shehnoor Ahmed (stepped down in January 2024).

Dates of meetings held since July 2023 (with number of attendees):

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

We held 4 CPD events in 2023.

March online cpd day with bilateral processing and sensory motor training.

June/July a creative day in a village hall with a sensory motor art therapy training component. Attended by 9 therapists

August gallery visit with responsive art making in Southampton. Last minute drop-outs meant that 6 attended.

October online learning event cancelled as there was a lack of contribution for case studies from the group.

November held a printing day in a printing studio and 10 therapists attended.

January 2024 a half day AGM attended by 8 therapists. Planning 4 events in 2024 January - January 2025. Asked for contributions and ideas. Private practice discussion perhaps for the future.

May 2024 online NVR training half day.

June creative day with environmental art therapy focus, each attendee invited to contribute an activity. (mindfulness, charcoal making)

AOB

Trying to encourage all therapists to communicate through the forum.

Asking for paper copies of the journal as we hear most therapists in our region are not reading online.

Region 3 and 3A - East Berkshire, Surrey, West Sussex and East Sussex, Kent, Croydon, Brighton

Name of group: Region 3 and 3A

Name of coordinator(s): Melody Weightman

Dates of meetings held since July 2023 (with number of attendees):

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

I have created a regional WhatsApp group for all East Sussex and West Sussex members.

In the group a member facilitates a week online reading group

I hold three regional meet up every year on or around the same dates. Location varies as I take the lead from group members to where they want to meet.

I announce all events on the regional 3 and 3a forums.

We had a regional meet up in April 2023 in the Friend's Meeting house Brighton, and one at The Plot in Stanmer park in n July 2023. The last meet up was in December 2023 for a Xmas gathering at the Snowdrop Inn at Lewes.

This year we had our first meet up at Liberation Art Gallery, Meeting House Lane, Brighton 20 Jan 2024.

Spring meet up is in Reigate 27 April.

Summer meet up is 20 July at The Plot Stanmer East Sussex. There will be an introduction to Polyvagal therapy on this day.

Meet-ups comprise:

9-10 arrivals

First bit - 10 am workshop/talk/guests speaker

Lunch 12:30-1:30

Second bit 12:30-3:00 art making and connecting with fellow art psychotherapist

3:00-3:30 clean up.

There is scope to invite parents with children to part of the day.

It's up to everyone what we do each BAAT meet-up. What people throw into the pot will create what we will do on those days. Everyone is responsible to bring art supplies for each meet-up.

Xmas meet up location and time has not been confirmed yet.

Region 5 - Berkshire, Buckinghamshire, Northamptonshire, Gloucestershire

Name of group: Region 5

Name of coordinator(s): Tessa Taylor and Terrie Callis

Dates of meetings held since July 2023 (with the number of attendees):

Date of meeting	Location	No of Attendees	Description
20/4/24	Online	6	Connection, art making and reflecting on a journal article
20/4/24	In-person	4	Northamptonshire (NAPS) meeting to connect and share experiences of working as art therapists
10/4/24	In-person	4	A meeting of minds, a collage workshop hosted by Belinda Hunt in Aylesbury
24/2/24	Online	6	1 st meeting of the year Reflective art making and discussion of the journal article.
10/2/24	In-person	4	In-person meeting of subgroup NAPS (Northamptonshire Art Psychotherapists). Coffee, chat & connection.
2/7/23	Burnham, Bucks	Unknown	Art in the Woods workshop
11/11/24	Zoom	7	Catch up and introduction to regional questionnaire
27/11/23	Zoom	Unknown	Connection, art making and reflecting on a journal article
8/7/23	Unknown	Unknown	Exploration of the Intention of Movement CPD led by Dance and Movement Psychotherapist Sarah Millington. Gain an understanding of how the use of Laban Movement Analysis effort elements can give an insight into our clients' inner intentions.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Examined Expressions – Art by Art Psychotherapists, an exhibition held at Lansdown Gallery in Stroud from 21st – 27th November 23

Newsletter – see attached.

Google Poll – see attached.

Instagram, new account for region 5 created: www.instagram.com/baatregion5

Please see the attached our January Newsletter, which summarises the group's activity and includes results from the Google Poll.

https://baat.org/download/7693/BAAT-Region-5_January-24-Newsletter.pdf

Region 6 - West Midlands (Shropshire, Staffordshire, West Midlands, Warwickshire, Worcestershire)

Name of group: Region 6

Name of coordinator(s): Genevieve Collier

Dates of meetings held since July 2023 (with number of attendees):

(this region doesn't hold general meetings or annual meetings)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Since last summer, Daisy Dixon has stepped down as co-coordinator, and Genevieve continues as the regional contact.

We have held monthly online-art making sessions since June 2023, bringing together a mixture of art therapists and associate members for relaxed, reflective art making and chat. The sessions have explored using music, 5-rhythms, intuitive and bilateral mark-making to facilitate reflections and connections. This friendly peer group is open to members who want to practice hosting a group or test out a new approach.

Our summer 2023 meet-up was held over a picnic at Birmingham Botanical Gardens, and the winter in-person gathering was also in Birmingham, at GAP Arts community centre. The midwinter meeting included hearing from three members who work in different settings, who kindly presented a little about their approach and current issues.

In-person CPD has been in the form of two workshops run by artist, Sarah Goudie, who uses bilateral and intuitive mark-making to explore the embodied experience of large-scale drawing. Run in Stourbridge and Worcester, the workshops were a blend of nourishing self-care for members, and something for the toolkit with clients.

On-line CPD offerings for members have included a choice of modules run by complex trauma expert, Carolyn Spring; and a 12-part programme, Embodied Approaches to Psychotherapy, run by Confer. Online trainings have been followed up with online peer groups to discuss and share the learning.

Region 8 - Norfolk, Suffolk, Cambridgeshire

Name of group: Region 8

Name of coordinator(s): ALISON HAWTIN (since 2019), REBEKAH DOLBY (since 2023) and ERIN YOUNG (from 2021 to April 2024)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Activities 2023-2024:

JULY 17th 2024 A DAY WITH MARIE EDWARDS 'A Brief Introduction to Animism, Shamanism and Permaculture and their relationship to Art Therapy' (Zoom) (9 ATTENDEES)

SEPTEMBER 30TH 2023 'An introduction to TRANSACTIONAL ANALYSIS Principles, Theories & Concepts' by Rosaline Nain Chai (Zoom) (18 Attendees)

NOVEMBER 18TH A DAY 'Dramatherapy and Music Therapy in practice' at Anglia Ruskin University, Cambridge (In-person) (17 attendees)

Planning meetings 4th Sept and 1st Feb 2024 and 16th March 2024 (Zoom)

Chris Porsz REUNIONS Photography exhibition <https://www.chrisporsz.com/events.html> at Peterborough Art Gallery & Museum (in-person) (10 attendees)

MARCH 23RD A DAY with ANTHEA HENDRY 'Adoption Through the Life Cycle: Working with People Whose Lives Have Been Affected By Adoption' (Zoom) (19 attendees)

APRIL 30TH 2024 2 hours 'A presentation with Sian Hutchinson - AN ARTIST/ART THERAPIST'S PRESENTATION OF AN ARTS COUNCIL FUNDED PERSONAL ART JOURNEY (Zoom) (10 attendees)

To come....

Autumn 2024 A day of Lino cutting in Cambridge with Jo (in-person max 12 attendees)

Some Members feedback:

There have been lots on offer-great variety and opportunities within region 8 CPD, and helpful communications. I would like to say how helpful, friendly and supportive this group is. Is there opportunity to have this (I feel mine will not be the only praise!) in the summary for the AGM please.

I've found Anthea Hendry's work shop one of the best events I've attended for ages. It was so useful to think in depth and the pace was just great.

Sian's recent presentation has had me thinking about absences and really noticing them.

Thanks Alison and all!

I agree with all of what has been said. I love the variety of sources and training opportunities that Alison and Rebekah constantly make available for us.

I second these comments. Compared to other friends in different regional groups, we seem to

be considerably more active and lively which I'm very grateful for even though I sit on the periphery.

The cpd on offer is always amazing and it's great to have such warm and friendly like-minded people to connect with in our region.

I agree with all the comments above, I find region 8 is lively, interesting and resourceful.

Numerous members said they agree with all the comments above and are so glad to be part of region 8.

Co-ordinators comments:

It's a real pleasure...we love the challenge of finding new and interesting things to create excellent cpd...plus we also benefit hugely from this and from the lively and erudite conversations/concerns and challenges shared in this space. We all share in making Region 8 what it is.

We recommend anyone considering taking this role on to give it a go, you can design it to fit with your commitments and available time, and we would definitely recommend having a small team of co-co-ordinators as this shares the load and creates another route for enjoyable connection with colleagues.

We send our apologies for the AGM.

Region 10 - Greater Manchester, Lancashire, Cheshire, Merseyside

Name of group: Region 10

Name of coordinator(s): Leena Narsai-Latham, Chloe Sykes

Dates of meetings held since July 2023 (with number of attendees):

14/10/2023 approx. 7

9/12/2023 approx. 10

Summary of activity this year, outlining any issues and/or highlights for the group (max 500 words):

Firstly, we would like to say a big Thank you to Kaety Moon for all she has done over the years of being region 10 co-Ordinator as she stepped down from this role in May 2024. We're sure everyone will join us in wishing Kaety all the best in her next chapters and endeavours.

Secondly, we would like to thank our members for being patient whilst we had to put our volunteer BAAT region 10 roles on pause due to personal circumstances requiring our energy and time.

It was so lovely to reconnect at the meet-ups last year, to be in the warm presents of other art therapist, to share a cuppa, ideas, creativity, and passion for what we do. Thank you all to

those who attended and made the meetups to be enriching for all.

We started this year by sending out a questionnaire to gather members thoughts and ideas to help shape future meetups. Following the information gathering from members, we are hoping to have 4 meet ups this year. Which will include being online and in various locations within the region with themes and CPD that were highlighted by members in the questionnaire. We have created an Instagram account (@region10baat) to hopefully help share news of upcoming events in an easily accessible media source whilst using the forum to share event details. We are looking forward to seeing you all today and at future regional events.

Region 11 - Yorkshire, Humberside

Name of group: Region 11 (Yorkshire and Humber)

Name of coordinator(s): Shalini Mehta and Pippa Crosby

Dates of meetings held since July 2023 (with number of attendees):

-9th December 2023- Sheffield (17 attendees)

-Every 3rd Wednesday of the month meeting online for Literarti meeting. Ongoing (5-10 attendees)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

This is just an update of the things that are going on with region 11 at the moment.

Literarti

Literarti is now up and running... It is a monthly journal group on the third Wednesday of each month from 7.30 to 8.30/9pm. It is held on zoom and hosted by Pippa Crosby and Jayne McConkey. A paper is put out via telegram each month so that you can have time to have a read. Currently papers are being selected by Pippa and Jayne, but they would welcome any suggestions for future papers.

Potential Reflective practice group

We are interested in starting a monthly reflective practice group on zoom. This would again be on a Wednesday evening 7.30-8.30/9pm (probably the first Wednesday of the month). The idea of this group would be to meet up with art materials available and use the time together to reflect on our work whilst making art and then sharing with the group what feels helpful from this. This process would evolve with the group and participants ideas and needs.

Autumn Programme of on-line and in person events

September 2024

Pippa is hoping to run a workshop using body work and art making for self-reflection.

As well as being an art therapist Pippa was a specialist physiotherapist for 25 years working in child and adult mental health and has taught Pilates for over 12 years where much of her work is with individuals struggling with mental health difficulties as well as chronic physical conditions. Pippa has also completed post graduate training in body awareness therapy at

Bergen University in Norway. Her approach is very much about helping the person connect into their body and begin to listen to the story it holds to aid self-compassion, release tension and pain and increase feelings of self-agency and build feelings of inner strength.

November 2024

Cordy is planning to run a full day of workshop for reflective practice in Hebden Bridge. This will include bilateral drawing and creative reflective practice workshop. This will be an in-person event.

December 2024

In December we will host our business meeting and Jon Martyn will present a workshop introduction to EMDR for art therapists (more details later). This will be a hybrid event.

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

Name of group:

BAAT Region 12

Name of coordinator(s): Jillian Archibald* and Kristin Ricci* (*stepping down down)

New coordinator: Savannah Rios-Willis

Dates of meetings held since July 2023 (with number of attendees):

- Friday the 10th November 2023, at The Hawthorn Centre for Psychotherapy; Gosforth, Newcastle. Ten members attended.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Since our meeting in the Spring of 2023, Kristin and I had been talking of our intention to step down from the Regional Co-ordinator's role. We have however maintained contact with our colleagues across our large region with our twice-yearly Newsletter. In addition, we planned an Autumn 2023 meeting where Matthew Evans, Child and Adolescent Psychotherapist hosted and delivered a talk entitled '*Internal surveillance*' involving reflections on recent case material with young people, the impact of social media, and the pandemic.

We were pleased to see so many newly qualified and training Art Psychotherapist's at the meeting, including one of the first Art Therapy Apprentices. We were also very pleased to welcome Dr Kelly Jayne, senior lecturer of the new MSc Art Psychotherapy Degree Apprenticeship at Teesside university.

Most recently we have been pleased to confirm the handover of the Regional Co-ordinating role to Savannah Rios-Willis, who will hopefully be supported in this by a current trainee (on qualification). We wish them the very best and look forward to the future activities of this group.

Region 13 – London

Name of coordinator(s): Helen Rennie (in name only at this point)

Dates of meetings held since July 2023 (with number of attendees):

No meetings held

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Unfortunately, other than the The Reflective Practice Group, , no fixed Region 13 meetings or activities have been planned or carried out.

Name of group: BAAT Region 13 Reflective Practice Bi-Monthly Meeting

Name of coordinator(s): Reflective Practice Coordinators and Facilitators: Jean-Jacques Bonneau and Tessa Rawcliffe

Dates of meetings held since July 2023 (with number of attendees):

6 meetings from May 2023 to March 2024, there is one scheduled for 28 May 2024 and there have been 6 email confirmations as of 25/05/2024. Meetings are held in Waterloo Action centre the last Tuesday of alternate months and are already booked up until Tuesday 25 March 2025 There has been an average of 12 attendees, details below. There are about 6 regular attendees and 6 irregular attendees who keep in email contact, sending apologies and/or confirming or expressing interest in future attendance. The meetings are for 2 hours with quarter of an hour break for refreshments and social interaction. The first hour is for presenting and reflecting on a clinical situation and the second part for discussion and reflection of a second presentation or to continue reflection on the first, ending with ideas and proposals for the next meeting.

30/05/2023: 7 attendees

30/07/2023: 6

26/09/2023: 11

28/11/2023: 20

30/01/2024: 12

26/03/2024: 12

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Attendees include Art Therapists returning to practice and recent Art Therapist graduates as well as experienced Art Therapists, all working in a variety of settings: the NHS Mental Health Services, the private sector, the homeless and other charities, adult learning disabilities and hospices, working with children and young people with sensory impairments, trauma and PTSD, autism and bereavement, addictions, complex needs and adult mental health.

Examples: using a workshop format to present working with children and young people with sensory impairment. Presenting work with a patient with personality disorder who exhibited

ambivalence towards engaging with the therapeutic process, leading to a discussion about dilemma or double bind which affected the personality and sense of identity of the person. The difficulties of engaging with clients with severe ADHD, setting up a service with children in an NHS setting and the need for clarifying therapeutic boundaries. A discussion about institutional dynamics and internal politics in the context of changes to the whole service impacting the delivery of the Art Therapy service.

Region 14 – Oxfordshire

Name of Group: Region 14 (Oxfordshire)

Coordinators: Shin-shin Ngiam and Miriam Muldal

Dates of Meetings held since July 2023 (with number of attendees):

13/07/2023 Final Planning Meeting for Art Show (7 attendees)

21/07/2023 In person meeting to set up art show (7 attendees)

22-24/07/2023 Region 14 group members 'pop-up' art show in Oxford City Council's

Covered Market. The pop-up exhibition was held in a shop space between tenants.

Titled "A Felt Sense" it featured Art Therapy to the public, including how to access it, and presented the personal art work of 7 members of R14. The work represented Art Therapists' engagement with others, self and society. It was well attended by the public and led to many interesting discussions and interactive artwork produced and exhibited by visitors of all ages.

30/11/2023 Autumn Planning Meeting (5 attendees and 1 additional who sent ideas for the meeting as unable to attend)

25/01/2024 "Art n Yak" Monthly online discussion and art making hour open to all members (2 attendees)

29/02/2024 Art n Yak" Monthly online discussion and art making hour open to all members (3 attendees)

31/03/2024 Visit to Modern Art Oxford: Mexican Artist Frieda Toranzo Jaege. (1 attendee)

10/04/2024 "Meeting of Minds" In person collage workshop run by R14 member Belinda Hunt (3 attendees)

25/04/2024 Art n Yak" Monthly online discussion and art making hour open to all members (2 attendees)

(Upcoming in May)

23/05/2024 Peer Reflection Space, Termly online meet to discuss professional issues and organisational context

31/05/2024 Peace Pagoda Workshop, Art making and Social Outdoors

Region 15 - Scotland (Clyde)

Name of group:

Region 15

Name of coordinator(s):

Corah Ambrose and Bryony Budd

Dates of meetings held since July 2023 (with number of attendees):

18/4/24- Peer Supervision (in-person)- Attendees = 6

23/3/24- Workshop (in-person)- Attendees = 25

14/3/24- Peer Supervision (in-person)- Attendees = 7

15/3/24- Peer Supervision (in-person)- Attendees = 6

18/1/24- Peer Supervision (in-person)- Attendees = 5

30/11/23- Peer Supervision (in-person)- Attendees = 5

9/11/23- Peer Supervision (in-person)- Attendees = 6

28/10/23- Workshop (in-person)- Attendees = 21

12/10/23- Peer Supervision (in-person)- Attendees = 4

14/09/23- Peer Supervision (in-person)- Attendees = 6

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

HIGHLIGHTS

PEER SUPERVISION:

We have established a peer supervision group, running monthly. We have had approx. 9 people attend frequently with 4 more express the hope to attend when schedules allow.

ART WORKSHOP AND PROFESSIONAL DEVELOPMENT:

We have organised a series of workshops with a focus on providing space for personal art making and discussion of art therapy theory and practice. Workshops are run by Glasgow based artists. We have so far coordinated 2 of these with 3 more planned to run this year on 6th July, 28th September, and 7th December. Both workshops to date have been very well attended with great feedback shared. Plan to formalise feedback, monitoring and evaluation moving forward.

Workshops:

1- Collage and Connect with Concrete Nature Studio (28/10/23)

2- Drawing Together: Exploring Identity Through Graphic Novels with Nancy Haslam-Chance (23/3/24)

3- Sculpture (title unconfirmed) with Coral Brookes

4- Not yet planned

5- Not yet planned

COLLABORATIONS:

We have met with region 16 coordinators to share resources and have planned a PechaKucha event (online) on 23rd of May. This is a pilot with hopes to run an in-person event in Glasgow towards the end of the year.

We have also been put in touch with Lisa and Abi from BADTH and are hoping to collaborate on CPD in the future.

CHALLENGES

COMMUNICATION:

The BAAT email/ forum has been causing a few issues for us likely impacting the level of engagement we are having in the region. This has now been resolved and we hope to see attendee's increasing.

FUNDS:

Working with the limited budget has been difficult and therefore we are unable to meet the full needs of members in the region as outlined at a planning meeting at the beginning of 2023. We have chosen to prioritise art workshops and peer supervision for now. We are trying to find creative solutions to the costs of space hire as it is important for members in our region to meet face to face. One solution in the coming months will be for peer supervision to be held at a coordinator's studio (for free) this should save us £95 over the rest of the year.

Region 16 - Scotland (Forth)

Name of group: Region 16

Name of coordinator(s):

Manny Soora (leaving end of the year)

Amy Crawley-Wise (leaving end of the year)

Silvia Cirronis

Yuxi Liu

Erin Young

Dates of meetings held since July 2023 (with number of attendees), and summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

We have had a busy 2023 with 2 workshops delivered, 4 business meetings and bi-monthly online reading groups. Finishing off with a relaxed art making workshop held at the Festival Theatre (with all art materials provided for the 15+ attendees). This was a time to reflect on the past year and to look forward to 2024. Going forward, as a group we have decided to change

the format of the Reading group to art making with options to discuss and share any reading material. The art making online groups will also feed into the R16 Exhibition in Nov 24.

We have also announced that Manny Soora and Amy Crawley-Wise will be stepping down as R16 Coordinators at the end of the year.

We have a new member to the coordinator team – Erin Young, recently relocated from England with previous coordinator experience.

Past Events from July 23:

- 22nd Oct 23 – R16 Meeting
- 7th Nov 23 - Reading Group
- 10th Dec 23 - Art Making Workshop at the Festival Theatre
- 12th March 23 – Art Making (online)
- 14th April 23 – R16 Business Meeting
- 23rd April 23 - Art Making (online)

Planned Events

Workshops:

- June (tbc) - Pecha Kucha
- 29th Sept - Research Workshop – PHD research on care experience children (after R16 business meeting)
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Art Making:

- 28th May – Art Making (online)
- 25th June – Art Making (online)
- 30th July - Art Making (online)
- 27th Aug - Art Making (online)
- 17th Sept - Art Making (online)
- 8th Oct – Art Making (online)
- 29th Oct – Art Making (online) and Exhibition preparations

R16 Business Meetings:

28th July 24

29th Sept 24

Plus, one more date (tbc)

Exhibition:

18th Nov to 23rd Nov - R16 Exhibition @ Out of The Blue Drill Hall

Budgets:

Annual budget for year 2024 is £1,414.00 and own funds are £2,014.84.

Exhibition - £450 + VAT? (tbc)

Region 17 – Somerset, Bristol, South Gloucestershire

Name of group: Region 17 (Somerset, Bristol, South Gloucestershire)

Name of coordinator(s): Jen Wilson, Jenny Clarke

Dates of meetings held since July 2023 (with number of attendees):

Aug 19, 2023, art workshop – 6 attendees

Oct 13, 2023, online meeting – 5 attendees

Nov 18, 2023, art workshop – 8 attendees

Dec 9, 2023, Exploring the Intention of Movement CPD with Sarah Millington, Dance Movement Therapist – 18 attendees

Jan 26, 2024, online meeting, 4 attendees

Feb 20, 2024, Ali Coles, Getting started with practice-based research, online CPD, 29 attendees

9 Mar, 2024, Jen Wilson, Bereavement and palliative care and Sam Hickman, Slow Stitch in person CPD, 20 attendees

19 Apr, 2024, online meeting, 8 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

We said goodbye (and thank you) to co-ordinators Kim Matias and Katherine Engel at the end of 2023. Jenny Clarke was already a co-ordinator and was joined by Jen Wilson when Kim and Katherine stepped down.

We have carried on with a mix of online networking meetings, in person art workshops at Redcatch Community Garden, and CPDs.

We are also aiming to incorporate as much CPD from regional members as possible and have invited to group to let us know if they would like to run a CPD.

The feedback on our first two CPDs of the year have been great and both were very well attended.

From the start of 2024 we have planned to have one event a month, on a mix of Tuesday evenings, Fridays and Saturday mornings, to fit with both Jen and Jenny's availability but to make sure there are different times to suits the most members.

We are also aiming to use in person venues across the Region and also run some events online to make our meetings as accessible as possible.

We are also working on communication and encouraging use of the forum whilst making sure we also email key information. We have also set up an Instagram account which directs members to the forum to book events.

Country groups

Northern Ireland

Name of coordinator(s): Clare Boyd (Chair), Caryl Sibbett (BAAT Vice Chair), Clare Thompson, Christina Johnston, Colin Sims (re-joined March 24), Eileen McCourt, Gail Calwell, Sheila Lavery (Coordinator), Rose Quinn (resigned March '24)

Dates of meetings held since July 2023 (with number of attendees):

15th August 2023: online Committee meeting – six attendees, two apologies

13th September 2023: online Committee meeting – five attendees, three apologies

10th October 2023: online Committee meeting – six attendees, two apologies

11th December 2023: online Committee meeting – seven attendees, one apology

16th January 2024: online Committee meeting – seven attendees, one apology

19th February 2024: online Committee meeting – six attendees, two apologies

13th March 2024: online Committee meeting – six attendees, two apologies

24th March 2024: online Annual meeting – 15 attendees, six apologies

22nd April 2024: online Committee meeting – eight attendees, one apology

28th May 2024: online Committee meeting

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

1.7.23: In-person CPD event: Clients with learning disabilities – 16 attendees, 2 apologies

11.11.23: In-person CPD event: Gender diversity – 12 attendees, 10 apologies

24.2.24: In-person meeting with BAAT Chair and CEO – 41 attendees, 12 apologies.

6.7.24: CPD event planned on Developmental Trauma and Implications for Therapy
Co-ordinator attended three regional coordinator meetings.

Committee in contact with other bodies (e.g. HCPC) regarding issues of governance, protection of title, etc.

Posting jobs in social media and encouraging members' participation on forums.

Eileen has been representing art therapy on the AHPFNI, attending meetings, consolidating professional relationships, working to increase art therapy representation in health trusts, and art therapist inclusion in job descriptions.

Caryl has been advocating for art therapy in meeting the needs of children and young people in NI. Activities included:

- Co-hosting an inaugural Roundtable meeting to secure art therapy, and other therapeutic interventions in NI's schools. This led to forming a campaigning coalition including colleagues in BACP, Barnardo's, music therapy and dramatherapy.
- Caryl and Coalition met with the Alliance Party's Education spokesperson and the SDLP's CYP Spokesperson

- Caryl and Coalition met with NICCY (Northern Ireland Commissioner for Children and Young People) representatives. Focus of meeting: promoting the case for investing in therapeutic interventions in Northern Ireland's schools.
- Co-signed a letter from the Children's Law Centre petitioning the Permanent Secretary of State for NI to secure funding for children's therapy in schools.
- Wrote a letter with BACP to the Secretary of State for NI, NI Office, to advocate for funding for art therapy in schools. (ongoing collaborative work with BACP.)
- Presented to the APG on Mental Health Meeting in Stormont.
- Assisted the Coalition in producing a report, '*The case for investing in therapeutic interventions in Northern Ireland's schools*'.
- Caryl and Coalition representatives attended a follow-up planning meeting to present to the Education Committee in Stormont.
- Caryl has been appointed as Regional Representative for Art Therapy on the Advisory Committee of the Allied health Professions (ACAHP) to the DoH NI/Minister of Health.
- Attended first all-day meeting in Stormont as Regional Representative for Art Therapy on the ACAHP to the DoH NI/Minister of Health.
- Caryl and Coalition attended a meeting scheduled with the Department of Education's Director for Inclusion on, '*The case for investing in therapeutic interventions in Northern Ireland's schools*'
- In response to an urgent request from the Director of Inclusion, collated and submitted a 4-page research evidence summary to BACP Four Nations Lead for sending to Department of Education's Director for Inclusion. Topic: *Art Therapy with children who have special needs*.
- Along with coalition & BACP colleagues gave a 45-minute briefing and Q&A to the Education Committee, Stormont.
- Caryl assisted Eileen in writing the art therapy inputs and case studies throughout the Report, '*The Role of Allied Health Professions (AHPs) in Mental Health*' for the DoH NI.
- Numerous meetings and emails preparing for and debriefing after meetings and drafting written documents:
- Caryl liaised with BAAT and other parties regarding the promotion of art therapy in the new HOPE / ICSS tender.

Scotland

Report on the Activities of BAAT Scotland from June 2023 to June 2024

BAAT Scotland council roles and council members

BAAT Scotland Council is comprised of council members, who represent different areas of professional practice in Scotland, with the aim of promoting and supporting the work of art therapists in these areas. The council members are voted in at the BAAT Scotland AGM.

Currently the BAAT Scotland Council members are:

- Race and Culture reps: Silvia Cirronis and Misa Watson
- Gaelic rep: Catriona MacInnes
- NHS rep: Alex Taneus-Miller

- Learning Disabilities rep: Portia Velarde
- Children and Young people reps: Jo Jones and Vicky Aston
- Chair: Bridget Grant

Activities

- **Fulfilling our mission statement**

BAAT Scotland upholds a grassroots, *bottom up* ethos. In order to meet the aims of BAAT Scotland's mission statement, we have aimed to gather the views of the members, and respond to what has been communicated to us. A desire for opportunities to meet, particularly in-person for peer support, training and CPD, has consistently emerged from the membership. Members have also sought support in various areas of practice from the members of BAAT Scotland Council, and there is a history of an expressed need for a stronger professional presence acting transparently on behalf of BAAT members in Scotland, that is engaged in Scottish political and decision-making bodies.

- **Raising the profile**

To cultivate, support and promote meaningful connections and creative growth for BAAT members in Scotland, we have increased the visibility of BAAT Scotland by sending out regular updates to BAAT members and creating possibilities for art therapists to gather together in person in Scotland through continued meetings in the regional groups, for example, at seminars organised by the Children and Young People Scotland SIG and at the BAAT Scotland AGM.

BAAT Scotland is becoming more known and recognised as a point of contact or resource by other professional bodies. Recent contacts have included:

- Forth Valley NHS working on a project with NHS Education for Scotland promoting the Return to Practice pathway and resources for Art Therapists and other AHPs
- Care Inspectorate Scotland have asked if we can provide any case studies for a publication they are producing, showcasing the work of AHP's in care homes with older people.

- **Scotland Practice Guidelines on working with adopted children.**

In response to new guidelines in England and other parts of the UK, Vicky Aston, (CYP rep) led a review of the BAAT Scotland practice guidelines on working with adopted children, young people, and their families to be published on BAAT website.

- **Meetings:**

BAAT Scotland Council met quarterly throughout the year, both online and in-person. BAAT Scotland held the AGM on 9th March. This was a full-day event, offering both in-person and online attendance, including a presentation and workshop on response art by Sarah Warren; Claire-Louise Vaculik also attended representing BAAT, in her role of Chair.

- **BAAT (UK) Review and consultation:**

BAAT Scotland Council have been in conversation with Gary and Claire Louise to discuss how BAAT (UK) can best support the Scottish membership. This has involved the apparent suspension of the Scottish Policy Officer post, which has not been re-advertised. BAAT Scotland Council have been making the case to BAAT (UK) for the need and continuation of this post, but it is unclear if the post will remain under the revised structures.

- **Gary and Claire Louise Visit:**

In September, BAAT Scotland hosted a visit from Gary Fereday and Claire Louise, who travelled from London to meet with BAAT Scotland Council and other Scottish members.

- **Inside-outsider exhibition:**

BAAT Scotland were delighted to provide a supporting statement for this exhibition by mental health practitioners with dual experience. The Exhibition was organised by Don McJimpsy in collaboration with in2gr8 mental health. Bridget, as the BAAT Scotland Chair also gave a short address as the opening, along with other contributors. BAAT Scotland were proud to be a part of this important event.

- **Addressing Members professional issues and concerns:**

BAAT members in Scotland are invited to contact the Chair to seek advice or support for any professional issues. If we are unable to help, we can signpost and advise. Bridget in her role as chair, notices an increased level of enquiries, which suggests that the profile of BAAT Scotland is raising amongst Scottish members.

- **Mary Anne Leaving:**

BAAT Scotland are so very sorry to be saying goodbye to Mary Anne Ibe, as BAAT Scotland Race and Culture Rep. Mary Anne joined in 2020 and she has made an invaluable and rich contribution to the work and development of BAAT Scotland Council and to the area she represents. We will miss her greatly on BAAT Scotland Council!

BAAT Scotland Council Representatives Updates

a) NHS Adult Mental Health: Alex Taneus Miller

The Arts Therapies NHS Scotland Strategic Development Group

- The group continues to meet, with representation from an increasing number of health boards.
- The group seeks to represent Art Therapy, Music Therapy and Dramatherapy.
- Agenda items include:
 - Sharing updates about service development and good practice from local board areas, including the creation of new posts
 - Influencing recruiters to include the Arts Therapies as eligible professions within generic job descriptions.
 - Liaising with NHS Education Scotland (NES) about the commissioning of funded Arts Therapies specific clinical supervision training; this is ongoing.
 - Maintaining and updating a census of Arts Therapists employed in NHS Scotland health boards.
 - Engaging with NES around issues of how the training needs of Arts Therapists are understood and met.

Creation of new posts in NHS boards

- New fixed term and substantive posts have been created in CAMHS in Greater Glasgow and Clyde and Lothian and in the prisons service in Greater Glasgow & Clyde.
 - The Principal Arts Therapist in NHS Forth Valley is currently working to secure a further Art Therapist post in CAMHS, subject to funding being approved.
- Registered Art Therapists who are employed within other roles.

- Primary Care Mental Health Workers (PCMHWs) who are trained as Art Therapists and employed in various boards across NHS Scotland have started a peer support group.
- Anyone who is qualified as an Art Therapist in the NHS but who is not employed as such is strongly encouraged to contact me to discuss ways of engaging with the profession.

National Service Specification for the Delivery of Psychological Therapies and Interventions in Scotland

This specification has been developed, "...to serve as an innovative national guide of what high quality psychological care and practice looks like so you know what to expect, and [it describes] how services should deliver this to meet local needs." This publication is the outcome of the consultation that took place between October 2022 and February, and which was discussed at the 2023 BAAT AGM. Although it is intended to be a guide for all psychological therapy practice rather than for specific modalities, the document is in fact not representative of the broad range of professions that make up psychological therapies. In recognition of this, the Heads of Psychology Services who put the document together have convened the Psychological Care and Practice Forum to support implementation of the above specification and any other 'relevant cross government issues', although the precise terms of reference are still being drafted. Membership of the forum is intended to represent all key stakeholders who support delivery of psychological care and practice across Scotland and includes Art Therapy, for which I am the rep. Meetings will be ongoing every three months and I will report back to members through the BAAT Scotland newsletters.

BAAT Members are encouraged to read the above specification document which is available through the following link:

[National Specification for the Delivery of Psychological Therapies and Interventions in Scotland \(www.gov.scot\)](https://www.gov.scot/publications/national-specification-for-the-delivery-of-psychological-therapies-and-interventions-in-scotland/pages/1-1-introduction.aspx)

b). Race and Culture: Mary Anne Ibe

Race and Culture Summary Report 2020-2023

I have been BAAT Scotland Race and Culture Representative since November 2020. My time as a council Scotland rep has been diverse, expansive in personal and practice development and a continual learning experience of support and strategic development. Since my initial involvement at the 2020 Scotland AGM where I was voted in as rep council member, I have undertaken tasks and responsibilities to support the membership. 2020 Scotland AGM I presented my 'Face2Face' A black Art Therapists experiences and reflections: Working with clients's racial narratives when processing conflict and how to meet with empathy. The presentation focused on themes of therapeutic relationship beyond the contained space and development of therapeutic alliance exploring skin tones, cultural backgrounds and communication approaches on these topics. This was followed by an experiential self-portrait workshop and small group discussions. I have been guest lecturing at QMU Art Therapy Masters course for year 1 presenting the Face2Face presentation and workshop 2021 and moving forward in future practice sessions at QMU.

2021 brought more experience in strategic and consultation support with BAAT UK alongside other Art Therapists across England, Wales and Northern Ireland to develop the EDI Equality, Diversity and Inclusion Policy and Strategy document followed by taking part in BAAT UK Council AGM July 2021 "Doing the work: Understanding Trauma and the impact of racism and

disadvantage" presentation alongside Corrina Eastwood and Judy Ryde. My presentation "Community Advocacy and Racism in Art Therapy: racial awareness working with families and professionals in art therapy".

2022 I was invited to present and facilitate an experiential workshop on the integration of Art Therapy with the Dan Hughes Developmental Dyadic Psychotherapy model for children in care. The CYP SIG one day seminar at Dundee Contemporary Arts venue in October 2022 was the first in-person one day seminar, it was a great day of exploring practice and togetherness with Scotland membership. The year also had queries and request from the Scotland membership regarding immigration issues and with forward discussions with BAAT UK and Scotland government officials. This led to being part of a working group with other professionals across various industry sectors to give feedback Scotland policies and procedures regarding visa process and paperwork for individuals and organisations. This year from March to December I have facilitated monthly cultural heritage practice sessions, an online closed group for people from diverse cultural groups to explore selves and practice experiences with considerations to intersectionality, race and culture topics. The Race and Cultural Scotland BAAT Representative role has scope for so much more networking, support, and facilitation for the Scotland membership unfortunately I am no longer in a position personally and professionally to continue my journey in this role. Role and responsibilities are:

Working closely with BAAT Scotland and UK Council and Scottish Region reps, the race and culture representative will ensure that BAAT diversity, equality, race and culture agendas are successfully implemented and in line with overall BAAT Scotland objectives for art therapists practice, research and training in Scotland. It also important to have an awareness and active interest of the wider context of UK/European and global policy trends/changes which may affect art therapists and clients in Scotland. Understanding regional/local and national, social, political art therapy/therapy trends and ability to timely communicate amongst cohorts to improve BAAT community and diversity for the BAAT workforce and client group in Scotland.

c). Children and Young People: Jo Jones and Victoria Aston

Jo was part of making a professional video of young people and their experience of Art Therapy which should be on the BAAT Instagram soon. She also joined the Mental Health Forum in Edinburgh network to represent Art Therapy especially representing CYP. She also attended SVCO (Scottish Council for Voluntary Organisations) networking event to promote art therapy in the third sector. Maintains and responds to CYP BAAT email and has also joined the planning team for CYP SIG upcoming events.

Vicky is re-connecting back into an NHS role, after a long period away from work due to cancer treatment. Vicky is currently reviewing the BAAT Scotland practice guidelines on working with adopted children, young people, and their families, and this will be published on BAAT website following verification.

d). Learning Disabilities: Portia Velarde

As part of my role as the BAAT Scotland Learning Disabilities representative and within my role working with people with LD in the NHS, I attended Scotland's Learning Disability and Gender-Based Violence Conference 2023 where a new report was launched titled "*Unequal, Unheard, Unjust: But not Hidden Anymore. Women with Learning Disabilities' Experience of Gender Based*

Violence in Scotland."

This report was produced by 'People First (Scotland)'s Equally Safe Group' and the 'Scottish Commission for People with Learning Disabilities' and can be found on the SCLD website. The report captures the experiences of women with learning disabilities across Scotland in a powerful, moving way. The findings are deeply concerning, highlighting the inconsistent support available to these women at both local and legislative levels. It was important to attend alongside other professionals throughout the NHS and across the wider health and social care sector, to really think together about how best to support people who are experiencing, affected by or at risk of Gender Based Violence in Scotland going forward. In my role as the BAAT Scotland representative for Art Therapists working with people with Learning Disabilities in Scotland, I am looking to begin a scoping exercise to identify other Art Therapist's working in this field. This could then provide a way for us to connect, sharing professional experience and insights.

e). Gaelic: Catriona MacInnes

Catriona described something of her experience as a Gael in relation to her own experience of the culture and language being 'endangered' and as an art therapist working in the Western Isles. She is currently undertaking doctoral research at UHI on the losses and experience of Gaels and trans-generational trauma and exploring adaptation of art therapy to this work. She asked anyone interested to get in touch.

Scottish CYP SIG

Co-ordinated by Lauren Fox McGloughlan and Catriona MacInnes the work of the CYP SIG continues with two annual in-person seminars. In 2023 we held seminars on art therapy work in the fields of trauma and alcohol and addictions. The seminars have included two presentations by art therapists active in these fields in Scotland and a substantial amount of time for experiential art making and peer discussion and support. They have been fully attended and as they are open to art therapists across Scotland have been offered in various cities in Scotland to date. The Scotland CYP SIG gives opportunity for Scottish based art therapists to come together to examine various aspects of work, to present, explore and support research and ongoing work and to use the SIG as a sounding board for presenting art therapy work amongst peers. We have continued after lockdown to offer four online sessions alternating between presentation and case study and art making. On 10th May we held an in- person seminar initiated by two members of the group on the subject of (m)motherhood with a Keynote presentation by Dr Susan Hogan.

Wales

Name of coordinator(s): Jess Gordon and Claire Aldridge

Dates of meetings held since July 2023 (with number of attendees):

10 June 2023 – 29 members attended (12 in person; 17 online)

14 October 2023 – 5 members (online – recording shared with all members)

20 April 2024 – 9 members (in person)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

In June 2023 members met in Swansea for An Introduction to Sandtray Therapy with Dr Kirsty Bilski. This was a valuable insight into the possibilities of sandtray work and how it might be integrated with art therapy. Kirsty provided both theory and experiential learning in a highly enjoyable session. Online attendance was opened to members from other regions.

Feedback from participants:

'Just wanted to say THANK YOU for organising that. I loved, loved, loved it. I've always been curious about sandtray therapy, definitely feel like I got more of a handle now and understand its process and powers..... Kirsty was magnificent.'

Our online AGM in July was poorly attended, but feedback via email regarding activities and plans for the Region was positive and members were happy for us to continue as co-ordinators.

On 14 October 2023 we held an online CPD Meeting: Getting Started with Practice-based Research with Ali Coles. The session was a valuable introduction and encouragement to dip a toe into research with plenty of practical advice on how to get started. Although attendance was low at the event, a recording of the session was made available to members who were unable to attend, which has been appreciated.

On 20 April we held a two-hour Felt-making workshop in Abergavenny in response to requests for some hands-on sharing of creative skills. Expertly facilitated by Petra Pinnock, it was an enjoyable opportunity to learn about the therapeutic qualities of felt and to connect and network with others.

Feedback from participants: 'I've loved igniting my crafty side again – it was really needed.'

'Fantastic opportunity to connect with self and others in a creative activity. Thank you!'

Plans for the rest of the year include a gallery visit, an outdoor art making session, an evening of case presentations (postponed from last year) and CPD on ableism, disablism and post-ableist positions in the arts therapies delivered by Beth Pickard.

Issues: as co-ordinators we feel that members in our region still do not use the forum enough or recognize that it is there as a medium for connection and networking – how could this be better signposted and promoted? The geographical range of our region continues to make it difficult to serve all members equally, given the uneven distribution – we would like to hold events in the north and west of Wales, but are not confident that enough members will attend – in the meantime we provide online opportunities but feel that some members are missing out on the in-person events.

Special Interest Groups

ADD SIG - Art therapy and addictions

Name of group: Addiction Sig: Group for art therapists with an interest in addictions.

Name of coordinator(s): Carol Scarlett, Brita Macdonald.

Dates of meetings held since July 2023 (with number of attendees):

August 2023, Carol put out a call for suggestions /themes for meetings in October 7th which no members attended.

Addsig meeting on 2nd December with art therapist/animator Tony Gammidge. Approximately 12 people attended CPD certificates were sent out.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

In August Carol sent out an email asking members if they would like to put forward a suggestion for a meeting in September. One member came back with a suggestion: 'Can Addiction Sometimes Hide Psychosis'. This was not taken up and the meeting was cancelled.

An informal meeting was posted with a focus on self-care for October 7th there was little interest and also confusion regarding where to post the date and zoom link (Google group or forum) and this meeting was also cancelled.

An Addsig meeting was held on 2nd December with Art therapist/animator, Tony Gammidge. This went well, it included interactive artmaking, Q & A's and lively discussion - twelve members attended.

There are currently 95 Addsig members listed on the BAAT Website. Both co-ordinators are looking to stand down and feel that new, lively and energetic co-ordinators will benefit this potentially strong and interesting group.

ATAH SIG – Art therapy and homelessness

Name of group: Art therapy and homelessness

Name of coordinator(s): Joe Langlois

Dates of meetings held since July 2023 (with number of attendees): Roughly 12, did not keep track apologies.

Summary of activity this year outlining any particular issues and/or highlights for the group (max 500 words):

A new member has taken on the role of the homelessness special interest group coordinator in December 2023 after previous coordinators being unable to continue in the role.

The group has begun meeting again virtually since January 2024 with an intention of quarterly meetings. There was appreciation of it starting again and members connecting in a difficult time for the sector.

Overall themes have been of loss due to projects and funding being suddenly cut. There has been discussion of a new group starting with a collective response to isolation as well as an initiative to have a speaker in for a CPD session on successful funding bids. There have also been new members joining.

ATCAF SIG – Art therapy with children, adolescents and families

Name of group: Art therapy with children, adolescents and families

Name of coordinator(s): Lesley Andrew

Summary of activity this year outlining any particular issues and/or highlights for the group (max 500 words):

The ATCAF SIG is restarting online sessions after quite a long time somewhat inactive, and we have a session on 12th June and hope to do more across the year. I have been talking with some people who are helping out and have some interest in coordinating. The admin part hasn't been done yet, ultimately the things I need help with are the things that need to be done to onboard a new coordinator. I'm sure it will all work out in the end.

ATE SIG – Art therapy and Education

Name of group: Education SIG

Name of coordinator(s): Dejah Sykes

Dates of meetings held since July 2023 (with number of attendees):

Saturday 25th November 2023 –online - 12 attendees

Saturday 3rd February 2024 – in person – 10 attendees

Tuesday 19th March 2024 – online – 12 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The group meetings have been focussing on the challenges of working within education; making time to create and share art and to nourish each other in the shared space. All of the meetings have been attended by art therapists at varied stages of their careers, from trainees, newly qualified or more experienced practitioners. A wide range of geographical areas and types of school have been represented and one FE college.

Challenges: the main concerns have been: budget constraints - school budgets are being squeezed tightly, it seems to be a lottery, there are cuts being made to therapy services in some schools, whilst others show an increased commitment.

Defining our role as art therapists continues to be a difficulty, being referred to as play therapists seems to be the most common misnomer. Educating school staff about art therapy and its uses can be a challenge. Many people have no idea what art therapy is and will say to students 'have fun' as they are being collected for sessions. It is a delicate conversation, to explain to school staff, what therapy sessions potentially entail.

Holding the physical boundaries can also be difficult, explaining to school staff that therapy sessions should not be interrupted or even asking to have a working door on the therapy room can be awkward and not received well.

Some schools asking therapists to take on more clients in a day as they try to maximise their resources is another concern raised by many. Holding the boundaries of what is manageable can be very difficult for our members.

Highlights: hearing and sharing how adaptable and creative art therapists are at carving out their roles within schools, how quality outcomes can be achieved through art therapy which is being delivered in rooms with carpet, no sink and very few materials is inspirational.

Sharing CPD experiences has been helpful.

Making art together has been nourishing for all attendees, sharing experiences of work, the highs and lows, has been helpful in what can be a very solitary job. The main strength of these meetings has been feeling 'not alone' within our profession.

ATORG SIG – Art therapy and organisations

Name of group: Art Therapy with Staff Groups, Teams, and Organisations

Name of coordinator(s): Marilyn Miller

Dates of meetings held since July 2023 (with number of attendees):

2 – 2 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Our Group had been in abeyance for a while, due to poor attendance at meetings and technical issues. However, improved tech issues have aided better communication within the group, and increased responsiveness from members. The regular SIG Co-ordinators meetings, online, has been a great support, so there is now more energy and momentum in the group. The SIG Co-ordinators Pack has also been very helpful as a guide, with clear aims.

A SIG member in Scotland has been enthusiastic about the group, and in her other role as a Stress Management Co-ordinator, has invited SIG members to occasional free online talks from speaker at their organisation, as relevant. This has provided some extra interest and input for the group.

We now have a Zoom account set up for meetings, with three planned for this year. Two group members have offered to share talks and videos of their work at our meetings. We will also look at inviting some outside speakers.

I'm not sure about arranging real-life meetings, due to geography.

We are also exploring linking up with other SIG groups for events.

Having thought of stepping down last year, I am continuing this year, although it would be helpful to have another co-ordinator, so that the group would continue – one co-ordinator leaves the group vulnerable.

I have also appreciated the support from BAAT office, and the discount on courses, it makes us feel appreciated. One group member is writing her dissertation in this area. I feel art therapy and art-therapy based consultancy with staff, and organisations is under-represented in BAAT, and that this could be a valuable area for future business development.

The Creative Response SIG

Name of group: Working with Loss – The Creative Response

Name of coordinator(s): Nana Zhvitiashvili, Michele Wood, Tristan Chan, Hannah Cridford

Dates of meetings held since July 2023 (with number of attendees):

27th July 2023 - Neurodiversity and grief; 28th September - Social; 26th Oct 2023 - Researching an art therapy group for people with cancer; 29th November - Mildmay HIV/AIDS Art Therapy

Archive; 25th January 2024 - Members survey feedback and ideas for 2024; 29th February - MND and art therapy; 23rd April - Making a difference - Singapore art therapists' exhibition; 18th June - open invitation for members to share experiences, ideas, and challenges.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The Creative Response SIG has continued to grow over the past year. We currently have 239 members, an increase from last year's 145. The SIG is coordinated by a committee of four people, and collectively we have hosted a total of eight online gatherings as part of the 'Feeling A/part' series of events, which have been attended by approximately 84 people throughout the year.

'Feeling A/part' offers the chance for SIG members to meet, socialise, 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. A wide range of topics have been explored this year, as outlined above. Each event has been attended by between 8 and 12 people online, and feedback indicates that members who have been unable to attend have valued the opportunity to watch sessions that have been recorded.

Although the SIG's area of focus of loss is relevant to art therapists working across a wide range of settings, many of our members work in the context of hospice and palliative care, and bereavement support. The hospice sector is facing considerable challenge at present; hospices are charitable organisations that are significantly impacted by the cost-of-living crisis. The Feeling A/part sessions have assisted supportive relating between members, who are often solo art therapists working in isolation within multi-disciplinary teams, and provided informal CPD when funding may be scarce.

Some Feeling A/part topics have facilitated impact beyond the SIG and enabled collaboration with other SIGs through naturally aligned subjects of exploration. February's session was a moving and rich example of this, with Adam Levene sharing his experiences of working online with a man with MND. Participants in this session included members of the Neuro SIG.

November's hybrid session invited participants to view and discuss an art therapy archive included in a Wellcome funded project at London Metropolitan Archives. Taking place in person, the session was also recorded to enable online viewings via the forum. In April, representatives from a collective of art therapists working in palliative care in Singapore showcased artworks and experiences from their recent exhibition entitled 'big big SMALL SMALL'. This versatile network of connection and understanding for colleagues near and far offers nourishment and sustenance to art therapists in challenging times.

Despite encountering challenges and uncertainty, art therapists working in the sector continue to innovate, developing and sharing best practice. One example is Nana Zhvitiashvili and Paula Boyle from Harlington Hospice, who presented their project developing best practice in working with neurodiverse children in bereavement at a multi-disciplinary palliative care conference in May 2024, an initiative that has previously won an award at the national Hospice UK conference in 2023.

We are in the process of planning an in-person study day, which we hope will take place in the early Autumn. The focus is likely to be on trauma-informed practice in palliative care.

CYP Scotland SIG – Art therapy with children and young people in Scotland

Name of group: Children & Young people in Scotland

Name of coordinator(s): Lauren Fox-McLoughlan & Catriona MacInnes

Dates of meetings held since July 2023 (with no of attendees):

Tues 1 August 2023 - online - 16 attendees

7 October 2023 - in-person seminar day - 35 attendees

7 December 2023 - online - 7 attendees

4 March 2024 - online - 9 attendees

10 May 2024 - in-person seminar day - 50 attendees

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

It's been a really positive year for the CYP Scotland SIG and we've had 2 very successful in-person seminar days, as well as regular online meetings. The online meetings alternate between case studies/practice-sharing & art-making together. We've had good feedback throughout the year from all participants.

A highlight was the seminar day we had earlier this month, attended by 50 art therapists. Speakers included Dr Susan Hogan as well as BAAT Scotland Chair Bridget Grant, alongside other art therapists presenting their own work. We plan to continue to run 2 x in-person seminar days per year, with 4 online sessions as well, meaning there is something happening bi-monthly for the SIG.

I'd say the primary issue we have encountered this year is discovering that our seminar days cannot be 'BAAT accredited', even though they are organised by BAAT members, on behalf of and for BAAT members only. It's not been clear why such events wouldn't be BAAT credited and what we would need to do to make them so.

Another area of difficulty continues to be the communication with SIG members. The forum communications seem to be much improved, and messages do reach group members as far as I can tell which is a huge improvement, thank you! The email system is clunky though and it's frustrating and time-consuming to have to email group members individually with general updates & information. If there was a way to be able to send group emails that aligned with GDPR requirements that would be very helpful.

The support of the BAAT admin and finance teams has continued to be invaluable, and we really appreciate the timely and efficient communication especially from Federica and Abimbola who are always really helpful.

The SIG continues to be an engaging source of interesting discussion, thought, networking and shared practice.

Dual Experience SIG – Art therapy and dual experience

Name of group: Dual Experience Special Interest Group

Name of coordinator(s): Alma McQuade and Don McJimpsey

Dates of meetings held since July 2023 (with number of attendees):

20th May – Professional meeting. Presenter - Heidi Pickett - 14

20th April, Wellbeing– 7 members

25th March, Wellbeing - Canc

26th Feb, Wellbeing – 2 members

22nd January, Wellbeing – co-ordinators only attended

15th December – professional meeting. Presenter - Fiona Stirling and Charlotte Frorath – 12 members

21st November, Wellbeing – 3 members

18th July, Wellbeing – 5 members

27th June, Wellbeing – 4 members

20th June – Professional meeting. Presenters – in2gr8mentalhealth CIC – 13 members

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

The DE SIG aims to have monthly well-being meetings, with a break for summer, and 3 professional meetings annually, planned in consultation with members. We have had an unexpected change to the coordinator roles which has meant other coordinators have managed the well-being group. Numbers at well-being fluctuate throughout the year. We contribute to the IJAT by reading articles for bias again write a report and present to the committee.

LD SIG – Art therapy and learning disabilities

Name of group:

Learning Disabilities

Name of coordinator(s):

Georgia Wright (From January 2024)

Dates of meetings held since July 2023 (with number of attendees):

19th Feb 2024 (10 attendees)

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

I began as coordinator in January of this year, therefore my role at present has focussed on understanding the previous running of the group and to meet new and longstanding members to find out what is wanted/needed from the forum space. I held an AGM in the February which allowed members to voice their thoughts and wishes for the year. The email platform has also allowed members to introduce themselves and share their wishes. I have linked with some regular members from other regions to me to begin thinking about how we might arrange some meet ups in the north and south to be inclusive. My next steps are to think about how we might arrange an in person meeting or CPD using the themes suggested. The space has felt very warm and welcoming and I look forward to seeing where the group travels over the next year.

MAG SIG – Art therapy and museums and galleries

Name of group: MaG SIG (Museum and Galleries Special Interest Group)

Name of coordinator(s): Anne Stegmann (Elisabeth Ioannides is a great support).

Dates of meetings held since July 2023 including the number of attendees and a summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

2023

27th July 2023 (7 attendees and 1 apology.)

Opportunity to discuss future dates and for members to engage with Gary Fereday.

26th October 2023 (9 attendees and 3 apologies.)

Presentations by Eleni Petridou Bouriti and Marina Ioannou about their work at the Cyprus Leventis Gallery and brief business meeting.

Title of project: Museum-Based Art Psychotherapy Programme for Older Adults

2024

25th January 2024 (5 attendees and 2 apologies.)

Maria Konti spoke on "The Art of Response, a research approach".

25th April 2024 (13 attendees and 3 apologies)

- Welcome new members to the SIG.
- Review what members want from the SIG.
- Feedback on projects, papers and items of interest.
- Agree future MaG SIG dates
- Topics for the MaG SIG meetings

8th May 2024 (10 attendees and 1 apologies)

Siân Hutchinson Artist/Art therapist's presentation of an Arts Council Funded personal art journey.

Future dates: 18th June – Review documents / **21st September** – Manchester Gallery / **16th October** - Turkish Art Therapist

Neuro SIG – Art therapy and neurological conditions

Name of group: Neurological conditions

Name of coordinator(s): Sally Weston

Dates of meetings held since July 2023 (with number of attendees):

We continue to recruit new members through the Forum and now have 123 Members. We have met online this year.

Since July 23 we have had one meeting with a presentation on 28.10.23 'Questioning a body of material' thanks to Dr Debbie Michaels. This was a presentation on an art therapist's PHD work on reflexive response to working on a stroke unit' there were 12 attendees and as usual we had a good discussion and opportunity for creative reflection during the session.

Summary of activity this year, outlining any particular issues and/or highlights for the group (max 500 words):

Sally Weston announced she was standing down last year and hoped to recruit new coordinator(s). She did not take on organising speakers as she hoped to hand this over or work with the new coordinator(s) to do this. She has put out a number of requests, but no response so far. A final request has now gone out.

In Spring 2023 Louise Smart, BAAT professional advisor contacted us re revising the Art therapy and Neurological Conditions Guidelines we produced some years ago. Sally put out a call for interested people and in July 2023 a small working group (8 people) convened to update Guidelines. We have met 4 or 5 times by zoom, once with Louise Smart, and communicated by email. This has been a worthwhile experience.

Whilst keeping most of the existing guidelines, in the light of the recent HPCP guideline updates we looked at the following issues:

Inclusivity, equality and diversity; consent and effective communication; developments in

digital skills and technology, care for therapists own mental health and fitness to practice. In addition, we expanded sections on supporting and working with carers and multidisciplinary/trans disciplinary working.

This has taken longer than anticipated but we are close to finishing and look forward to sharing this with other art therapists working with people with neurological conditions.

SIPP SIG – Art therapy and Self Employed, Independent and Private Practice

Name of group: SIPP SIG - Self Employed, Independent and Private Practice Special Interest Group

Name of coordinator(s): Catherine Stevens

SIPPSIG ANNUAL REPORT for 2024 AGM.

The SIPPSIG continues to meet to support art therapists who are Self employed, working Independently and in Private Practice. We have had a number of meeting during the past year. These have been in person, blended and online.

The average attendance for each meeting has been around 20 members.

The format for these meetings have been as open forums where practitioners can bring the issues they are facing with clients and more broadly social concerns that affect clients and therapists alike.

In Feb 2024 this sig jointly drafted a letter to Council about these concerns, focusing on how the ongoing cost of living crisis was affecting clients and therapists.

SIPPSIG themes, concerns, and questions arising over the past year, are listed below.

- The need to “begin a conversation” within BAAT about the circumstances in which we are now working. Are we still a profession engaged in social activism? What would we like BAAT (remembering we are BAAT - BAAT is still an association) to do? What can we do? Can BAAT be more vocal? represent this argument? Acknowledge the crisis? Look after art therapists in this climate?
- Working with trauma in the present (due to Govt benefits systems, cuts to services, global conflicts, climate breakdown, etc) not only with historical trauma breaking through to the present. This means a new way of working.
- How we can be witness to and work with/against fragmentation in the work and the environment in which it takes place and in which we also live. It was suggested that the SIG structure within BAAT and the NHS medical model may also represent a kind of fragmentation into separate, compartmentalised client/patient groups. Can we act against this by offering a collective space? Have we lost a sense of community that the very large group BAAT Zoom lectures brought? We thought about the art practice of collage, of bringing together disparate ideas to form a whole and whether the SIG could call for a

similar process of reflection within the profession.

- Because of both the constant high level of need experienced in education and the insecure funding of art therapy work we wonder if we can link these concerns to campaigns (outside BAAT) for therapy in all schools and a long expressed (within BAAT) need for a pay structure in educational settings.
- Budget deficits in local Councils leading to cutting art therapy provision and arts programmes in general. There are pots of money related to, for example, crime reduction. Can art therapists help the Councils to meet their aims - possible new funding streams. Are Community Interest Companies a future route for art therapy work and if so, what support do we need in this area?
- How can the profession better represent the diversity of the people we work with? HCPC stats on the background of art therapists appears to represent privilege but also that we are the only state regulated profession with no funding for our training.
- The current economic climate can cause a crisis in confidence in what we do. Hard to hold on to the value of "just" providing and holding a space for thinking. Managers may on the other hand dissociate from the distress. Can we consider the 'power over' and 'power with' dynamics? Staci K Haines "The Politics of Trauma: Somatics, Healing and Social Justice" book recommended.
- The flux that Covid brought to the therapy world, offering increasing flexibility, can be a good thing, but constant adaptation can lead to an impoverishment of stamina and strength. We noted that the natural world and its seasons of rest and renewal shows us the need for balance and the dangers of constant exhaustion of resources in the pursuit of higher productivity. If we dissociate from this we will not notice the damage in time. Might we record the adaptations we are being required to make in our selfemployed and private practice that diverge from the models we learned in our trainings?
- How is BAAT engaging with the forthcoming Labour government?
- We noted that if BAAT AGM returned to being an in-person event we would like to propose a "large group" at the AGM; a reflective meeting which we could offer to host.

SIPPSIG committee

Catherine Stevens, Emma Mills, Julie Watson and James West

May 2024

Trainees and Students SIG

Name of group: Trainees and Students

Name of coordinators: Sarah Jane Sellors and Jess Baum

Date of meetings held since July 2023:

Wednesday 28th February (12 attendees)

Tuesday 30th April (15 attendees)

Summary:

Wednesday 28th February (12 attendees) - Online

First meet up. Was a lovely gathering with an incredibly diverse range of participants, representing Scotland, England, Wales, and England, as well as a variety of courses including FT, PT, MAs, MSCs and Apprenticeships. We used a format that encouraged connections and discussions, as well as facilitating a creative space that focused on hopes for the SIG space.

Aims and objectives:

- A chance to meet other trainees and the group co-ordinators
- The opportunity to discuss what this Special Interest Group can do for members whilst in training
- Sharing 'Hopes for 2024' through a creative sharing process

Highlights and some are some of the main ideas that came out of our discussions:

Overall hopes for the SIG:

A space to encourage, collaborate, and share

- Forum:

Message board space with helpful resources

- Online meet ups:

Connect with others who share common interests eg: research/humour in therapy etc....

- Reading/study groups; Have an agreed research paper to read and then come together to discuss
- Potential Workshop and CPD themes:

Somatic Mindfulness

- Bi-lateral drawing

Beyond training; how to get a job and set up private practice, potential career pathways

- What other modalities/ways of using art in therapy are there?
- Questions and discussion points:

Retention of professional Art Therapists; is there any information/data around this?

- The financial pressures of training and how to create space to ground yourself when facing this reality
- The differences in all the training courses and how they may lead to different ways of working

Tuesday 30th April (15 attendees) - Online

Another great meet up with a large contingent from South Wales uni, but also plenty of other courses and a diversity of identities represented.

This session was entitled 'Art Therapy & Working Outdoors', inspired by the requests for focusing on alternative ways to use Art Therapy.

We planned an evening in 2 parts: The first supported a reflective discussion on a paper, 'Landscape of loss: art therapy outdoors and traumatic bereavement' by Ashlynn Wardle, a runner up in last year's New Practitioner writing prize. This was

followed by a creative and therapeutic activity providing an opportunity to make art and creative writing around the theme of the evening using natural / found objects. Highlights came through feedback from participants after the session. One participant said that she wanted to share with us that she was really inspired by our event and the next day asked one of her clients if they would like to do outdoor therapy with her. Another trainee fed back the following:

"I just want to say a big thank you for co-ordinating and facilitating Tuesday night's meet up; it was so inspiring and relevant for me and the paper really made me realise that 'I think I could have a go at this' and that papers don't have to be long and convoluted! I am really keen to integrate nature-based AT into my emerging practice and I am currently on placement within a hospice. Today I lead a group and some one-one's using the activity you had us engage with and it was so powerful and profound for people. We also discovered that the Bobolink is an American bird with an awesome song! Big thanks again."

Wednesday 5th June (not yet taken place) - Online

Plan for a CPD event, to follow up with a nature theme and/or work beyond training.

To also hand over to the new coordinators/trainee advisors.