

Art therapy and innovation: attending to context and relationship



Welcome

We are delighted to welcome you to the 2024 annual conference! It is a joy to come together as a community and to be able to do so in-person, after four years online.

We are particularly pleased to be at the internationally renowned, Wellcome Collection; whose galleries challenge the way we think about health and explore the connections between science and art.

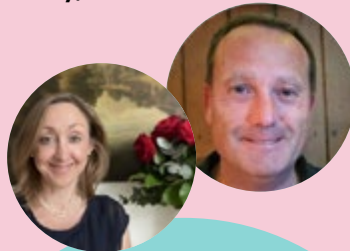
Over the day we will explore art therapy and innovation. Our keynote speakers and presenters will share inspiring work with us, showing how art therapists have been able to respond creatively to change, uncertainty, and challenge by co-developing new, exciting ways of working.

We will also see how responsive practice, taking account of context and relationship, can help us to hold onto what is core about our practice and to maintain integrity; guiding the way we incorporate research, different ideas, and use new opportunities on the horizon to empower those we support.

During the day we will be announcing the names of the art therapists receiving an award for innovation, and for inclusion and anti-oppressive practice, after being nominated by colleagues.

We are proud to be a part of this professional community and look forward to spending this time with you.

Claire Louise Vaculik, Chair
Gary Fereday, CEO



Follow us on social media and tag us in your posts about the day!
#BAATAnnualConference

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|-------|---|-----------------|
| 09.30 | Registration open | Williams Lounge |
| 10.00 | Welcome | Auditorium |
| 10.05 | Keynote address, Dr Lynn Kapitan | Auditorium |
| 10.55 | Presentation, Dr Jed Jerwood | Auditorium |
| 11.40 | Break | Williams Lounge |
| 12.00 | Workshop, Jason Wilsher-Mills | Auditorium |
| 13.00 | Lunch | Williams Lounge |
| 13.50 | Member presentations (parallel session) | Auditorium |
| | Kim Valdejuli | |
| | Tony Gammidge | |
| | Fléur Davey, Sarah Jane Sellors & Eleanor Strange | |
| 13.50 | Member presentations (parallel session) | Franks Room |
| | Paula Boyle & Nana Zhvitiashvili | |
| | Megan Tjasink | |
| | Dr Ania Zubala | |
| 15.30 | Break | Williams Lounge |
| 15.50 | Art therapist awards 2024 | Auditorium |
| 16.00 | Plenary | Auditorium |
| 16.30 | Conference close | |

Exhibitors and sponsors

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Thank you to conference sponsors **Howden** and **Chroma** for their support on our return to an in-person event.

Find out more and speak with our sponsors, as well as the editors of the **International Journal of Art Therapy** (IJAT) and **InSight**, in the Williams Lounge.

Many of our staff team are also here today. We are so pleased to have this opportunity to meet in person - please come and say hello! Thank you to our council members that have conceived the theme and steered the vision for this conference.

Learn more about our staff team:

baat.org/about/our-people

And our council members:

baat.org/about/governance

National
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Thank you to **Wellcome Collection** for hosting the BAAT 2024 conference.

Thanks also to our workshop sponsor, **Daler Rowney**, we hope you enjoy using their materials in Jason Wilsher-Mills' session.

Join us this afternoon to celebrate the finalists of our inaugural Art therapist awards, sponsored by **Art Pass**.

Final thanks to partners that have generously provided items contained in our conference delegate bags, including:

Daler Rowney | **Art Way** |
The English Soap Company |
Hampstead Tea | **Crafts Council** |
Wellcome Collection |
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Art therapy in the contact zone: responsive pathways of connection, transformation, and resiliency

**Keynote speaker,
Dr Lynn Kapitan**

10.05 | Henry Wellcome Auditorium

When art therapy is conceived as an intercultural contact zone in a world of rapid change, new possibilities come forward that offer multiple, overlapping and hybrid perspectives on practice.

In this conference opening, Dr Lynn Kapitan will explore how art therapists are finding their grounding in environments of continual disturbance, tension, and disorienting complexity, and reconfiguring practice as innovative pathways of connection, transformation, and resiliency.

www.linkedin.com/in/lynn-kapitan-4626157/



Lynn Kapitan, PhD, ATR-BC, HLM is a Professor Emerit and former Director of Graduate and Doctoral Art Therapy at Mount Mary University (USA). Former Executive Editor of *Art Therapy: Journal of the American Art Therapy Association* and Past President of the American Art Therapy Association, she was awarded its highest honour for her contributions to the advancement of art therapy.

Dr. Kapitan has practised art therapy with a wide variety of groups and populations in alternative and community-based intercultural settings in the U.S. and Latin America. She is an accomplished international presenter, research advisor and non-governmental consultant, book artist, and author of peer-reviewed papers, chapters, and books.

No Barriers Here: the evolution of arts-based, equity-oriented intervention and research method

Dr Jed Jerwood

10.55 | Henry Wellcome Auditorium

In this session, Dr Jed Jerwood will present his work on the No Barriers Here project. Dr Jerwood will discuss the role of the art psychotherapist in the development of the No Barriers Here approach and the research methods which underpin it.

Focusing on co-production and equity-oriented principles, Dr Jerwood will outline how, through co-production, an observation in practice developed into an award-winning, internationally acclaimed model of advance care planning.

www.nobarriershere.org
[@nobarriershere](https://twitter.com/nobarriershere)



Dr Jed Jerwood (PhD) is Advanced Clinical Academic Art Psychotherapist at Birmingham and Solihull Mental Health Foundation Trust and Honorary Clinical Associate Professor at the University of Birmingham. His clinical work is in adult mental health and he has a particular interest in long-term health conditions, the relationship between mental and physical ill health and working outside.

His research interests lie in death and dying, health inequalities, arts-based research methods and co-production. He is passionate about improving access to healthcare settings through positive disruption. He is the co-founder of No Barriers Here, an equity-oriented, arts-based approach to advance care planning with marginalised people and communities.



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Dr David Quinn,
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Meet the new Editor-in-Chief,
Dr Zoe Moula in the Williams Lounge today!



If you're one of our members, you can
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InSight

A dedicated magazine for art therapy

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Come and say hello to InSight Editor-in-Chief
Kat Starczewski in the Williams Lounge today!

Art as therapy

Jason Wilsher-Mills

12 noon | Auditorium

Jason's exhibition, 'Jason and the Adventure of 254,' is all about his experiences of becoming disabled as a child. It is inspired by the objects from Wellcome Collection's anatomical collections, which triggered memories of his own hospitalisation during childhood. The exhibition installations are based on hundreds of sketches he did every day in the run-up to the show.

Jason will lead us in an interactive art making workshop, responding to those same objects and prompts, to explore together how creativity works and where it comes from.

www.jwmaritist.co.uk @wilshermills @JASONWILSHERMIL

Jason Wilsher-Mills is an artist. His work celebrates disability, his northern working-class heritage and popular culture through cutting edge technologies and brightly coloured, largescale humorous, but challenging art.

Jason was awarded the Adam Reynolds Award by SHAPE Arts and has exhibited around the world, including this year's Venice Biennale. Jason also has an exhibition at the Wellcome Collection, 'Jason and the Adventure of 254,' which is open during the conference (closes 6pm) and until 12 January 2025.



Jason and the Adventure of 254 by Jason Wilsher-Mills at Wellcome Collection, 2024. Photo: Benjamin Gilbert CC BY-NC

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We need AIRs to help us show the impact of art therapy to decision makers and the public.

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 Find out more through the QR code or contact **social@baat.org** for more information

Member presentations

parallel session: Auditorium

Kim Valldejuli ATR-BC, is an Art Psychotherapist, Director of the Art Therapy Association of Trinidad and Tobago, Doctoral student at Drexel University (USA), and Culturally responsive practice advisor for the International Journal of Art Therapy.

[linkedin.com/in/kim-valldejuli-6a6664/](https://www.linkedin.com/in/kim-valldejuli-6a6664/)

Tony Gammidge is an artist, filmmaker and freelance art therapist who has worked in mental health and forensic settings as well as with asylum seekers and refugees. He has been running animation projects in prisons and secure and mental health settings for the last 14 years.

www.tonygammidge.com

Hand2Health is a female led therapy/tech start up, founded by 3 Integrative Art Psychotherapists, Fl ur Davey, Sarah Jane Sellors, and Eleanor Strange.

www.hand2health.co.uk

Assembling an Afro-Caribbean art therapy approach: echoes from the past; directions for the future

Kim Valldejuli

13.55 | Henry Wellcome Auditorium

Exploring the layers of relationship with self and other can enable deep authentic connection that is informed and enriched by difference.

This experiential workshop will explore the connection between ancestry, art therapy pedagogy, and practice within the Afro-Caribbean diaspora. Kim will share different theoretical approaches and ways of working that enrich and give voice to different experiences. These offer creative possibilities when looking at and thinking about art therapy practice, which can enable us to meet the differing needs of people across our communities. Participants will reflect on their individual histories through response art.



My dark shadow and other stories: an enduring account of animation films made in forensic settings and the value of an audience

Tony Gammidge

14.25 | Henry Wellcome Auditorium

The art in art therapy is often held and contained in the context of the privacy offered by the therapeutic relationship.

This presentation centres on animation films made by art therapy participants in a women's prison including the film, 'My Dark Shadow', which was, with the participant's consent, later screened at the Koestler Arts exhibition at the Southbank. Tony will share feedback from visitors to the exhibition and reflect on the therapeutic importance and value of receiving such positive validation from the general public, particularly in the context of the public shame which the film alludes to. Often people in prisons who make films in art therapy make their films for their children and family as a way of telling their story and as a way of connecting to those they are separated from. Tony will set out the implications for therapy, including reflections on how we can creatively consider the boundaries and the stages of a therapeutic intervention and how considering a potential audience with the participant can add another layer of meaning and benefit to the process.



Anchoring art psychotherapeutics in the world of extended reality (XR) technology

Hand2Health

14.55 | Henry Wellcome Auditorium

Digital mental health pathways are a recognised reality in current political and social digital agendas. Hand2health are developing new technology that utilises Augmented Reality (AR) alongside art psychotherapy to create a fundamental structural change in how art therapy is delivered nationwide.

Hand2health are researching, developing, and initiating ways in which the creative possibilities, supportive relationship, and containment of art psychotherapy can be accessed through Extended Reality (XR) Therapeutics. Some of the challenges and opportunities that this technology offers for practice will be considered by Sarah Jane, Fl ur and Eleanor; also, how this approach might be able to enhance or expand existing art therapy pathways and services.



Member presentations

parallel session: Franks Room

Paula Boyle is Principal Lead for Psychological and Emotional Support at Harlington Hospice.

Nana Zhvitiashvili is the Child and Adolescent Bereavement Service lead at Harlington Hospice.

www.harlingtonhospice.org/cabs

Megan Tjasink is a Lead Art Psychotherapist at Barts Health NHS Trust where she has developed the role of art therapy within acute medical contexts since 2005. She is currently in the final year of her PhD with QMUL.

www.bartshealth.nhs.uk

Dr Ania Zubala is a researcher of art psychotherapy and evaluator of complex interventions in mental health, with a passion for expanding the evidence base for arts psychotherapies practice. She is based at the University of Edinburgh and is an Associate Editor of IJAT.

www.linkedin.com/in/ania-zubala

Exploring the intersection of neurodiversity and grief: advancing a neuro-inclusive service

Paula Boyle and Nana Zhvitiashvili

13.55 | Franks Room

Understanding the importance of context and relationship in enabling people to access support, Harlington Hospice's Child & Adolescent Bereavement service staff have adapted therapeutic interventions to better suit the needs of their neurodiverse clients.

Paula and Nana will share some inclusive practices developed here, ranging from the environment, language and co-regulation of emotions to practicing a 'power-with' collaborative approach, which can offer creative ideas and valuable learning for other art therapy services.



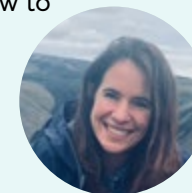
Art therapy to reduce burnout and mental distress in healthcare professionals in acute hospitals: a randomised controlled trial

Megan Tjasink

14.25 | Franks Room

Having first trialled art therapy to reduce burnout risk in junior doctors through a grass roots initiative at St Bartholomew's hospital, art therapist Megan Tjasink saw the benefits of extending this creative, collaborative approach to supporting a broader range of staff in acute hospitals over the pandemic. Megan developed an intervention consisting of 6 weeks of specified group art therapy for healthcare professionals in acute hospitals at risk of burnout. She rolled out and tested the model for effectiveness across four NHS secondary care hospitals in London, UK through a multicentre, randomised, waitlist-controlled trial.

Megan will discuss findings gained from the CHArt trial to support you to think about staff support in your own contexts. The presentation will also help you better understand how a clinician can develop a context-specific model of practice that best meets the needs of service users and how to develop practice using rigorous research and evaluation.



Art psychotherapy meets creative AI: first chapter

Dr Ania Zubala

14.55 | Franks Room

Recent dramatic advancements in artificial intelligence (AI) increase its relevance in psychotherapy contexts and promise novel opportunities, including for computationally creative systems to play a significant role in the therapy process and relationship. How is AI relevant to art psychotherapy? Is it meaningful, transformational, or perhaps risky? This presentation will engage in a dialogue with creative AI, as Ania uses her practice and research, including her most recent interdisciplinary project with Dr Alison Pease from the University of Dundee, to highlight some new challenges that it brings and new horizons that it opens for art psychotherapy practice.





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