

The Association for Cognitive Analytic Therapy

Annual General Meeting

Friday, 27th May 2022

Agenda and Papers

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ACAT Annual General Meeting 2022

Welcome from the Chair of ACAT

Formal notice of the AGM was sent out to all members on 7th December 2021 and we are now pleased to present this booklet of reports and information for the meeting.

It is wonderful to be able to say that this year the meeting will be returning to its usual, and - dare I say - 'normal' state of being face to face! This offers a real opportunity, and something of a precious and rare event over the last two years, for members to meet together once more and reconnect, reclaim, and reaffirm old and special bonds, affections, and relationships.

We are grateful to the organising team in the Northeast who have waited so long to host the conference. It is due to their perseverance and commitment to hosting the event, that we are able to invite as many of you as possible to attend both the Conference and the AGM. The title and theme for the Conference - 'Connections, Conflicts, and CAT' - though conceived prior to the pandemic, has prescient meaning for our current times.

You are welcome to attend the AGM only which is free to all members. The AGM is an important meeting with reports from all the committees of news and developments of work being undertaken. There is opportunity for discussion, and for you to put questions to the Executive and the Board of Trustees. It is also the time when new Trustees are elected to the Board. If you are unable to attend, but would like to vote on the resolutions detailed in this booklet, on the reports and on the nominations for Officers and Trustees, a Voting by Proxy form will be available on the ACAT website from 10th May.

We hope that you are able to join us for the AGM and for the whole conference or some parts of it.

Jay Dudley | Chair of ACAT

If you have any questions about the AGM, please contact Maria Cross maria.cross@acat.me.uk

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Travel Information and Directions

Grand Hotel Gosforth Park
High Gosforth Park
Newcastle
NE3 5HN

<https://www.britanniahotels.com/hotels/grand-hotel-gosforth-park-newcastle>

There is free on-site parking.

Public transport

The nearest bus stop is the Newcastle Racecourse stop which is approximately a 2 minute walk from the hotel.

The nearest Metro stop is Regents Centre, Gosforth. From here it is approximately a 5 minute bus ride to the hotel.

The nearest train station is Newcastle Central Station which is approximately 15 minutes by taxi to the hotel (estimated cost £15 - £20). Alternatively buses run from just outside the station.

ACAT Annual General Meeting 2022 | Agenda

Grand Hotel Gosforth Park, Newcastle, NE3 5HN
Friday, 27th May 2022 at 4.00 pm

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10	Report from the Chair of the Equality, Diversity and Inclusion Committee <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcomed.</i>	16	Dupe Adu-White, Chair EDIC, and Rhona Brown
11	Report from ACAT's Representative to HIPC/UKCP <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcomed.</i>	17-18	Josephine Ahmadi
12	Report from Reformulation's Editor <i>A report was not available at the time of publication.</i>		Rob Lam
13	Report from ACAT's Representative to ICATA <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcomed.</i>	19	Rabhya Dewshi
14	Report on Data Protection Compliance <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcomed.</i>	20	Mark Burnett
15	Resolution <i>'Senior Non-Clinical Membership' - a proposed new level of membership</i>	21	
16	ACAT Board of Trustees Elections to the Board of Trustees	22-23	
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Minutes of ACAT Annual General Meeting 2021

Friday, 21st May 2021

Via Zoom

Online Proxy and Live Voting facilitated by UK Engage

Present:

Trustees and Council of Management: Jay Dudley (Chair of ACAT), Ruth Carson (Acting Vice-Chair of ACAT), Henrietta Batchelor (Trustee; Clinical Chair of Ethics), Angela Coshland (Trustee), Louise Harrison (Trustee), Alison Jenaway (Trustee), Liz McCormick (Trustee), Martin Payne (Lay Trustee), Karen Shannon (Trustee), Yvonne Stevens (Council; Chair of Exam Board), Dawn Bennett (Council; Vice-Chair of Training Committee), Josephine Ahmadi (Council; HIPC/UKCP Representative)

Number required for quorum at meeting was 51.

55 voting members were in attendance. 29 proxy votes had been received, bringing the total number to 85.

Minutes: Maria Cross

1. Chair's Welcome

Once quoracy had been established, the meeting opened at 2.15 pm. Jay welcomed everyone to the AGM. He offered thanks to Steve Potter, Annalee Curran, and Liz McCormick for organising the "enriching" National Network Day. Thanks were also offered to Maria Cross, Ali Marfell and Louise Barter, for organising the AGM "behind the scenes", and to Stuart Whittaker at UK Engage for enabling the online voting.

2. Apologies for Absence

Apologies had been received from Jason Hepple (Acting Chair of the Training Committee), Mark Burnett (Council; DPO), Jane Blunden, Rose Hughes, Anna Jellema, Suzanne Lyons, and Glenys Parry.

Taylor Burnett attended on behalf of Mark as Assistant Data Protection Officer.

Jay announced that the online voting was open. Two members gave their votes verbally after each item.

Results of the online voting were announced at the end of the meeting, and noted here against each item.

3. Minutes of the last AGM held on Thursday, 8th October 2020

The Minutes, included in the AGM booklet of papers, were agreed with no amendments.

4. Matters Arising from the Minutes

There were no matters arising.

5. Report from the Chair of ACAT

The report by Jay Dudley was published in the AGM booklet of papers and read out at the meeting. Comments were invited.

The role of Treasurer was still vacant. It was confirmed that the position is unpaid.

Thanks were offered to Jay for his work as Chair of ACAT.

The Report from the Chair of ACAT was agreed; one abstained.

6. Financial Report and Year 2019-2020 Accounts together with the Trustees' Annual Report

Trustees' Annual Report prepared by Stephen White, Company Secretary

The accounts and the reports were published in the AGM booklet of papers. The reports were not read out at the meeting.

Comments invited, none received.

Jay offered thanks to Stephen for continuing to offer his services as Treasurer until a replacement is appointed.

The Financial Report was agreed; one abstained.

The Trustees' Annual Report was agreed.

Agenda Item 4

7. **Report from the Vice-Chair and Acting Chair of the Training Committee**

The report by Dawn Bennett, Vice-Chair, and Jason Hepple, Acting Chair, was published in the AGM booklet of papers, but was not read out at the meeting.

Comments were invited, none received.

Thanks were offered to Dawn and Jason for a “comprehensive” report.

The Report from the Vice-Chair and Acting Chairs of the Training Committee was agreed.

8. **Report from the Chair of the Exam Board and Accreditation List**

The report by Yvonne Stevens was published in the AGM booklet of papers, but was not read out at the meeting.

Comments were invited, none received.

Congratulations were offered to all those who had been accredited.

Thanks were offered to Yvonne.

The Report from the Chair of the Exam Board was agreed.

9. **Report from the Lay Chair and Clinical Chair of the Ethics Committee**

The report by Sally Bishop, Lay Chair, and Henrietta Batchelor, Clinical Chair, was published in the AGM booklet of papers, but was not read out at the meeting.

Comments were invited, none received.

Thanks were offered to Sally and Henrietta.

The Report from the Lay and Clinical Chairs of the Ethics Committee was agreed; one against.

10. **Report from the Chair of the Equality and Diversity Committee**

The report by Dupe Adu-White was published in the AGM booklet of papers, but was not read out at the meeting. Comments were invited.

Jay reported that at the recent Supervisors’ and Trainers’ event, there had been a focus on the information that had emerged from the Equality and Diversity Committee. HIP had suggested that equality and diversity be more integrated. Although moving in the right direction, Steve Potter considered it important to have a clear anti-racist statement. This was supported, and it was agreed to take this forward.

Yvonne stressed that the gender statements should be removed from the Psychotherapy File. Dawn may have a Word version of the File which can be used as the template for revisions.

Thanks were offered to Dupe.

The Report from the Chair of the Equality and Diversity Committee was agreed; one against.

11. **Report from ACAT’s Representative to HIPC/UKCP**

The report by Josephine Ahmadi was published in the AGM booklet of papers, but was not read out at the meeting.

Comments were invited, none received.

Thanks were offered to Josephine.

The Report from the HIPC/UKCP Representative was agreed; one abstained.

12. **Report from Reformulation’s Editors**

The report by Rob Lam was published in the AGM booklet of papers, but was not read out at the meeting.

Comments were invited.

Jay reiterated the request for a co-editor, and for volunteers to join the Editorial Team.

Clarification was requested as to the continuation of Reformulation online. The last edition had not been printed due to the pandemic. A link to it is on the ACAT home page. Going forward, it is important not to disadvantage those unable to access a digital copy. A suggestion was put forward for documents to be digital but with a hard-copy option available if requested.

Difficulty in recruiting for roles such as co-editor and librarian was discussed. It seems that a lot of ACAT work is carried by a “small pool of people”, and there is concern that “voices are skewed”. Some roles call for specific qualifications or experience, but perhaps there is a need to look at how future advertisements for roles are phrased.

Thanks were offered to Rob, with appreciation for the quality of Reformulation.

The report from the Reformulation Editor was agreed.

Agenda Item 4

13. Report from ACAT's representative to ICATA

The report by Rabhya Dewshi was published in the AGM booklet of papers, but was not read out at the meeting. Comments were invited. The date and location of the next ICATA conference was queried. No information was yet available but a possibility is Finland in 2022. Thanks were offered to Rabhya.

The report from ACAT's Representative to ICATA was agreed; one abstained.

14. Data Protection Officer Report 2021

The report by Mark Burnett was published in the AGM booklet of papers, but was not read out at the meeting. Comments were invited, none received. Thanks were offered to Mark.

The report from ACAT's appointed Data Protection Officer was agreed; one abstained.

15. Resolution

ACAT Current Account: Change of signatory from Alison Jenaway to Jay Dudley as Chair.

The above resolution was agreed; one abstained.

16. Elections to the Board of Directors

Details of those standing for election to the Board were published in the AGM booklet of papers. Members were required to vote on the following nominations:

Ruth Carson, Acting Vice-Chair, standing for formal election as Vice-Chair of ACAT.

Agreed; one against, one abstained.

Angela Coshland, standing for re-election as Trustee.

Agreed.

Louise Harrison, standing for re-election as Trustee.

Agreed; three abstained.

Rabhya Dewshi, standing for re-election as Trustee.

Agreed; two abstained.

Sue Yabsley, standing for election as Trustee.

Agreed; one against.

No nominations had been received for the position of Treasurer.

Comments were invited, none received.

Congratulations were offered to Ruth, formally appointed as Vice-Chair of ACAT, Angela,

Louise and Rabhya for re-election as Trustees, and Sue for election as Trustee.

Online voting was now closed.

17. Any Other Business

Yvonne queried the 'Statistics' section of the AGM booklet and the omission of figures for the foundation training, including DClinPsych. This number will be included going forward.

Membership figures were discussed. They had remained fairly static which would suggest that we are not attracting new members. There is an issue with trainees being accredited but not continuing with full membership, perhaps due to a feeling of connectedness with their course but not with ACAT. A suggestion was put forward to offer free membership for two years post-accreditation, and also to offer a few free CPD workshops as a benefit of full membership. There were no further items of business.

Jay was notified of the results of the voting which had been collated by UK Engage. He stated that details would be formally recorded in the minutes but confirmed that the reports, accounts and resolution had been agreed, and all nominations to the Board had been successful.

18. Date of the next Annual General Meeting

Friday, 27th May 2022, during the ACAT Conference in Newcastle.

The AGM closed at 3.07 pm

Agenda Item 5

Chair of ACAT Annual Report 2022 | Jay Dudley

While it's felt hard over the last year to rely on any certainty or predictability with regard to planning events or meetings, it now feels that we are at a point of shifting possibilities. And gatherings such as this, where we can meet and share once again, are prominent in our minds and diaries.

With the slowly lifting threat of Covid, a time of promise feels upon us – borne on the air of hope to lift us out of the shadows. And while this sounds perhaps somewhat dramatic, it does feel like this for me - and perhaps for many of you too. Being Chair during the pandemic has not felt easy, and I think it relates in part to the absence of events like this, and the opportunities this brings to replenish and revitalise us in a way that being on Zoom simply cannot replicate.

Acknowledging the toll that on-line working can have on us, is not the same, however, as saying we have not been productive: in fact, in many ways it has been a hugely productive year for ACAT. And all those I've worked closely with, have contributed to a huge amount of change. As you will see from this report and the others in this year's booklet, there is much to applaud. But I have also been drawn in a way to place on record, if you like, an acknowledgement that what has been accomplished has been done so, within the context of a pandemic.

In November 2021 we had our 5 yearly Organisational Member Review (OMR) with UKCP. Officers of ACAT, Course Directors, UKCP graduates, Trustees, and Committee Chairs met with UKCP inspectors at an all-day on-line event, while Hilary Beard and Jason Hepple welcomed a remote visit to a teaching day on IRRAPT. Many contributed to the success of this, but my special thanks go to Dawn Bennett and the ACAT Admin Team for overseeing a comprehensive submission of documents for the review. We were highly commended for all our work and the actions and requirements arising from the inspection were minimal, though one in particular is relevant in mentioning today - that of succession planning, and the need to recruit new members onto the board of Trustees, and into other key roles within ACAT. So, with this in mind, please note that ACAT Trustees will be available between 5.45 and 6.30 on Thursday 26th May to speak with anyone interested in finding out how to get more involved with ACAT. We would also be pleased to speak with you at other times during the conference.

A further celebration was the successful petitioning of HEE to re-instate CAT as one of the models for treatment for personality disorder. This detailed piece of work which drew on the powerful words of all those who contributed to the petition, was instrumental in securing ACAT's position. Jason Hepple and Dawn Bennett are in continued discussion with NHS England, working on the design of the curriculum which will underpin the training.

Following the motion at last year's on-line AGM that ACAT develop an anti-racist statement, I liaised with the Equality, Diversity and Inclusion Committee to decide how to develop this. Reflecting inclusivity, the EDIC felt this was best done through a conversation event with members, and so an on-line day for all was organised. The lively and thoughtful discussions at the event were summarised beautifully by Jane Blunden, agreed by EDIC, and ratified by Trustees and the wording of Jane's summary now sits on our website. My thanks go to all who made this happen.

As part of the EDIC's work in deepening awareness of equality, diversity, and inclusion and in line with recommendations from HIPC college, a day focused on Unconscious Bias training was organised by Dupe Adu-white, chair of EDIC with an invited prominent external trainer. The aim was to share principals and understanding of unconscious bias with teaching staff from all ACAT courses, Trustees, and members of EDIC. This was developed in recognition of the need to raise awareness and embed ideas that could influence practice at the heart of ACAT.

We have recruited a new librarian to ACAT who has taken over the maintenance of the new bibliography created by Steve Jefferis, and I am very pleased to welcome Megan Cox as our new librarian. She will continue to review the functions of the bibliography and will liaise with Course Directors and TC to ensure access to relevant publications meets with need. We will continue to monitor the bibliography and will review how this compares to our previous agreement with the Copyright Licensing Authority.

Since I became Chair, the functionality of the website has been continually kept under review as we sought a clearer contract agreement with Alacrify, our provider. Following a series of meetings with ACAT's admin team, Ruth Carson, myself, and Jon Sloper from Alacrify, further detailed meetings were convened between Ruth and Jon with the aim of reaching an agreement on the future business relationship between ACAT and Alacrify. The outcome from these discussions

culminated in Jon presenting his assessment of the necessary changes needed for the website to a representative group of ACAT Officers, Trustees and Committee Chairs on 27/1/22. It became apparent that a completely new website involving considerable cost was needed. Given the obligation on the Trustees to periodically review services, and taking the opportunity to explore viable alternatives, ACAT decided to go out to tender for a new website. This will involve a great deal of work, but will hopefully lead to a new and improved website, with better support functions for the admin team.

The website capability is crucial to the smooth running of ACAT's office functions. This is even more prominent following the ending of the lease on ACAT's Dorchester offices, and the admin team's decision to continue with remote working. This has involved a huge amount of re-organisation; management of safe storage of old documents; shredding of obsolete material; and transfer to on-line meetings. I wish to pay tribute to the support and commitment of the admin team in managing this difficult transition through the pandemic, and to recognise, more broadly, their part in ensuring ACAT continues to run smoothly. Regarding the office closure, as we transition out of the pandemic, I have agreed it will be healthy to keep remote working under review and consider the benefits of a small office base for the admin team.

I wish to once again appeal to each of you, to consider how you could get more involved in ACAT. As I mentioned previously, one of the requirements from the OMR was to develop ways of improving succession planning, so that those of you who may be interested in coming forward to take on roles, might be encouraged to do so. ACAT needs new people to get involved: it is your community after all, and your organisation. So many of you have so much to offer, and all Trustees will be open to informal chats at any time.

With this in mind I'd encourage anyone who may be interested in writing or finding out about being editorially involved with Reformulation, to speak informally with Rob Lam, Liz McCormick, or myself. There are other exciting opportunities to get involved in writing, and I'm really pleased that Liz and Alison Jenaway have offered workshops designed to encourage people to take up writing. And on the subject of written material, it's hugely exciting to see a major new publication of CAT: The Oxford Handbook of Cognitive Analytic Therapy. The expected publication date will be towards the end of 2022. This is a wonderful achievement and thanks go to the editors Laura Brummer, Marisol Cavieres, and Ranil Tan.

I am aware that this report is a little longer than usual, perhaps indicative of all the work that has been going on, but forgive me before I finish, for offering my special thanks to Stephen White for continuing to oversee the financial stability of ACAT, and the detailed preparation of the accounts for the auditors. Others I wish to thank are the chairs and vice chairs of ACAT's committees, who continue to hold, contain, and facilitate all the work of ACAT, Rhona Brown and Alison Jenaway for their vitality and commitment to the PE site, and Ruth Carson Vice Chair, for all her support, but in particular for her work in negotiating the new arrangements for ACAT's website.

Thank you

Jay Dudley | Chair of ACAT

Agenda Item 7

ACAT Training Committee Annual Report 2022 | Dawn Bennett, Vice Chair, and Jason Hepple, Acting Chair of Training Committee

The members of Training Committee have continued to work together over the past year to adapt and respond to the impact of the pandemic on CAT training and how training requirements can be met. We held meetings remotely in June and October 2021 and in March 2022 with other project work running across the year.

Training Committee consists of representatives of all current ACAT training courses along with representatives for course moderators, supervisor training, ACAT CPD, APL, UKCP-HIPC, trainee representatives and Chairs of ACAT and Examination Board, along with Vice Chair and Chair of Training Committee. Louise Barter manages the administration for ACAT Trainings whilst Alison Marfell looks after Training Committee administration. Tricia Scott continues to helpfully support our work as the UKCP External Moderator. To support commissioning of CAT training in all four nations we welcomed representatives from Scotland this year and have established links with CATs in Northern Ireland. There is a course in South Wales represented and other established links.

The committee aims to uphold the quality of CAT training, enabling both consistency and creativity within and between our trainings. We share good practice and address issues collectively so that the learning can enrich all ACAT accredited courses. Courses have continued to run throughout the pandemic and trainees are completing course components at all levels from CAT Skills Case Management, Foundation, Practitioner and Psychotherapy levels. There have been delayed starts for many new cohorts, including for the Interregional Psychotherapy Training as this course is residential. We were pleased that after considerable hard work by Hilary Beard, course director that the course was able to start with its first residential in June 2021 and have had the third in February 2022 as planned.

The challenge of needing to balance the continuation of ACAT business and training, retain the relational nature of CAT training, and support trainees to give them a valuable training experience continues and will be a substantial part of our work over the next year.

Substantial project based work

There were five major areas of project work this year

- ACAT's five yearly organisational review by UKCP took place in Autumn 2021. This is a major review of the quality of ACAT as a training provider and of our training covering practitioner training which is classed as years 1 and 2 of the overall four-year route to be a CAT Psychotherapist. The Interregional Psychotherapy Course being years 3 and 4. Paperwork was submitted in September, the assessors observed parts of the IRRAPT residential and met trainees in October and met with members of all ACAT committees in November (on-line). The preliminary verbal report is favourable with minimal areas for consideration. 7
- Following discussions between NHS England and the chair and vice-chair of the ACAT Training Committee, our submission to NHS England / Health Education England (HEE) to secure national funding for CAT training was accepted. CAT is therefore now part of the ongoing programme of investment in NHS training of the psychological workforce following meetings of Adult Mental Health: Psychological Therapies for People with Severe Mental Illnesses (SMI) Expert Advisory Group. A working group of ACAT and NHS HEE members is developing a national curriculum for a CAT practitioner level training for NHS staff working with clients with these needs. Details will follow about the tendering for what will likely be a planned 'hybrid' blended learning course for core NHS staff.
- As a result of these meetings it was confirmed also that CAT practitioners are welcome to join the Psychological Professions Network as adult psychotherapists.
- We completed the initial stages for CAT Practitioner training to be eligible for the Apprenticeship Levy funding. A national curriculum is also required for this form of funding along with employer-led end assessments. The suitability of this route will be reviewed after the development of the national curriculum with NHS HEE.

Agenda Item 7

- This course will integrate the CAT competence framework within training. <https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/research-groups/core/competence-frameworks>. Refinements have been made to the professionals' supporting document proposed by the Equality, Diversity and Inclusion Committee. We have agreed a proposal with members of the International CAT Committee (ICATA) to test if the framework reflects CAT delivered in other parts of the world.
- The ACAT bibliography listing was launched this year. This lists all CAT work with links to CAT publications available free to access and through employer institutional access. The list is maintained by our librarian, adding new papers and links and providing support to courses. We welcome feedback from members and will consult on other support that be offered to those unable to access CAT publications through institutional access.

Some of the work of ACAT Training Committee April 2021 to March 2022 includes:

- Continuing to share growing experience of remote training delivery and looking to a future of blended learning for all components of CAT training. The March 2022 committee meeting debated a proposal for the potential mix of face to face and remote activity. We will continue to adapt both to the need for this but also the growing enquiries for remote provision from both employers and applicants. More detail will follow on the training pages of the website.
- Courses approved this year included four CAT skills courses, a re-run of Southern Health Foundation course, a Somerset stand alone year two course now running, a re-run full Somerset practitioner training starting in May 2022 and a re-run of CAT East Practitioner training after a break.
- The new Modular Supervisor Training commenced on 1st October 2021 and is running in tandem with the previous training system. The addition of training hours and a longer assignment meet UKCP requirements whilst the portfolio of supervisor competences aims to support areas of personal learning across the training period. There are a range of additional 'modules' that are also open to both experienced supervisors and those interested in supervision as well as those currently in training.
- CPD events have continued mainly online with some local SIGs offering face to face events

Some of the work ahead

We will continue with work in all the above areas in the coming year. We will aim to give a greater focus to the following, taking this forward through working groups and consultation

- Expanding our awareness of EDI issues as they relate to ACAT trainings and agreeing ways to integrate this within the curriculum.
- Sharing and expanding how the patient experience is represented in CAT training
- Agreeing ACATs approach to in person, on-line and hybrid models for the future delivery of ACAT trainings and thereby accreditation.

I would like to thank all members of ACAT TC who have contributed their time, ideas and experience to the varied projects. It has been a busy but exciting year as we take up the opportunities to expand and develop. I thank Jason Hepple Acting Chair for his vision and leadership in the crucial work with NHS England / Health Education England and Yvonne Stevens, Chair of Exam Board and Vice Chair for Supervisor Training, bringing creativity and commitment to each. Also, to Jay Dudley, Chair of ACAT, who has been a supportive and steady presence, helping to prioritise our work over the last year. We are grateful to our trainee representatives Rebecca McIlroy (Newcastle Practitioner course) and James Randall (Catalyse Practitioner course) who joined recently, and we look forward to working with you this year. As ever, our admin team, Maria, Ali and Louise have skilfully supported the many varied aspects of work and enquiries, embracing each new development.

Dawn Bennett | Vice Chair of ACAT Training Committee

Finally, enormous thanks to Dawn for her excellent work throughout another testing year; it is a tribute to her work this year and in previous years that we are in a strong position to complete the work on the national CAT curriculum with HEE. Thanks also to all those who helped with, and contributed to, our successful petition to NHS England and those representing ACAT with Dawn and myself as we take this forward.

Jason Hepple | Acting Chair of ACAT Training Committee

Agenda Item 8

ACAT Examination Board Annual Report 2022 | Yvonne Stevens

The Exam Board has overall responsibility for the membership of ACAT, and we work to ensure that our members adhere to the highest standards of practice, which helps to protect all those clients who place their trust in us. Over the past year the work of the ACAT Examination Board has continued to adapt and respond flexibly and compassionately to the impact of the COVID-19 pandemic on our members without forfeiting these standards. We are also reflecting on how the adaptations of these past two years will impact the future training and practice of psychotherapy more permanently.

Jason Hepple, as the Acting Chair of the Training Committee, Dawn Bennett, Vice Chair and myself with the support of the ACAT Admin team have coordinated virtual meetings and consultations with the members of the Training Committee and the Examination Board, to put in place and monitor procedures so that the work of the committees supporting CAT trainings and overseeing accreditations and reaccreditation of CAT therapists continues.

During 2021 we continued to meet the challenges of the pandemic to introduce acceptance of electronic signatures for applications and accreditations for Practitioner, Supervisor and IRRAPT trainees, and to conduct all business with the ACAT Office by email. Maria, Ali and Louise in the ACAT Office adapted to working from home since March 2020 and this has become a permanent arrangement. They have worked very hard and with great enthusiasm under difficult circumstances to support this process and implement these changes. Some of the changes we have made initially to reduce risk and keep to COVID-19 guidelines will become permanent and were perhaps overdue. These important steps to simplify administrative and accreditation processes and improve ACAT's carbon footprint, have continued to be rolled out so that almost all of ACAT's processes can now be conducted online.

The challenge over the year has been to balance the continuation of ACAT business and training, to retain the relational nature of training courses, and to keep supporting trainees and give them a valuable training experience. So, decisions on whether to suspend or start new courses has been very difficult. Some courses have delayed their start date, others have continued with on-line or blended programmes to mitigate risk. We have been delighted to see the return to in-person training of the new IRRAPT Course, the Trainers and Supervisors Event in Oxford in March and the Relational Skills Training at Holland House in April.

We have moved to accepting remote training cases for accreditation, and we introduced a reflection of the relational experience of remote working into the case study content. Negotiations are underway with UKCP to agree a ratio of face-to-face to remote therapies for training purposes. We agreed to introduce more flexibility into the time limits for UKCP and ACAT reaccreditation submissions overseen by Conrad Barnard and Paula Biggs respectively. The new modular Supervisor Training Programme was launched in October, having been delayed for 12 months. We have been encouraged by the creativity and resourcefulness of CAT therapists, trainers and supervisors to meet the challenge of keeping to the high standards and values that ACAT holds.

Conrad Barnard, who oversees the re-accreditation of our UKCP 5-yearly re-accreditation process for those ACAT Psychotherapists who are also registered with the UKCP issued 12 new requests to participate in RA in 2021, 1 is pending, 3 have been deferred and 1 referred to UKCP. We are pleased to say that 7 Psychotherapists were recommended for re-accreditation without reservation by their peer groups, and this was endorsed by Conrad and myself. My sincere thanks go to Conrad, who has dealt with complex situations with calmness, helpfulness, and excellent judgment.

This year we are addressing the challenge of processing the re-accreditations of all UKCP registered CAT psychotherapists who qualified prior to 2013. We advised all of those this applies to in January, and Conrad and I have offered online information sessions to support people through this process and will continue to advise on the process. The deadline for final submissions is 31st October 2022.

The ACAT annual CPD audit starts in January each year and applies to all Practitioners after they have been accredited for two years, plus any ACAT Psychotherapists who have chosen not to join UKCP/HIPCC. My thanks to Paula Biggs who continues to oversee the 2021 audit in such challenging times. Paula has managed to steer a calm course through this by acknowledging the disruption by the pandemic of peoples' personal lives and usual work, supervision and CPD arrangements due to relocation and suspension of psychological therapy services in some settings, and as such this required some flexibility and loosening of time scales. Fifteen Practitioners and two Psychotherapists passed the 2021 audit. I am so grateful to Conrad and Paula in helping to ensure that our members keep the high standards we expect of them by keeping their skills and knowledge up to date.

Agenda Item 8

The total current membership of ACAT (including Friends, Non-practising and Retired members) membership continues to grow. Over the past twelve months we have accredited 51 CAT Practitioners, 4 Psychotherapists and 14 Supervisors, and awarded 4 Foundation Certificates. We have had bursts of enquiries from potential “re-joiners” who are keen to re-kindle their membership of ACAT and their CAT Practice after periods of absence, and I have to thank Dawn and Jason working together with me to offer clear and appropriate pathways towards this, so efficiently supported by Maria, Ali and Louise in the ACAT Office who are so skilled in fielding and processing many and various enquiries. During 2021, 13 lapsed members were sent MRJP (Membership and Re-joining Policy) information. Our sincere thanks to the ACAT Administration Team for all their dedicated work in keeping our membership system running so smoothly.

The Exam Board continues to meet three times a year, in spring (February/March), summer (June/July) and autumn (October), when accreditations are approved. The Exam Board meeting dates are given in the ACAT Newsletter, and we request receipt of any applications for accreditation at the ACAT Office a full three weeks before the EB meets. Applications are first checked with the ACAT Office and then passed on to the Exam Board Chair for queries to be addressed, so that most applications for accreditation can go through the Exam Board for approval smoothly on the day of the meeting. Please ensure that you are using the most up-to-date application forms and information by checking for updates on the ACAT website.

I want to express my sincere gratitude to Dawn Bennett, Training Committee Vice Chair on whom we rely for her consistent hard work and extraordinary capacity for holding in mind so much of the detail of ACAT policies and procedures. I continue to enjoy being a part of the friendly and hard-working ACAT Exam Board, alongside all the members, trustees and officers who keep the organisation of ACAT running so smoothly. My thanks to Jay Dudley for his support as the new ACAT Chair, and to Jay, Dawn Bennett and the ACAT Office for the collective effort of preparing for the successful 5-yearly UKCP Organisational Membership Review in November last year.

Yvonne Stevens | Chair of the ACAT Exam Board

Agenda Item 8

Accreditations: June 2021 to March 2022

We send warm congratulations to all those who have been accredited by the Exam Board. Their names are below:

Supervisor

Amanda Copeland	Jax Beatty	Monica Mitchell
Bethan Davies	Kate Fox	Nicky Giles
Dupe Adu-White	Louise Candey	Wendy Giovanelli
Eirini Vasilaki	Louise Yorke	Pamela Jameson
Elizabeth Hammond	Lubna Anwar	Yael Brown

Practitioner

Adele Burdon-Bailey	Eddie Collins	Kitty Clark-McGhee
Alexandra Lloyd	Elizabeth Drew	Koveela Sawmynaden
Alison Dixon	Emma Water	Louise McCurdy
Annette McKeown	Greta McGonagle	Meryl Kilshaw
Annie Sollom	Hazel Gittens	Michelle Cregg
Caroline Clarke	Jackie Pickup	Mike Petalas
Caroline Wyatt	Jane Churchill	Njideka Bedford-Fubara
Carolyn Harbert	Janet Hull	Patricia Lawes
Cassia O'Prey	Jemma Nation	Paul Rogan
Chris Barry	Jennie Abbott	Ronan Burke
Claire Ogilvie	Jess Bastien	Ruth Watson
Clark Davison	Jo Hill	Samantha Gerdes
Dawn Bevington	Karen Fidler	Samantha Hartley
Diane Agoro	Katherine Hicks	Sara Ramirez-Overend
Donna Gardiner	Katie Byron	Sarah Noakes
Sharon Keane	Sophie O'Connor	Tonia Ellett
Sophia Kariotaki	Tomos Williams	Vicky Nithsdale

Foundation

Charlotte Winfield	Harriet McIlwham	Sarah Driver
Jennifer Simmons		

Psychotherapist

Anna Tutin	Daniel Robins	Ruth Carson
Dorota Cronin		

Agenda Item 9

ACAT Ethics Committee Annual Report 2022 | Sally Bishop, Lay Chair and Henrietta Batchelor, Clinical Chair of Ethics

Meetings this year have all been held via Zoom and this has perhaps contributed to near-full attendance at all three meetings. We have been fortunate to recruit another experienced clinical member to the committee – Jackie Withers – and so we now have the recommended 6 clinical members who contribute regularly. We have been less successful in recruiting lay members. We have one very hard working lay member but need to recruit two more. ACAT and its members are a comparatively small community and inevitably there are overlapping relationships leading potentially to conflicts of interest – hence the importance of recruiting interested lay members who also have ACAT's best interests at heart. We placed an advertisement on the REACH website and had some interest but this faded when we began to ask for details. A recent complaint has shown us the importance of having a 'pool' of lay members who offer an unique perspective on how therapy, supervision and training is designed and delivered. It is our intention to re-advertise, again on the REACH website, but altering the wording of the advertisement, to see if we have more interest this time.

To this end we updated the Terms of Reference for the ACAT Ethics Committee which includes a description of skills and experience required for both lay and clinical members.

The review of Organisational Members (OMR) by UKCP in the Autumn was largely positive but also highlighted the importance of lay membership.

The Ethics Committee has spent some time in considering how concerns should be investigated as opposed to complaints. At the moment concerns and complaints are considered in much the same way despite the obvious difference between the two categories. We focused particularly on supervisor concerns about practitioner competence and have recommended a 'stepped process' towards potential resolution. However, it became apparent to us in committee that this would not work unless such a process was agreed in advance by the supervisory pair. To this end we have recommended that supervisors include in their contract with clinicians a description of this stepped process to be agreed by supervisees.

A current concern of the ACAT Ethics Committee is reviewing the ACAT Code of Ethics and Practice to bring it into line with some other psychology organisations such as British Association of Counselling and Psychotherapy (BACP) and The British Psychology Society (BPS). We have considered prefacing this document with a new page highlighting the principles by which we work and the values underpinning our training, supervision and clinical work. This is work in progress which we hope to complete this year.

There have been a steady flow of concerns and complaints throughout the year. Looking back through the records we have had 4 concerns reported about clinicians describing themselves as 'trained in CAT' or 'having had a CAT training' when they have not fully completed an ACAT accredited course. We challenge these claims as potentially misleading and follow up to see that websites are adjusted accordingly.

This year we have received two complaints but as the clinicians in question were both UKCP registered, further investigation is carried out by the UKCP.

The Ethics Committee has had several requests for advice by ACAT members and training staff. Ethical decision making is often nuanced and it has been helpful and interesting to think through these issues together.

The Chairs of the Ethics Committee are very grateful for the hard work and commitment of the committee and to the ACAT office who record and log contacts with the Ethics Committee so meticulously and without whom we could not offer a professional service.

Sally Bishop | Lay Chair of Ethics Committee
Henrietta Batchelor | Clinical Chair of Ethics Committee

Agenda Item 10

ACAT Equality, Diversity and Inclusion Committee Annual Report 2022 | Dupe Adu-White, Chair of EDIC, and Rhona Brown

It's that time again.

I hope people are managing and sifting through the current political and social climate. It feels we continue to be in a place where so much public discourse is around equality and inequality, identity, inclusion, and exclusion. The ACAT Equality, Diversity, and Inclusion Committee (EDIC – yes, we thought we should update ourselves) have been continuing to work on improving EDI issues within ACAT. There have been some real highlights over the last year which we feel really encouraged by.

Members may recall on 12th July 2021 a number of us gathered online to share thoughts about an antiracism statement for ACAT. This lively meeting generated much discussion, and we are grateful to Jane Blunden who offered a concise summary. This working statement is published on both the website and public engagement pilot site.

In the spirit of keeping this dialogue open, this statement is open to being revisited and reviewed as time goes on. We hope it can help us to find ways to carry on talking about issues which can sometimes feel challenging and find a way through them together.

Linked to this, trustees and training committee representatives joined us for a day led by Hári Sewell on 26th November 2021 on unconscious bias. We are collating feedback and will explore further how to build on learning from the day within ACAT, options for training and CPD, and integration with the UKCP HIPC guidelines which are already being acted on by courses and the Training Committee. Some refinements we offered to the authors of the CAT Competence Framework were incorporated in an updated version of the background document available on the UCL site.

We're also pleased that the informal support system on offer to members around EDI issues has begun to be used. We hope that any members who need this support feel able to approach me in the first instance.

Finally, we're delighted that we are slowly but surely increasing our members of the EDIC. We would like to welcome our newest member, Lorraine Welch, to the committee.

As always, if you would like to be involved in any of the work of the EDIC, make suggestions to us such as diversity events you would like to be announced or celebrated, or would like to update and add to our resource list, you can do so through ACAT Administration. We will love to hear from you.

Dupe Adu-White and Rhona Brown | Equality, Diversity and Inclusion Committee (EDIC)

ACAT's Representative to HIPC/UKCP Annual Report 2022 | Josephine Ahmadi

It has been a tumultuous time of anticipated changes in structure initiated by UKCP. Much of the difficulty has been in the communication between UKCP and existing College structures and the misunderstanding that has ensued. A great effort has been made to overcome communication difficulties and the process is becoming a little easier to understand with improved communication and great efforts to strengthen the collaborative dialogue that the HIPC have consistently developed with UKCP over the years. Many questions and concerns still stand and the hope is that the consultation and implementation stages will allow for a closer collaboration on the grounds of an improved dialogue between UKCP, Colleges and Organization Members.

The UKCP report a significant increase in complaints enquiries, not only against individual practitioners but also against organisational members. The UKCP feel that there is a need to strengthen their regulatory governance to ensure the organization is sufficiently robust and agile to meet existing, new and emerging threats. Not only do complaints present an acute financial threat, they may also inflict reputational damage on the UKCP and on the psychotherapy profession as a whole. More importantly, the UKCP feel that ensuring that the process of dealing with complaints is watertight is an important aspect of its primary duty to the protection of the public and to ensuring that the public can trust UKCP accredited practitioners.

The areas of proposed changes relate to the top five risks to the organisation: **1) Integrity of the Register; 2) Failure to comply with GDPR and Data Protection Act 2018; 3) Threat to membership renewals due to pandemic or other uncontrollable circumstances; 4) Unable to meet high costs of legal cases; 5) Loss of Public Standard Authority accreditation.**

The UKCP have produced various documents to develop a plan to address the five risks in relation to

- Context and background
- UKCP Strategic Objectives
- UKCP achievements

The stages by which the process has been developing are

- Exploratory phase – what do we need to address and why
- Consultation open from 27 January 2022 to 11 March 2022
- Design phase (to incorporate consultation outcomes into the initial plan)
- Implementation phase (in close collaboration between UKCP, Colleges and OMs)

The new UKCP Chair, Syed Azmatullah (Azmat), has stated that there will need to be an interactive process of operationalising the changes once they have been voted on. He also added that he could not envisage that by the end of the consultation process we will have a definitive model ready for implementation. He foresees an interactive process focusing on questions such as “these are our intentions in this area”, “how do you see it”, “how can we make it work”.

The main aims are on how to

- Improve public protection.
- Better protect UKCP against existing, new and emerging risks.
- Make UKCP governance clearer, more accessible and easier to apply.
- Better promote modalities internally and externally.
- Ensure sustainable leadership along with transparency and accountability

These objectives are of particular relevance in the context of a significant increase in demand for psychotherapy. **The number of adults experiencing depression and other mental health difficulties has doubled since the start of the pandemic.** The UKCP have been a leading force in promoting the inclusion of a full range of therapies in the NHS plan to expand the offer of psychological therapies to address the mental health crisis and to respond to pre-existing unmet needs.

Since the beginning of the pandemic, new waves of unregulated and sometimes untrained online practitioners are emerging from other international jurisdictions. Without tighter rules this means that effectively anyone from anywhere

can now work legitimately in the UK. While regulatory bodies such as UKCP can strike off practitioners from their registers, unregulated therapists can never lose their title. The UKCP has publicly put an emphasis on the importance of protecting the public. Also, it has identified lack of consistency in education and training as a factor hampering efforts to gain recognition by employers and commissioners. Therefore, the UKCP set as an urgent priority to reassure the public of UKCP members' high level of training, experience and expertise and to engage with the **Professional Standards Authority (PSA)** who is carrying out a review of the effectiveness of the Accredited Registers program.

These actions have also made a significant impact on the positive changes made to the **depression guideline**. The developments owe much to the joint campaigning work that the UKCP have helped to lead over the past four years, and that has seen a coalition grow to more than 50 organisations and secured the support of over 100 parliamentarians. Furthermore, the UKCP worked in partnership with YouGov to poll a representative sample of 2,000 UK adults to answer to questions on the impact that COVID-19 has had on their mental health and their experience of trying to access effective mental health support. Psychotherapy and counselling were both found to be more likely to have positive outcomes than individual CBT and antidepressants, which are two of the most dominant offerings across NHS services. These figures demonstrate how vital it is to increase the range of mental health treatments available through the NHS, and how this increases the possibility of positive outcomes. Significant steps forward have been taken in the latest draft of the guideline, particularly the new emphasis on patient choice and the removal of the stepped care model. If implemented alongside a workforce and service development strategy, this could have a major impact on the availability of psychotherapeutic treatments, particularly the provision of alternatives to antidepressant medication and cognitive behavioural therapy, in the NHS and beyond. CAT has significantly contributed to these improvements by developing a CAT model tailored to the needs of mental health services in primary care and in iTalk Services.

Closely linked to these efforts is the UKCP ongoing investment in the **SCoPEd** framework to clearly identify a shared, evidence-based competence framework to inform the core training requirements, competencies and practice standards for counsellors and psychotherapists who work with adults. The aim is to create a tighter regulatory framework to bring psychotherapy and counselling closer to psychology and psychiatry in having more clearly mapped competencies and greater quality assurance. This is important for the credibility of the professions, particularly with limited public understanding of the crowded mental health landscape. The hope is that the framework would make it easier to communicate to policymakers, such as Ministers and MPs, exactly what psychotherapists and counsellors do. The existing lack of clarity has been a major obstacle to the promoting of the unique values of psychotherapy and counselling and a barrier to providing clearer routes into NHS work. By establishing a benchmark of competency and by making role descriptions easier to formulate, the framework aims to offer workforce planners assurance that the level of training of their recruits remains high.

One of the most interesting outcomes of the collaboration between the UKCP and the HIPC is the development of a wider understanding of how issues of inequality and exclusion contribute to environmental damage and climate change and how this further contributes to inequalities and exclusion.

The developments have included not only an extension of the field to draw our attention to areas previously not taken in due consideration as strong contributing factors to experiences of **inequality and exclusion**, but also significant developments in the methodologies and in the applications of these ideas to our training programs and to our practice. The focus has been on exploring through the lenses of intersectionality how the dynamics of power operate in society and might be replicated in our training programs and in our practice.

Josephine F Discepolo Ahmadi | UKCP (HIPC) Liaison Representative

Agenda Item 13

ICATA

Annual Report 2022 | Rabhya Dewshi

The international conference has been moved ahead by another year, due to the uncertainty of the Covid situation, and in order to minimize the risk of clashing with many national conferences that have been moved to this year. It is now being planned for June 15th -17th 2023, so please put the date in your diaries!

In place of the conference, ICATA is planning a series of international CPD events, beginning with a series of events on the theme of the climate and ecological emergency (CEE), the third of which has just taken place. These have been well attended and very fruitful, and led to the formation of a special interest group on the CEE. Please contact Rabhya Dewshi at Drrabhyadewshi@protonmail.com if you would like to get involved in the SIG, and look out for announcements of the next CEE event. We are also planning to put on other international CPD events, and would welcome suggestions for topics, and offers from anyone who would like to present something, whether a workshop, sharing of work, talk, etc.

ICATA has also organised a series of meetings for international trainers and supervisors, with the aim of developing closer collaboration, exchange and support for all of us who are involved in CAT training activities, and to jointly design a CAT competency framework which we can use as an international community as well as share ideas about the implementation.

Our first three workshops for ICATA trainers and supervisors have given us a valuable experience about how we can support each other in our teaching programs to be more aware of CAT Competencies for therapists and practitioners. Our second workshop focused on the content and teaching methods we are using when we teach about reformulation letters, and the material from the workshop has been circulated.

In our third session, we planned to explore the reformulation stage in CAT, focusing on RRs and the Procedural Sequences. We are aware that depending on which country participants are from, we might use different terms to define these two concepts, and aimed to explore the different meanings these terms hold for us and therefore the diverse ways we are teaching it. We also hoped to discuss how our teaching practise links back to the CAT competencies. Please contact Gabriele Stabler at psychotherapy@mail.com if you would like to join us for future meetings, or be added to the mailing list. We would very much welcome participation and support from any interested ICATA trainers and supervisors.

Finally, Lee Crothers has stepped down from the role of secretary, having contributed enormously to the running of ICATA. She will still be involved in ICATA's committees, and Elaine Martin is taking up the role of secretary.

Rabhya Dewshi | ACAT's Representative to ICATA

Agenda Item 14

Data Protection Officer Annual Report 2022 | Mark Burnett

The past 12 months have seen some significant changes to data protection law in the UK. As the UK prepares for its future outside of the EU, the creation of legal mechanism fit for purpose has begun. These include several consultations on changes to the GDPR and international data transfer safeguards. The question of the UK's Adequacy Decision remains a question mark which may create issues with our EU relations in due course. Only time will tell. As your DPO, we are well positioned gathering information from several trusted sources to ensure you are informed and ready to adapt where necessary.

The future of the EU GDPR is well documented in the Government's Consultation paper called 'A new Direction'. Changes contemplated include a specific list of purposes (for processing data) that may be a 'Legitimate Interest.' The mandatory appointment of Responsible Individuals throughout the organisational structure. The creation of a 'Privacy Management Programme' which might contain all of the documents, records and procedures ACAT might rely upon to prove it is complying with the law.

In fact, there are 74 proposed changes to the law as we know it. As someone said recently, this could be the biggest shake up of data protection law in the UK for a decade.

During the past 12 months your DPO has reviewed your policies twice to ensure they accurately reflect your processing activities. We have assisted with and advised on the development of the new website. In due course new privacy notices will be drafted for the site. We are also delivering training to the team to ensure all those concerned are aware of their obligations to ACAT's policies.

As your DPO, it is our view that the organisation remains compliant with its obligations to the law and as such, no breach reports have been made to the regulator. We anticipate that there will be significant policy development for the future as at least some of the 74 changes proposed come into force.

In order to ensure our service to you is as good as possible we have made some changes which include, a new website with a specific client area for training support, two new members of staff, a new project management software system to record our interaction with you and improvements to our Telephone Helpline services.

Mark Burnett GDPR.Cert | Data Protection Officer

Agenda Item 15

Resolution

‘Senior Non-Clinical Membership’

This is a proposed new level of membership for Senior ACAT members who may be nearing or in retirement. The suggested lower age-range is 60. This will enable continuation of membership of ACAT for those who wish to remain active in roles such as supervision or teaching, but who are no longer engaged in clinical practice. By holding an ACAT Senior Non-Clinical Membership, you will continue demonstrating your commitment to the promotion of psychotherapy practice. Supervision and CPD requirements will be appropriate to work undertaken, with a minimum of 16 hours CAT specific CPD. It is recommended to meet with an accredited supervisor a minimum of 2 hours a year and submit a CPD log to the Auditors at renewal of membership. To continue to maintain public liability insurance to the level required for role. The initial proposed membership fee is £65.00, though all membership fees will be subject to a review within the next 3 months.

Agenda Item 16

ACAT | Board of Trustees Elections to the Board of Trustees

As determined by ACAT's Memorandum and Articles of Association, the maximum number of Trustees on the Board is twelve, two of whom can be lay people. Trustees are included in ACAT's return to Companies House and the Charity Commission.

As required by ACAT's Memorandum and Articles of Association, a minimum of one third of Trustees stand down (with the opportunity to stand for re-election if so wished) at each AGM. ACAT currently has eleven Trustees:

Jay Dudley – *Chair*
Henrietta Batchelor
Rabhya Dewshi
Alison Jenaway
Martin Payne – *Lay Trustee*
Sue Yabsley

Ruth Carson – *Vice Chair*
Angela Coshland
Louise Harrison
Liz McCormick
Karen Shannon

Treasurer - vacant

The following Trustee will be standing down and will not be standing for re-election at the 2022 AGM
Alison Jenaway

The following Trustees will be standing down and will be standing for re-election at the 2022 AGM
Martin Payne (Lay Trustee)
Karen Shannon

At this AGM there are four vacancies:

One vacancy for a **Trustee with Office – Treasurer / Company Secretary**
Three vacancies for a **Trustee without Office** (a maximum of two may be Lay Trustees)

Voting

Full voting members (ie fully paid up Practitioner, Psychotherapist, and Life Members) present at the AGM, plus those who have submitted proxy votes in advance and by the deadline, will vote during the AGM.

Nominations

Nominations have been received from voting members of ACAT (fully paid up Practitioner, Psychotherapist, and Life Members) as follows:

Nominations for Trustees with Office:
Treasurer / Company Secretary – none received

Nominations for Trustees without Office (in alphabetical order):

1. Martin Payne (Lay)

I have been on the Board as a lay trustee for one term. My background is in IT, having worked in various software engineering roles for the last 15 years. In my spare time I enjoy growing things on my allotment, particularly beetroot, turnips, beans, and squashes. I also enjoy fermenting things, which is quite handy when I inadvertently grow enough beetroot and squashes to feed a small village. I am a father to a two year old—a little Brussels griffon dog who came down from Scotland on the West coast mainline to live with me in London.

Although I'm not from a therapy background, I bring my IT knowledge and outsider viewpoint to the Board. I would welcome the opportunity to continue for a second term.

2. Kate Portman

I am an experienced Psychotherapist working in private practice.

Starting my career as an RMN in acute mental health in 2000, I subsequently trained and have worked as a psychotherapist since 2007. I am qualified and experienced in a range of therapeutic models; Cognitive Behavioural Therapy having undertaken the Salford Post Graduate Cognitive Therapy course, EMDR having completed EMDR UK recognised practitioner

training with Richman Associates, London and Cognitive Analytic Therapy having undertaken the Catalyse Practitioner course, becoming accredited in 2019. I have also undertaken training, and am skilled and experienced, in Trauma-focussed CBT, Compassion-focussed Therapy, Dialectical Behaviour Therapy, Mindfulness and Imagery Rehearsal approaches.

In my clinical work I undertake assessment and therapy with adults and young people; focussing on complex trauma, personality disorder and attachment disorder, harmful behaviours and the impact of complex and enduring mental health and socially influenced emotional difficulties on functioning. I have experience of facilitating assessment and therapy across a range of client groups including complex mental health, transforming care clients, family court and local authority referrals and occupational health referrals.

I also work with individuals and organisations to provide training on specific emotional and relational topics and to assist in improving trauma-informed approaches to care. I am Psychology Partner to YMCA Together (formerly Liverpool YMCA) and as part of my role there I facilitate Reflective Practice to a range of groups and services. I also deliver training on Psychologically Informed Environments using CAT, a two-day introduction and Reflective Practice skills for facilitators. More recently I have worked closely with Dawn Bennett to develop a bespoke CAT Skills for Case Management course for YMCA Together. The training days for this have just completed and feedback is positive meaning I will apply to re-run the course in September. The aim being that 100% of the workforce have the exposure to the two-day introduction to PIE and CAT and leaders and keyworkers will be able to access CAT skills to support complex work.

I am keen to develop CAT in practice and to further its application as a model outside of health services and traditional mental health settings. As part of my role at YMCA Together I have also supported writing on using CAT as decision making framework and the compatibility of CAT alongside the 12 step addiction recovery approach – both of these are awaiting publication. I have published work to support organisations to build trauma awareness into their practices and have published work for the Royal College of Nursing on trauma-informed approaches to care and managing self harm in community settings and developing trauma-informed environments. I am passionate about using consultation to support psychological formulation and psychologically informed approaches to care and have applied this way of working across a range of mental health services, maternity services and business and local authority providers.

I am working towards ACAT Supervisor accreditation, under the guidance of Mandy Wildman.

3. Karen Shannon

I am a clinical psychologist and CAT supervisor with a background working with complex presentations/offending behaviour. I have been a member of ACAT since 2002 and a trustee for a number of years, where I have enjoyed working with CAT colleagues to consider ACAT's growth and future development, including review of the current ACAT website. I am standing for re-election as a trustee with the aim of continuing this work. In recent years I have also been using CAT principles to support non mental health staff working with complex clients in third sector organisations (such as homeless services and women's refuges). I love to travel independently and explore new places and new cultures.

4. Emma Walton

Since joining ACAT in 2014, Emma has been passionate about promoting and preserving the organisation's key values and essence as a governing body and representative of Cognitive Analytic Therapy within the wider psychotherapeutic domain.

Emma has worked within the field of mental health for the last 18 years and has spent the last 12 years employed within South London and Maudsley NHS Foundation Trust's specialist Eating Disorder services and saw the real value of Cognitive Analytic Therapy as a therapeutic intervention within this clinical area. Within the last 12 months, Emma began a new and exciting role as a CAT Therapist (currently awaiting CAT Psychotherapy accreditation) within Southwark PCMHT.

Since starting her CAT journey, Emma has gained so much from her training and experience, which has felt both transformational and inspiring. She has always wanted to become more involved within ACAT and feels passionate about the possibility of becoming a trustee in order to contribute and participate more actively within the organisation and have the opportunity to give back some of what she has gained since embarking on her CAT journey.

Emma is particularly interested in encouraging diversity of core-professions within ACAT and is chiefly passionate about encouraging mental health nurses to consider engaging in CAT training at different levels. Emma also has specific interests in bilingualism and the importance of diversity and inclusion within the organisation.

Within her practice, Emma values applying creativity into Cognitive Analytic Therapy and has a particular passion for Shakespeare, theatre and drama and how these can be drawn upon to make sense of challenging clinical presentations.

ACAT | Statistics

Membership Statistics at the time of compilation: January 2022

Trainees	198
Practitioners	625
Psychotherapists	113
Retired	7
Friends of ACAT	18
Private Practitioner Listings	285
Private Supervisor Listings	81

Training Statistics at the time of compilation: January 2022

Number of Current Practitioner Training Courses	5
Number of Trainees on Current Practitioner Courses	84
Number of Trainees on Current IRRAPT course	16
Number currently in Supervisor Training	26

ACAT Events April 2021 to March 2022

Number of Introductory Courses	6
Number of delegates on the Introductory Courses	120
Number of CPD courses run by ACAT	2
Number of delegates on these 2 ACAT courses	21
Trainers and Supervisors Event delegates (March 2022 residential)	35
No of Relational Skills in CAT Supervision courses (online)	1
No of delegates on Relational Skills in CAT Supervision course	14
No of CPD Courses run by local groups with booking through ACAT	0
No of delegates on the courses	n/a
ACAT bespoke course	1

ACAT Website Statistics at the time of compilation: Monthly Averages on year to 31st January 2022

Number of visitors in month	9,000 +
Number of page views in month	37,000 +
Number of countries reached by the website	181

Percentage of visitors by device:

Desktop: 55% Mobile: 42% Tablet: 2%