



Association for Cognitive Analytic Therapy Annual General Meeting 12 noon Friday, 21st April 2023

The University of Winchester, West Downs Quarter,
Romsey Road, Winchester, SO22 5FT

Agenda and Papers

Association for Cognitive Analytic Therapy

Registered Office: Bath House, 6 - 8 Bath Street Bristol BS1 6HL

Company No: 06063084 Registered Charity No: 1141793



ACAT Annual General Meeting 2023

Welcome from the Chair of ACAT

Formal notice of the AGM was sent out to all members on 7th November 2022 and we are now pleased to present this booklet of reports and information for the meeting.

I'm pleased we're once again able to meet face to face, with a sense of things returning to how they were prior to Covid.

We are grateful to the organising team, *Alison Jenaway, Carol Gregory, Angela Coshland and Paula Biggs*, for putting on an exciting and thoughtful conference and for allocating some precious time for the AGM to take place within what is a full schedule. I am looking forward to hearing how the speakers approach the themes of the conference: *Gender, Sexual and Relationship Diversity through a CAT Lens*, and to us all engaging with the topics and each other.

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, and the chance to hear of new developments of the work being undertaken. There will be 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 reports in this booklet, and on the nominations for Officers and Trustees, a *Voting by Proxy* form will be available on the ACAT website from 3rd April 2023. Please do make every effort to send your vote in as we will need to reschedule the AGM if we do not have sufficient numbers.

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

ACAT | Contact Details

Association for Cognitive Analytic Therapy
PO Box 6793
Dorchester
Dorset
DT1 9DL
United Kingdom

Phone: 07598 725 789 (Maria Cross, ACAT Administration Manager)

Email: maria.cross@acat.me.uk

Web: www.acat.me.uk

Travel Information and Directions

www.winchester.ac.uk/about-us/our-future/west-downs-centre/

Park and Ride

Visitors are encouraged to park at the South Winchester Park and Ride or the city centre public car parks, which are a short walk away from the campus. There is no parking for delegates at the campus. South Winchester Park and Ride is accessible from Junction 11 of the M3. There are Park and Ride bus stops along Romsey Road close to both the West Downs and King Alfred Quarters. The map shows the location of Park and Ride sites and stops and city centre public car parks.

www.winchester.gov.uk/parking/park-and-ride/

For details of Blue Badge Parking please email alison.marfell@acat.me.uk

Train

Leave the railway station by the main exit (Platform 2) and turn right into Station Road, walking on the path parallel to the train tracks. Turn right over the bridge and left onto Clifton Terrace before turning right and walking up Romsey Road – the entrance to the West Downs Quarter is on your right at the top of the hill. This is a fairly strenuous 20 minute walk uphill along a busy road. Taxi is recommended. Request University of Winchester, West Downs Quarter, Romsey Road.

Taxi

There is a taxi rank directly outside the station main entrance (Platform 2). Taxis to the University cost approximately £5.

ACAT Annual General Meeting 2023 | Agenda

12 noon Friday, 21st April 2023 | The University of Winchester

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Agenda item 3

Minutes of the ACAT Annual General Meeting 2022

4.00pm Friday, 27th May 2022

Grand Hotel Gosforth Park, Newcastle NE3 5HN

Present

Trustees and Council of Management: Jay Dudley (Chair of ACAT), Angela Coshland (Acting Vice-Chair of ACAT), Sue Yabsley (Acting Treasurer), Henrietta Batchelor (Trustee; Clinical Chair of Ethics), Rabhya Dewshi (Trustee; ICATA Representative), Alison Jenaway (Trustee), Dupe Adu-White (Council; Chair of EDIC), Josephine Ahmadi (Council; HIPC/UKCP Representative), Dawn Bennett (Council; Vice-Chair of Training Committee; in attendance latter part of meeting), Jason Hepple (Acting Chair of Training Committee), Yvonne Stevens (Council; Chair of Exam Board).

The number required for quoracy was 80. 77 voting members were in attendance. 5 proxy votes had been received, bringing the total number to 82.

Minutes

Maria Cross

1. Chair's Welcome

Once quoracy had been established, Jay welcomed everyone to the AGM.

The meeting opened with Jay explaining the difficult decision made by Ruth Carson to step down as Vice Chair of ACAT. This decision came after the official notice period and was notified to members via an addendum to the AGM booklet of papers. Thanks were offered to Ruth for her valuable contribution and support during her time in post, and most recently in respect of the website.

Angela Coshland has been appointed by the Board as Acting Vice Chair. Sue Yabsley has been appointed as Acting Treasurer. Thanks were offered to them both for stepping into these roles at short notice.

Jay went on to further explain that, due to external issues with the website, financial information was not received in time to produce a printed AGM booklet of papers. This had instead been uploaded to the website, along with the Accounts and Financial Statement, the Trustees' Annual Report, and the addendum. Email notification had been sent to members. The difficulties had also delayed the production of the accounts. Thanks were offered to Stephen White (Company Secretary) and Louise Barter (ACAT Financial Administrator) for ensuring the End of Year Accounts were submitted in time.

2. Apologies for Absence

Louise Harrison (Trustee), Liz McCormick (Trustee), Karen Shannon (Trustee), Ruth Carson, Marisol Cavieres, Annalee Curran, Rab McNeill.

3. Minutes of the last AGM held remotely on Friday, 21st May 2021

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.

Jay spoke to the AGM about the situation with the current website and the decision to go out to competitive tender for a new provider. A website steering group has been created to work on this, consisting of Jay Dudley, Martin Payne, Karen Shannon, Rhona Brown and Maria Cross.

Research has been carried out into suitable website developers to approach. This has been narrowed down and Maria has approached five of the companies, with Martin to follow up. One of the key requirements is to free up functions for the ACAT Administrators. The budget is set between £20,000 and £40,000. It is hoped to have a new website in place in six months. It was suggested that there be better dialogue between different groups on the website. This was noted by Rhona. Much of the information on the current website is now outdated and so this will need to be revised, but the first task is to secure a contract with a new provider. Once this has been established, we will then seek input as to what should be included.

The Report from the Chair of ACAT was agreed.

6. Financial Report and Year 2020-2021 Accounts together with the Trustees' Annual Report

Trustees' Annual Report prepared by Stephen White, Company Secretary

The accounts and the reports were published under separate cover and available on the ACAT website. The reports were not read out at the meeting.

Comments were invited, none received.

Thanks were offered to Stephen White and Louise Barter.

The Financial Report was agreed.

The Trustees' Annual Report was agreed.

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.

Jason spoke about the NHS England/Health Education England (HEE) national funding which has been secured for CAT training. The ACAT petition to secure the funding has been effective and thanks were offered to all those who had contributed to the petition. A number of online meetings had taken place with HEE, and we are now in the tendering process. ACAT is excluded as a possible contender for funds, but will still be maintaining standards. Bids to offer the training, which will be a full practitioner training, will be invited. There will be further updates in due course.

It was suggested that the HEE petition could be used as a document to explain CAT.

A question was raised regarding the percentage of costs to be put toward EDI aspects. The UKCP suggests 30%. Jason confirmed that EDI will be embedded in the HEE-funded curriculum. CAT Scotland are progressing well with their funding petition. The remaining devolved nations may follow.

Thanks were offered to Dawn and Jason.

The Report from the Vice-Chair and Acting Chair 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.

Yvonne explained that we are working on having forms, etc, online and moving away from hard copies. With the development of a new website, it may be possible to have forms embedded so they can be completed online.

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.

Henrietta reported that the clinical representation is up to scratch, with a good working committee. At present there is one lay member who is also the Lay Chair. More lay members are needed but are proving difficult to recruit. Rhona Brown offered to assist with recruitment via the Public Engagement site. Lay members are unpaid but expenses are reimbursed. The suggestion of an honorarium was put forward.

There have been a number of misrepresentations reported which have been challenged.

Thanks were offered to Sally and Henrietta.

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

10. Report from the Chair of the Equality, Diversity and Inclusion Committee (EDIC)

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, but none received.

Thanks were offered to Dupe.

The Report from the Chair of the Equality and Diversity Committee was agreed, with one abstention.

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.

The report concentrated on changes in structure proposed by the UKCP. Josephine urged anyone who requires further information to contact her in the first instance.

Thanks were offered to Josephine.

The Report from the HIPC/UKCP Representative was agreed.

12. Report from Reformulation's Editor

A report had not been made available and so this item was not discussed.

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.

Scotland, as a devolved nation, joined ICATA within the last year and has two representatives.

A CAT training programme is in place in Malta.

Thanks were offered to Rabhya.

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

14. Report from ACAT's appointed Data Protection Officer

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.

15. Resolution

Jay read out the resolution at the meeting:

'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.

The suggested age of 60 was queried, as some may be able to retire at 55. With the UKCP it is 60. Yvonne clarified that it may not be lowered below 60 as most enquiries have been from those who are in their 70s, however applications will be considered on an individual basis.

The above resolution was agreed with the proviso that applications from those below the age of 60 will be considered.

16. Elections to the Board of Directors

Alison Jenaway retired as Trustee.

Martin Payne and Karen Shannon stood for re-election.

Ruth Carson stepped down as Vice Chair. Angela Coshland was appointed as Acting Vice Chair. Please refer to minutes under item 1.

No nominations for Treasurer had been received. Sue Yabsley was appointed as Acting Treasurer. Please refer to minutes under item 1.

With the two Acting officers, we are now fully quorate as a Board.

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:

- **Martin Payne (Lay)**
All in favour, and duly elected
- **Kate Portman**
All in favour, and duly elected
- **Karen Shannon**
All in favour, and duly elected
- **Emma Walton** (present at AGM)
All in favour, and duly elected

Congratulations were offered to all.

17. Any Other Business

Thanks were offered by Angela Coshland, on behalf of the Board, to the ACAT Administrators Maria Cross, Alison Marfell and Louise Barter, and gifts presented.

18. Date of the next Annual General Meeting

Date and venue to be confirmed.

The AGM closed at 5.03pm

Chair of ACAT Annual Report 2023 | Jay Dudley

In the most recent newsletter which went out, I referred to how much has been happening within ACAT, and this has continued into 2023. Maria, Ali and Louise, our wonderful admin team, now have a new office, based in Poundbury, Dorset. This is a significant shift, allowing work to be carried out from a new secure base, meeting the needs of the team, who will combine working from home with time spent together in the office in a hybrid model. Work is now well under way in the design and development of our new website. The working group overseeing this is myself *Rhona Brown, Martin Payne, Maria Cross, and Karen Shannon*. The provider is *We Are Gecko*, who have experience of developing sites within the charity sector, and we are confident this will lead to significant improvements in a number of areas including: a combined ACAT and public engagement website with improved access for diverse groups; better and easier access to relevant information for members; significantly improved finance and accounting systems, and greater autonomy for our admin team - making life simpler, more efficient and satisfying. This is a significant undertaking, from a commitment perspective and a financial one, and I am incredibly grateful to the working group and their expertise and commitment in ensuring this is completed successfully. There is much work still to be done, but the hope is this will be ready around August.

A number of trainers/course directors experienced in delivering CAT practitioner trainings and teaching have made successful bids for Health Education England (HEE) funding to deliver 2-year practitioner training courses. More details of this will be in the Training Committee report in this booklet. This is very good news for ACAT, and the validation of CAT as a therapeutic model. Successful completion of training will lead to accreditation as a CAT Practitioner and eligibility for full membership of ACAT. This will increase the standing of CAT within NHS Trusts.

I will be standing down as Chair at this year's AGM, and though it has been incredibly busy, I have managed to enjoy my time, and found the work fulfilling. This coincides with my retirement from the NHS, so stepping down as Chair feels timely, with a combination of lazy and interesting days planned for 2023 and beyond! I am standing again as a trustee, so will be able to continue working with others on the website steering group, as I feel this will be important to see through.

I am pleased to announce that Liz Fawkes has taken on the role of Chair of Training Committee. This is a role Liz has held in the past, so we know we will remain in good hands. This has allowed Jason Hepple to take a step back, and I am so very grateful to him for holding this position so well, and for his work alongside Dawn Bennett in steering ACAT into such a strong position within the NHS.

I am very grateful to Sue Yabsley, acting treasurer, who is chairing a strategic financial review, with the aim of being clearer about a number of areas, including membership fees, where costs have not increased for a number of years. The group will be making recommendations which will be shared with the membership.

At the end of last year, you will have all received a paper copy of Reformulation! And hopefully, like me, enjoyed having this once again in paper format. This was only possible due to Alison Jenaway and Carol Gregory taking on the task of overseeing publication, and so I'd like to extend special thanks to them for their role as Reformulation's Acting Lead Editors.

Two key people we will be losing as Trustees are Liz McCormick, and Henrietta Batchelor. They have both given an incredible amount to ACAT over the years in various roles, and it is with great sadness that we say good bye to them, and bid them good fortune.

Thank you.

Jay Dudley – Chair of ACAT

1 Financial Activities

The Statement of Financial Activities for the year shows a surplus of £73,899 between the incoming resources and the costs and charitable expenditure associated with generating the income.

The detailed results, shown in the following pages, reveal that activities for raising funds during the year amounted to £353,635 compared to £214,094 the previous year with costs of generating voluntary income rising to £180,530 from £77,451 the previous year.

2 Balance Sheet

The charity's unrestricted reserves increased to £329,051 from £255,152 the previous year and the Trustees' Report provides details of the investment policy.

3 Key Events

ACAT Ltd was able to reclaim £19,611 under the Gift Aid Scheme.

4 Conclusion and looking forward

ACAT has been able this year to move forward from the previous year's restrictions on activities increasing its income from charitable activities from £80,144 the previous year to £225,858 this year.

I report that the Charity's total income from all sources, after underlying costs, gave rise to a surplus of £54,288 compared with a deficit of £7,401 the previous year.

This surplus, adjusted for the amount received under the Gift Aid Scheme, increased the Reserves of Unrestricted Funds by £73,899.

The Trustees are very grateful for the members' support and attendances at the various events and courses and for the efforts given by those organizing them. More detailed analysis of the results can be found in notes 4 and 6 of the Financial Statements.

In the interests of the members, the Trustees and Officers of the Charity will continue to make all efforts to expand the activities of the Charity in accordance with the Objectives and Aims referred to in the Report of the Trustees. This can only be achieved with the continuing excellent support of our admin team.

Finally when considering the increase in the Reserves of Unrestricted Funds may I draw your attention to note 17 of the Financial Statements, Post Balance Sheet Events.

Sue Yabsley – Acting ACAT Treasurer

The Financial Statements for the Year Ended 31st July 2022, and the Report of the Trustees, are available on the ACAT website.

Agenda item 7

ACAT Training Committee Annual Report 2023 | Jason Hepple, Acting Chair (to October 2022); Liz Fawkes, Chair (from November 2022); Dawn Bennett, Vice Chair

ACAT 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 is the Training Administrator but Maria Cross continues to manage Supervisor Training and Alison Marfell 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 have representatives from Scotland 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 learning together can enrich all ACAT accredited courses. We meet three times a year, remotely in February and October and in person in June with smaller group and project work running across the year.

The work can be seen as falling into four main areas: overseeing ACAT accredited training; major projects; looking to the future for CAT training and succession for local and ACAT roles.

Ongoing work in overseeing ACAT accredited training

At each meeting we receive reports from all current ACAT courses about training in each centre, from the moderators' group including reports for those courses recently visited by a moderator, from the Chairs and Leads for supervisor training, CPD, Equality, Diversity and Inclusion Committee, Accreditation of Prior Learning and UKCP liaison. Over the last year many areas have seen a growth in numbers of applicants for CAT Practitioner training, an increase in CAT teaching on Doctorate Clinical Psychology courses and intention to run the CAT Foundation course within the professional training and a growth of enquiries for CAT skills level training.

- There are active CAT Practitioner trainings in Brighton, CAT East, Cornwall, Catalyse (Manchester/North); Newcastle, Somerset, South Wales. Catalyse are running two cohorts in their October 2022 course due to the high number of applicants
- The Inter Regional Psychotherapy Training (IRRAPT) course is in the 2nd year and will be open to applications for the next intake shortly aiming for an Autumn 2023 start.
- Exeter and Lancaster DCLinPsychol embedded CAT Foundation courses and Southern Health Foundation course
- CAT skills courses for MerseyCare NHS Foundation Trust; YMCA Together Liverpool and Whitechapel Centre and Shap services, Liverpool
- Two Supervisor training events (Nov 2022 Manchester and April 2023 Evesham) were fully booked

Some of the training developments over the last year include:

- Expansion of markers for practitioner and psychotherapy level, marker training and setting up a marker pool
- Refining guidance for the CAT Practitioner year 1 essay

- Refining guidance for the CAT skills course assignment. Incredible learning takes place on these courses and we have reworked the aims of this piece of work to reduce the anxiety associated with this for trainees less familiar with writing for assessment.
- Guidance on how as trainers we may respond to the emotional impact of training.
- The Moderator's Group initiated a piece of work on how courses respond to trainee disabilities, particularly around the assessment of written work. This led to a broad paper on adjustments for trainees with additional needs which included wide consultation from the EDI group and the trainee representative consulting with trainees. This was approved at February 2023 training committee
- A new membership category for senior and retiring members. Although still active in the organisation they may struggle to meet the CPD requirements due to their reduced work. This will be introduced in 2023.

More substantial project work over the past year includes:

- *Supervision contracts:* Joint work by members of ACAT Ethics Committee and ACAT Training Committee to devise a protocol to deal with disagreements between supervisor and supervisee(s). A stepped process was proposed for dealing with disputes and has been included in template supervision contracts that supervisors can adapt for their work. The templates are available for download from the ACAT website in Training Resources
- *Remote and hybrid training models:* Finalising ACATs approach to training post pandemic. We opted to return to in person training days with mixed face to face and remotely conducted training cases and supervision. We will continue to share experience of remote training delivery, adapting both to the need for this but also the growing enquiries for remote provision from both employers and applicants. There are increasing requests by trainees for remote or 1-1 supervision arrangements. Although understanding these requests, the supervision of training cases on ACAT accredited courses aims to be face to face with some remote, unless geography makes that impossible. The full paper is available on the website under the training tab <https://www.acat.me.uk/page/remote+and+hybrid+training+models+for+cat+training>
- *Integrating Equality and Diversity into training* has been a focus for courses and the EDI committee, exploring how we can collate and share expertise for the benefits of all members. The EDI committee invited ACAT members to complete a survey to build a pool of offers and contributions for training purposes. This will supplement resources from contributors to the ACAT conference 2022. Training and EDI committees met in January 2023 to share developments, 'best practice' and plan for integration into the curricula across courses. This work has led to a number of actions for development across the year including revision of the assignment marking scheme and clinical appraisal to include more consideration of diversity within the work.
- *Implementing the recommendations from UKCPs five yearly organisational review of ACAT:* The report was very positive with a small number of recommendations focusing on the UKCP reaccreditation process for CAT psychotherapists and marker expansion. The assessors highlighted a need to also attend to succession and the future generation of ACAT trainers and leads throughout the organisation, which will be central over the next few years.

Approval of CAT training for central funding by NHS Health Education England (HEE) to be referred to as NHS England from April 2023: For some time we have informed members that ACAT representatives had worked with NHS HEE members to produce a national curriculum for a CAT Practitioner level training. This training is to support the expansion of psychological therapies for severe mental health problems in adult community services and is specific for staff in adult community services to meet the needs of people with difficulties consistent with a borderline personality disorder diagnosis. The course(s) would be centrally funded and eligible NHS staff, following approval by their manager could apply for places. The tendering process to bid to run course(s) was in November 2022. NHS HEE

proposed £1.8million over 5 years which could offer up to 166 training places across England through new courses or HEE places embedded within current courses. Three courses have been approved from the first round of tendering: Catalyse to cover North West, Midlands and towards East; Cumbria, Newcastle, Tyne and Wear NHS Trust for East and Sussex Partnership who will host a course formed by Brighton, London and CAT East. There will another commissioning round for gaps to ensure trainees can access training across UK

New areas of work

- Following on from a CAT skills course at YMCA Together (Liverpool) the organisation has produced an outline of the competences achieved by those completing CAT skills training. The intention is to work towards a skills competency framework applicable to all forms of CAT skills training and a proposal to fund this work is being explored
- Sharing best practice - How do we teach the A in CAT?
- How do courses currently use 'process groups' in their courses?
- Expansion of Supervisor Training to support the growth of training places

This is not an exhaustive list but it gives a flavour of the work of this Committee which is made up of Course Directors and others, including trainee representatives who give so much time to sustaining, promoting and developing CAT nationally.

Request to the membership

ACAT bibliography and access to published works: Two years ago ACAT created a full bibliography of CAT work with links to those that can be accessed freely or through institutional access, for example Athens. We invite feedback on the bibliography and if members are able to access materials adequately. This is particularly relevant to trainees. ACAT are exploring a number of other options to supplement the bibliography so would value your feedback on this resource

Succession and roles

Chair of Training Committee: Jason Hepple, acting Chair of Training Committee stood down in October. We are grateful for Jason's work especially in the NHS HEE development and his wise steady guidance on training issues. We are pleased to say that Liz Fawkes is the new Chair. Liz was Somerset CAT Practitioner Course Director for many years and was Chair of Training Committee from 2017 but had to step back in March 2020 at the start of the pandemic due to her NHS role as Clinical Lead. We look forward to working with Liz.

UKCP representative to ACAT and Training Committee: Josephine Discepolo Ahmadi has stood down and we now have a vacancy for a CAT Psychotherapist member to represent ACAT at UKCP meetings and report back between the two organisations. More detail and a job role will be made available shortly but please get in touch if you are interested in this role.

There is a rising demand for CAT and we expect an expansion in training places due to the NHS HEE funding. We are keen to hear from people who are interested to be more involved in the CAT training community and to talk through the steps and stages to take on new roles both locally connected to course centres but also involved at ACAT committee level.

Thank you to all members who make it a pleasure to work together and share our experience in offering training in CAT

Dawn Bennett - Vice Chair of ACAT Training Committee

Agenda item 8

ACAT Examination Board Annual Report 2023 | 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 as we emerge from the COVID-19 pandemic. We are also reflecting on how the adaptations of these past three years might impact future CAT training and practice more permanently.

Liz Fawkes, now Chair of the Training Committee, Jason Hepple, as previous 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 2022 we began to emerge from the challenging period of the pandemic and to review adaptations to our working practices we had made. Some of the changes we have made initially to reduce risk and keep to COVID-19 guidelines have become permanent and were perhaps overdue. A major change is the acceptance of electronic signatures for applications and accreditations for Practitioner, Supervisor and IRRAPT trainees, and conducting all business with the ACAT Office by email. Maria, Ali and Louise in the ACAT Office had adapted to working from home since March 2020 and are looking forward to moving into new office premises. They have worked very hard and with great enthusiasm under difficult circumstances to support and implement important changes. Important steps to simplify administrative and accreditation processes and improve ACAT's carbon footprint, mean that almost all of ACAT's processes can now be conducted online.

We have been delighted to see the return to in-person training for most of ACAT's courses, although the availability of online training events and special interest groups offers flexibility and accessibility for ACAT members seeking to keep up with CPD requirements to maintain accreditation. In 2020 we 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 with UKCP proposed a maximum of 50% remote therapies for training purposes.

The new modular Supervisor Training Programme was launched in October 2021, and we are pleased to see the first new supervisors reaching completion and seeking accreditation. The new programme includes the additional requirement of an assessed 4000-word reflective essay to meet UKCP standards for supervisor accreditation. We have been encouraged over the past year 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 oversees the re-accreditation of our UKCP 5-yearly re-accreditation process (RA) for those ACAT Psychotherapists who are also registered with HICP/UKCP. UKCP are constantly reviewing their policies and procedures to main high standards of psychotherapeutic practice and respond to changing expectations of their members and the public. From this year, newly accredited Psychotherapists registered with UKCP will need to complete an average of 4 client hours per week for their first five years of practice and evidence this on their reaccreditation form.

In 2022 we addressed the challenge of processing the re-accreditation of all UKCP registered CAT psychotherapists who qualified prior to 2013, some from as early as 1994/5. Conrad and I have offered

online information sessions to support people through this process. The deadline for final submissions was 31st October 2022, we continue to advise a few members on the process in consultation with UKCP.

ACAT issued 37 new requests to participate in RA in 2022, 3 are pending and have been referred to UKCP, 12 members are either no longer practicing or chose to leave UKCP. We are pleased to say that 22 Psychotherapists were recommended for re-accreditation without reservation by their peer groups, and this was endorsed by Conrad. My sincere thanks go to Conrad, who has dealt with complex situations with calmness, helpfulness, and excellent judgment.

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 be registered with UKCP/HIPC. My thanks to Paula Biggs who continued to oversee the 2022 audit in 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. Paula has reported that 9 practitioners and psychotherapists passed the 2022 audit, 4 have requested to be deferred, and 1 is pending. 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.

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 45 CAT Practitioners, 1 Psychotherapist and 9 Supervisors and awarded 12 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 2022, 11 lapsed members were sent MRJP (Membership and Re-joining Policy) information. Our sincere thanks to the ACAT Administration Team, Maria, Ali and Louise 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 Exam Board 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, our 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 ACAT Chair, and to Jay, Dawn, Conrad, the ACAT Office and the ACAT Council of Management for the collective effort of updating our policies and procedures required for the successful completion of the 5-yearly UKCP Organisational Membership Review.

We send warmest congratulations to all those listed below who have been accredited by the Exam Board over the past year and hope they will find fulfilment in their new roles in the CAT Community. We welcome all you have to offer to further the goals of ACAT to promote training in and practice of CAT.

Yvonne Stevens - Chair of the ACAT Examination Board

Accreditations April 2022 to March 2023

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

Supervisor

Amanda Tetley
Hannah Goring
Helen Gibson
James Turner
Jo Coggins
Kate Portman
Laura Bradbeer
Lorraine Furneaux
Sophie Fyfe

Psychotherapist

Emma Walton

Foundation

Aleksandra Laszczynska
Amie Doidge
Charlotte Donegan
Georgina Lyons
Hannah Bunce
Katy Hughes
Michael Iszard
Natasha Griffiths
Nivruti Advani
Sally Wasp
Scott Ankrett
Stuart Smith

Practitioner

Abigail Tarran-Jones
Anna Laws
Annie Moreland
Caroline Place
Cherry Wong
Clare Lloyd
Curtis Smith
Darren James
Dimitrios Monochristou
Elizabeth Galle
Emma Salter
Emma Sewter
Eve Sheppard
Faye McLean
Fiona Lewis
James Bone
Jennifer Guthrie
Jennifer Simmons

Johanna Brown
Josephine Mustone
Kate Reilly
Kate Snowball
Kim Dowsett
Lauren Staples
Leonie Lalayannis
Louise Al-Janabi
Louise Carden-Jones
Louise McCarron
Lynsey Kelly
Madeline Harris
Maeve McGroarty
Nicole Nunes
Penny Collins
Rachel Wass
Rachel Weston-Fox
Rosie Peel
Simon Reid Milligan

Simone Beason
Suzanne Kearney
Tanya Pearson
Tracy Carlson
Tracy Davies
Vanessa Bailey
Vickie Edwards
Wendy Clochet

Agenda item 9

ACAT Ethics Committee Annual Report 2023 | Sally Bishop, Lay Chair and Henrietta Batchelor, Clinical Chair of Ethics

Concerns and complaints

Since the last AGM we have had a total of eight concerns and complaints.

Of these cases, two cases were complaints. In one case a client complained that her therapy was terminated without due consultation. Both parties agreed to mediation and the complainant was partly satisfied that some aspects of her complaint were taken seriously and explanation was offered and accepted. But the overall conclusion was that the therapist had acted responsibly and that further therapy was contra- indicated.

The second complaint is ongoing and concerns allegations of unconscious bias made by a supervisee against their supervisor.

There is one case of misrepresentation which we are currently challenging. This concerns a global organisation offering online video sessions at the end of which the participants gain a diploma in Cognitive Analytic Therapy. This is obviously misleading to potential clinicians paying to go on such a course as the qualification is not recognised by responsible accrediting organisations and the course graduates would be misleading clients if they practised identifying themselves as fully trained CAT therapists.

However a second on-line Introduction to Cognitive Analytic Therapy course, produced by appropriately qualified clinicians was considered by members of the Training Committee as an excellent opportunity for interested practitioners, one that was convenient to access and an addition to in-person courses currently offered.

We have had a number of requests for advice which we welcome ranging from consideration of what constitutes a dual relationship to others where, for example, trainers have been concerned to help struggling trainees whilst, at the same time, uphold the standard of Cognitive Analytic Therapy.

Others matters attended to by the Ethics Committee

Supervisor contracts

A report – commissioned by the Ethics Committee - summarising current supervisor practice in relation to contracts, including a recommended stepped process for dealing with a breakdown in a supervisory relationship and/or disagreement about clinical practice was passed on to the Training Committee. They have developed this into 3 possible templates for supervisors to use – one for training supervision, one for post qualification CAT supervision (most suited for 1:1 supervision but adaptable to group supervision), and thirdly one applicable to group supervision, CAT informed supervision or reflective practice.

Updating the Code of Ethics and Practice

A small subcommittee has been working to update the Code of Ethics and Practice last reviewed in 2014. We are mindful that this code is not just for CAT practitioners but also for those outside ACAT including service users, commissioners of CAT services and others. This updated code should be ready for circulation in the new year.

Policy regarding identification of trainees

As a result of discussions in the Ethics Committee and arising out of a request for an historic name change, we recommended to ACAT Trustees that all trainees should produce proof of identity at the beginning of a CAT Practitioner course. This has now been adopted as ACAT policy.

Honorariums for Lay members of the Ethics Committee

We are also conscious that lay members of the Ethics Committee have not, until now, been offered an honorarium. This means that we potentially discriminate against people who would be interested to offer their time and expertise to ACAT Ethics Committee but are not in an economic position to give their time for free. The Trustees have agreed to a yearly honorarium of £350 to lay members.

Retirement and recruitment

We were sad to say goodbye to Alison Jenaway who has offered a number of years' service to the Ethics Committee but has now retired to work in a different part of ACAT. We have hugely benefited from her skills, knowledge and common sense. However, we are delighted to welcome Claire Moran as a new clinical member of the Ethics Committee. We are still searching for lay members who represent a variety of different perspectives. There have been several expressions of interest but these have not led to an appointment. We are currently putting an advertisement in Leicester City's Faith Forum to try and recruit lay members.

Organisational Members Review and succession planning

We were asked by the recent Organisational Membership Review carried out by UKCP to attend to succession planning. This is important as we recognise the need to maintain the balance of retaining experience but at the same time opening ourselves up to new initiatives and expertise. In committee, we discussed the need to devise some guidelines for ourselves. To this end we have drafted a policy for tenure and succession. This is yet to be finalised but is likely to include a probationary period for new members to ensure a 'fit' between the Ethics Committee and the new member. We suggest an optimum length of tenure of 3 to 5 years (though members can of course be re-elected after this time). We are resolved to ensure diversity of membership and that ideally membership of the Ethics Committee would comprise a maximum of 12 members (8 clinical members and 4 lay members) and a minimum of 6 members (4 clinical and 2 lay members).

Sally and Henrietta would like to thank all the members of the Ethics Committee for their hard work and commitment to the work of this committee. We would also like to express our thanks to Maria and everyone in ACAT's office for their support – we certainly could not offer an effective and responsive service without them.

Sally Bishop - Lay Chair of Ethics, and Henrietta Batchelor – Clinical Chair of Ethics

Agenda item 10

ACAT EDI Committee Annual Report 2023 | Dupe Adu-White, Chair

It feels like another year has flown past.

Since our last annual report, we have planned and prepared materials for a multi-voiced EDIC keynote and forum on the first day of the May 2022 annual conference. This involved a number of live and recorded presentations from EDIC members plus contributions from Jessie Emilion, Inequality & Diversity SIG Lead, and a range of slides, testimony, and video material from a further sixteen ACAT members, two non-members and a service user community (RISE Recovery Community, via YMCA Together in Liverpool). We were really delighted that so much material was offered, and how it sparked such helpful conversations in the EDI Forum hour which followed, and at other points in the event. Unfortunately, it was not possible to show all the contributions offered over the course of the hour long session. However, we will be adding a conference download including all those materials that contributors were happy to be shared in that format.

The collated presentation included reference to eight of the nine areas highlighted in UKCP/HIPC EDI guidelines. Some of these were in more detail than others. There were several contributions on Ability/Disability, Mental & Physical Health & Social Marginalisation; and also Race Culture & Ethnicity. Contributions included some voices that had not previously been featured in ACAT events, thus hopefully supporting people in building confidence to contribute their knowledge and perspectives to the CAT community.

It was heartening to see how other keynotes and workshops relevant to EDI issues were integrated into the event, particularly around material inequalities, transgender issues, neurodivergence, and a specific workshop on power mapping. A small group of members had raised some issues around gender and race representation with the organisers, and a summary of the ensuing dialogue was included in the conference pack, with an invitation to continue developing our "EDI/eye" together as a community. We recognise that by privileging some areas it's inevitable that others can be neglected. Being able to name where the gaps lie, and staying open to each other's voices as we engage in dialogue about these issues, seem the bedrock of a CAT approach to inclusivity.

Since then there has been continued effort to keep the enthusiasm from the conference going. In January 2023, we had an inspiring and useful meeting with the training committee and course directors to give focused space around how we can further integrate EDI within training courses and trainer and supervisor training courses. Many courses have already started to implement systems which may be helpful, and others have plans. It was helpful for those assembled to share ideas, approaches and resource, and it's planned that we will continue having these meetings.

There was a small but enthusiastic response to the EDI training resources survey which ran at the end of 2022. We collated these as another resource that courses can draw on, an EDIC/training committee centralised resource pool of members who can offer resources / training on EDI characteristics. I continue to encourage members to complete the EDI resources survey, which at the time of writing, remains open. This will help ACAT's Training Committee and courses know who they can approach to support learning, and what resources they can draw upon. You can find the survey at <https://s.surveyplanet.com/os2tapfr>

A second Black History Month celebration took place online in November 2022, when over thirty members gathered to explore Black men's experience of mental health. We're acutely aware of the many other possibilities for celebration which come around regularly throughout the year. Again, by

privileging some areas it's inevitable that others can be neglected. As a small committee our capacity is limited, and if anyone would like to help organise events or activities to mark these, we'd be really happy to hear from you.

Also, just a reminder the informal and confidential support system offered by EDIC, relating to any struggles or concerns members may have about discrimination within ACAT is still available. This support system is not intended as an alternative to the more formal channels of support, such as the ethics committee. Members of ACAT can send equality and diversity queries to the chair (Dupe) of EDIC via the member register on the ACAT website (please put 'E & D Query' in the subject line). The chair or another member of the committee will aim to respond to emails within 72 hours (it may take longer if emails are sent over the weekend). Further information is available on the EDIC tab on the ACAT website.

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 the ACAT admin office. We will love to hear from you.

Dupe Adu-White – Chair of the Equality, Diversity, and Inclusion Committee (EDIC)

Agenda item 11

ACAT's Representative to HIPC/UKCP Annual Report 2023 | Josephine Fernanda Discepolo Ahmadi

2022 has been a very busy year for the UKCP, the Colleges and the Organisation Members.

On Thursday, the 27th of January 2022 the UKCP Board of Trustees opened a six-week long formal consultation process to propose updates to the governing documents – Articles, Byelaws and Standing Orders. The stated rationale for the proposed changes was that, since the UKCP has grown and evolved considerably against a backdrop of a raft of legislative changes in areas such as Consumer Protection, the organisation had to take into consideration a number of changes to:

- improve public protection
- better protect UKCP against existing, new and emerging risks
- make UKCP governance clearer, accessible and easier to apply
- better promote modalities internally and externally
- ensure sustainable leadership along with transparency and accountability.

Colleges and Organisation Members considered this period of consultation too short to understand the impact that the proposed changes would have on the UKCP Constitution and on the possibility that Colleges and OMs could continue to actively contribute to the setting of standards for psychotherapy training and practice.

Concerns were repeatedly expressed that the proposed changes, and the changes which had already been introduced without any consultation or agreement, seemed to remove accountability to the Colleges and contravene the current constitution which places the authority for approval of all membership and regulatory related tasks and standards within UKCP with the Colleges.

These were considered operational changes which by-passed the 2019 constitution and included the imposition of central regulatory committees and working groups with non-professional psychotherapist leads who would have decision-making influence on the development of standards, policies or procedures.

It was felt that the authority for professional regulatory decision making was at risk of being removed from professional representatives without justifiable explanation, consultation and agreement with Colleges and OMs. Therefore, the operational changes were viewed as not simply aimed at providing administrative support from central staff, as stated in various communications from the CE and used in the messaging of the consultation.

The dialogue between UKCP, Colleges and OMs has been and continues to be difficult. Despite all parties' wish for a more joined up collaboration, Colleges and OMs continue to face the evidence of centralisation and lack of proper consultation in several key areas of work. These include the appropriation by the staff of Direct Member Reaccreditation (CDMR project) and the OMR process.

Currently, of particular concern is the central EDI initiative. This policy and action plan has been agreed at Board level while all UKCP Colleges have not been allowed to discuss it. These major initiatives require the collaboration of the College officers and membership who currently carry out the regulatory tasks (training, accreditation and reaccreditation) to ensure individual members meet the standards of the College and UKCP before being put forward to the Register.

Further initiatives which have never been discussed with the Colleges or with OMs appear to establish approval of training programmes by UKCP without consultation with or approval by the relevant College or imply that direct accreditation by UKCP of individual clinical practitioners is to be put into place. Such initiatives would contravene the current constitution and arise serious concerns about the capacity of a centralised process to take into due consideration and protect the plurality of approaches expressed by different OMs.

The dialogue continues within a climate of instability and uncertainty because after the UKCP General Meeting on 31st October 2022, key people in the leadership structure of UKCP resigned. I hope that we all would ideally and in practice join Jo Lucas, the Interim Chair of UKCP, who has expressed the view that the situation that we are confronted with presents us all with an opportunity to take a fresh new approach to collaborating and communicating. I hope that we all can share her aspiration of starting afresh and moving forward together to create a one UKCP for all.

Josephine Fernanda Discepolo Ahmadi – UKCP/HIPC Representative

Agenda item 12

Reformulation Annual Report 2023 | Alison Jenaway and Carol Gregory, Acting Lead Editors

ACAT would like to apologise for the recent delay in publication of Reformulation. Unfortunately, due to workload pressures, we needed to find an alternative way of formatting the issue of Reformulation that had been prepared by the previous editor, Rob Lam. This caused a long delay and much frustration all round, and the issue was eventually published and sent out in January 2023. We wish to express our thanks to Rob for having put together another beautiful issue with so many of his own photographs included.

Alison Jenaway and Carol Gregory have agreed to step in as Acting Lead Editors for the next year, but would very much like to build a small editorial team so that future handovers happen more smoothly and people can be gradually inducted into the role of Lead Editor. We would therefore like to invite applications for the roles of assistant editors of Reformulation to join us for the next couple of issues. It's a great opportunity to support our organisation and to work with contributors in bringing their papers to publication. We hope to return to the more regular publication of two issues per year.

We hope that the position might interest two people who would work as a team alongside Alison and Carol for the first year in order to facilitate a gradual handover, during this year we would also like to set up regular online meetings to discuss the work and share tasks between us.

Alison Jenaway and Carol Gregory - Acting Lead Editors of Reformulation

Agenda item 13

ICATA Annual Report 2023 | Rabhya Dewshi

The theme for the 9th International CAT conference on 15th – 17th June, jointly hosted by FinCAT and ICATA, is looking forward and looking back at our practice of CAT over the years and coming together to share our ways of working. Details will be posted on the ICATA website: [9th International Conference](#). We will also be posting updates about the conference via our Twitter account: @ICATA7.

In the build up to the conference, ICATA is offering a webinar run by Alison Jenaway and Carol Gregory on Incorporating Eye Movement Desensitisation and Reprocessing (EMDR) work within CAT. Due to popular demand, this has sold out very quickly, but do keep an eye on the website for future webinars: www.internationalcat.org/event

Steve Potter has done a great deal of work on the website to make it more attractive and easier to use, and Rita Toli is working with him to continue this work. Most recently we have uploaded some training videos which we made in Ferrara at the last international conference. They cover 'Using CAT to talk about eating disorders', 'Mental states and self states', and 'A relational approach to substance misuse problems'. Please do have a look here: www.internationalcat.org/blank-1.

We have also been working to develop the information provided about CAT communities across the world (www.internationalcat.org/countries). There is a growing group in Malta which is in the process of forming a national association, which is great news. We have also been working on forming an International CAT interest group to support CAT practitioners/ trainees from countries without a National Association. If you know of any CAT practitioners/trainees who might be interested, please let Ann Treesa know via the website (www.internationalcat.org/contact). The Training Committee is making good progress in developing an International CAT Competencies Framework.

In terms of the composition of the executive committee, Louise McCutcheon has stepped down as chair and moved into the role of vice chair, and Elaine Martin has taken on the role of chair. Nick Barnes is treasurer, and chairing the conference committee, and Gabriele Stabler is chairing the Training Committee, which is continuing work to support and develop CAT training internationally. Chrysanthos Katsimaglis has taken on the role of secretary.

Finally, we had sad news of the death of Fierman Bennink Bolt in December 2022. Fierman brought CAT to Ireland. He and his wife Barbara trained with Tony Ryle in London, then led and supervised the first CAT courses in Ireland from 2001. He moved back to Amsterdam with Barbara about ten years ago to be closer to his family. He was 94 years old.

Rabhya Dewshi – ACAT's Representative to ICATA

Agenda item 14

Data Protection Officer Annual Report 2023 | Mark Burnett

Data protection law in the UK remains broadly unchanged. We await the government's second consultation on the future of this which was announced in November 2022. We estimate that this will be published in the next month or two and then a further month will be allowed for feedback and consideration. Eventually and probably later in 2023 there will be a new draft reform bill to consider.

In the meantime, the government has announced that it will look to make an adequacy decision for the US. This follows a similar announcement made by the EU late last year. An adequacy decision will help remedy the issues we have with international transfers to the US when we use tech platform such as Google and Microsoft. An adequacy decision is based on several criteria such as, a robust legal system and strong human rights records. This decision although welcome will probably not stand up to scrutiny as most of the US does not have privacy laws yet. Therefore, there is little or no protection to our rights and freedoms. But the good news is that should this succeed, we will not need to adhere to the UK data transfer regime which is highly complex.

In the news, the ICO have issued guidance to small business to assist them in adhering to the law. Many small businesses and charities struggle to understand their obligations, this is therefore a welcome move.

Meanwhile the responsibility for data protection in the UK has changed with a new government department announced today. The new department is called the Department of Science, Innovation and Technology. We will monitor developments and report to you.

Since our last report there have been no incidents reported to the regulator and there is no reason to believe the standard of compliance at ACAT has changed. We are currently reviewing all policies ACAT relied upon, and any suggested changes will be shared. We also intend to deliver training to the organisation in the coming weeks once dates and times have been agreed.

Mark Burnett - Data Protection Officer

Agenda item 15

Elections to the ACAT Board of Trustees 2023

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
Angela Coshland - Acting Vice-Chair
Sue Yabsley - Acting Treasurer
Henrietta Batchelor
Rabhya Dewshi
Louise Harrison
Elizabeth McCormick
Martin Payne (Lay)
Kate Portman
Karen Shannon
Emma Walton

The following Trustees will be standing down and will not be standing for re-election in 2023

Henrietta Batchelor
Elizabeth McCormick

The following Trustees will be standing down and will be standing for re-election in 2023

Jay Dudley – standing down as Chair, and re-standing as Trustee

At this AGM there are four vacancies:

Three vacancies for a Trustee with Office

- **Chair**
- **Vice Chair** – Angela Coshland, Acting Vice Chair (appointed by the Board at the 2022 AGM), will be standing for formal election as Vice Chair
- **Treasurer** – Sue Yabsley, Acting Treasurer (appointed by the Board at the 2022 AGM), will be standing for formal election as Treasurer

Three vacancies for a Trustee without Office (one may be a Lay Trustee)

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*

Chair - Jessie Emilion

It's been over 40 years since CAT was conceptualised and conceived in the NHS to meet the demands within the mental health services. Since then, it has organically evolved, and we as a CAT community have come a long way. Change and growth is not new to us. Our ancestral voices, dialogues both past and present, continue to provide us with the scaffolding as we move forward in the complex and competitive world of therapy. We certainly have a stronger voice as the CAT community and in the model, both nationally and internationally. I am excited and extremely proud to be nominated for the position of Chair for ACAT.

I joined the CAT community in 2002, qualifying as a CAT psychotherapist and supervisor in 2008. Very soon I learnt that relationship was at the heart of the CAT model. As a practitioner I was welcomed and inducted into CAT by my supervisor. I was supported, encouraged and challenged as I trained further to become a CAT psychotherapist and supervisor. My journey was not without hurdles – I failed my first practitioner essay and at times felt I was the only Asian in the village – but all of these challenges have shaped me to embrace and better embody the model. Although CAT has evolved on many levels, the fundamental core values and beliefs – based on the importance of our early life, history, social context, collaboration, inclusivity and relationships – still remain at its centre. It is these values I am drawn to, as they sit deep in my heart, ground me, and now have motivated me to stand for the role of Chair.

The war in Ukraine, the cost-of-living crisis that followed the pandemic and the Black Lives Matter movement have brought mental health services in the UK into sharp focus. We as a CAT community are also impacted by these events. All of the above have highlighted the systemic and societal hierarchies within which we live and operate as people and professionals, indicating that change is needed in our thinking, learning and action. We need to remain open, reflective and dialogic in order to support each other through these necessary changes.

We as a CAT community have already begun this process under the current chair, Jay Dudley. CPD events on the Social Graces Model and Black History Month show that we are already on this trajectory of change. A substantial amount of work within the EDIC and the Training Committee is also under way for CAT to be integrated, inclusive and holistic in line with current political and social contexts. The conference at Newcastle truly brought home to me the strength we have as a CAT community, bringing into focus our ability to hear, accept, collaborate, understand and dialogue about painful challenges. I hope to continue to build on this growth and add my own voice, expertise, experiences, and guidance as we move forward within the current political context. To be part of this community fills me with hope, humility, and pride.

My experiences and expertise are diverse and extensive. As a CAT psychotherapist I truly believe that we have the potential as individuals and as a community to recognize, reformulate and revise, no matter what is presented to us, as we move forward in time. As an Asian woman, having lived and worked in the UK over the last 30 years in the NHS and in the third sector, my experiences both personally and professionally have equipped me with the skills to support, collaborate, lead and collectively navigate the turbulent times ahead.

Amongst other managerial and leadership roles, I feel the most recent ones with the Humanistic and Integrative College within UKCP and the BACP have provided me with the skills and knowledge needed for the role of the Chair of this organisation. I have developed qualities of being sensitive, diplomatic, thoughtful, and caring, along with the ability to be strategic, that have served me well in these roles. If

elected as the Chair of ACAT, I feel that what I have learned through these experiences will complement the Chair's role.

It is my hope that I have provided you with a sense of what I can bring to the role of Chair of ACAT: my energy, passion and commitment to embody the values of ACAT and the CAT community. My hopes for my work as the Chair would be to listen, engage, facilitate and guide the CAT community as we grow from strength to strength.

A little more about me

- I am a trained bilingual interpreter and health advocate, qualified as an accredited counsellor in 1997 and CAT psychotherapist in 2007. I have worked in Primary and Secondary care and inpatient services. Initially employed as a counsellor, later as a service manager by Newham Health Care NHS Trust within Maternal Mental Health, I was tasked with setting up a Multilingual Comprehensive Counselling & Psychotherapy Service within Women's Health – a service that was short-listed for the BACP awards in the category of Excellence in Clinical Care. Within this context I worked extensively with faith leaders and refugee communities.
- In 2003 I moved to South London & Maudsley NHS Trust and held the position of Head of Counselling and Diversity Lead in Primary care. I managed third sector partnerships and was involved in developing culturally appropriate interventions for the diverse populations in Southeast London.
- Currently I am employed as Consultant Psychotherapist, Mood and Personality Psychology and Psychotherapy Lead and CAT Psychotherapy Lead in Southwark, South London & Maudsley NHS Foundation Trust. I manage and offer professional support and supervision to the psychological therapists in the mental health team.
- My first experience as a Trustee started in 1997 with Newham Community Counselling, a third sector organisation that provided therapy in Newham. Following this I was a Trustee in ACAT from 2009 to 2012.
- I was Co-Chair of the UKCP HIPC EDI Committee (2021-22). Now a member of the UKCP HIPC EDI working group of six members, I played a central role in developing the EDI training guidance for psychotherapy. This has contributed to EDI integration within ACAT EDI committee. I was also a member of the UKCP EDI Task Force and played a key role in developing the EDI Action Plan for UKCP. This plan is now being implemented across the UKCP by the newly formed UKCP EDI Committee.
- I am a member of the EDI Task and Finish Group within BACP and contributed to the development of EDI strategies within BACP. As a member of the Task and Finish Group I have a role in embedding the BACP BAME Mentoring and Leadership programme within the organisation.
- I represent BACP on the coalition for Inclusion and Anti-Oppressive Practice, a group that is developing the EDI Tool Kit for the trainers in counselling and psychotherapy.
- Since 2021 I have held the position of mentor on the Health Education England RISE BAME mentoring and leadership scheme, where BAME clinicians in the NHS are supported to develop their leadership skills.
- I have a special interest in bilingualism, culture, and race and the impact of these constructs on mental health. My doctorate was on Multi-Culturalism, Race, Intersectionality, and the Polyphonic Self: Structural and Societal Positions.
- I teach on CAT programmes in the UK, India and Malta and was central to the introduction of CAT in India and Malta. I work with several media companies, including the BBC and ITV, and provide psychological assessments.

It is my hope that by reading this, you have a sense of what I can bring to the role of Chair of ACAT, my energy, passion and commitment to embody the values of ACAT and the CAT community. My hopes for my work as the chair would be to listen, engage, facilitate and guide the CAT community as we overcome barriers, celebrate differences and grow from strength to strength.

Vice Chair – Angela Coshland

I have worked in Mental Health in the UK since 1995, originally training as a Mental Health Nurse. Whilst working in the NHS, I developed an interest in CAT and undertook my practitioner training in the autumn of 2002, gaining my accreditation in early 2005. I began my supervisor training in 2015 and have been accredited since 2016. Currently, I am undertaking the IRRAPT training having started the course in 2021.

I have been an elected Trustee of ACAT since 2018 and have been Acting Vice-Chair since 2022. I sit on the Equality, Diversity and Inclusion Committee, and various working groups within ACAT.

I currently work full time in a secondary care Psychology and Psychotherapy Service within SLAM NHS Trust in London.

I am a committed advocate of CAT and its use in working with complex clients. I would like to continue to be involved in helping to shape and support the future of ACAT through a role as Vice-Chair.

Outside of CAT I have a strong interest in Scent and Perfumery, particularly scent and its link to memory, meaning and emotions. I can often be found planting things in the garden or working on my allotment.

I am heavily tattooed, a person of colour, an immigrant and someone who is in a non-traditional relationship.

Treasurer – Sue Yabsley

Sue Yabsley, Trustee, was appointed by the Board as Acting Treasurer at the 2022 AGM. Sue is now standing for formal election as Treasurer.

❖ *Nominations for Trustees without Office*

Jay Dudley

I have enjoyed my time as Chair over the last 3 years, despite the hardship of 2 years of this time being through Covid. Now, having just retired from the NHS, it feels timely for me to step back, and capture more time and space for the other areas of my life. Standing as a Trustee will allow me to continue to support ACAT, but with less responsibilities. It is an exciting time for ACAT, with a number of newly commissioned services from HEE to run practitioner trainings now being established.

In the past I have also held the Chair of the Ethics Committee, and feel I have a sound understanding of ACAT and the needs of its membership. If elected, I will continue to do my best to ensure ACAT continues to grow, develop and adapt to the changing needs of all those it serves.

Hayden Stothard

I want to work with ACAT to help increase the reach of CAT on behalf of all its members. There is such enthusiasm for the model from practitioners and patients alike, but the biggest challenge is keeping CAT current and relevant in the world today. I would very much like the opportunity of being a trustee of ACAT to be able to share my skills with the organisation and contribute where I can.

My experience started as a Learning Disability Nurse before I eventually also qualified as a Mental Health Nurse in 2012. I was first introduced to CAT in 2014 by, my now Co-Director, Dawn Bagwell-Cox. Enthused, I went on to complete my Practitioner training at St. Thomas' and I'm currently working towards accreditation as a CAT supervisor. I have had several senior management roles in the NHS and I'm now practicing part-time as a Senior CAT Therapist in the NHS and have a private practice.

Dawn and I began our company 'Learn with Cognitive Analytic Therapy Oxfordshire (CATO)' with the aim of making CAT more accessible and we have integrated lots of clinical experience and strong relational values with contemporary delivery methods. This has led to the development of a completely online and on-demand version of the CAT Introductory Course being available now through our website. We have also trained a range of staff with varying levels of experience and qualifications in different organisations to use some of the principles of CAT to make their practice more relational and trauma informed.

The skills I would be bringing to ACAT include being business orientated and great at connecting with others in order to collaborate and make things happen. I have a natural curiosity and general willingness to learn, and I am very capable with digital technologies and familiar with how the sector is progressing within healthcare.

ACAT Statistics

Compiled January 2023

Membership

Trainees	141
Practitioners	663
Psychotherapists	112
Retired	6
Friends	22
Private Practitioner Listings	312
Private Supervisor Listings	91

Events April 2022 to March 2023

Number of introductory courses	7
Number of delegates on introductory courses	130
Number of CPD courses run by ACAT	2
Number of delegates on these ACAT courses	29
Trainers & Supervisors Event delegates (March 2023 residential)	33
No of Relational Skills in CAT Supervision courses	1
No of delegates on Relational Skills in CAT Supervision course	12
No of CPD courses run by local groups with booking through ACAT	2
No of delegates on the courses	36
ACAT bespoke course	0