



Association for Cognitive Analytic Therapy Annual General Meeting

12 noon Friday, 19th July 2024

Agenda and Papers

The School of Management
Lecture theatre SOM 010
Swansea University Bay Campus
Fabian Way
Crymlyn Burrows
Swansea SA1 8EN

Please note:

As in previous years, the AGM booklet and accounts will be available online only.

They may be downloaded from the ACAT website: <https://www.acat.me.uk/event/1281/>

ACAT Annual General Meeting 2024

Welcome from the Chair of ACAT, Jessie Emilion

Welcome to Swansea, what a beautiful day it is, home of Dylan Thomas, Bonnie Tyler and now the CAT community. Croeso i Abertawe.

In a world of extreme changes and uncertainty our conference titled 'New Horizon in CAT' is well positioned to take on the challenges by bringing together the key themes of inclusivity, wellbeing and Eco therapy. The list of speakers and workshops are hugely impressive, and I can confidently say that we are in for treat this weekend.

The AGM is on Friday, you are all welcome to attend. This is an excellent opportunity to put your questions to the Executive and the Board of Trustees. You can also get to hear the reports from the committees, including some of the changes and new developments within the organisation.

This year we have quite a few members standing to be elected to the Board of Trustees which is positive and reassuring.

I would like to thank the conference planning group Clare Fisher, Susie Black, Rachel Akande and Ali Marfell in bringing us to this wonderful place and putting together this exciting programme.

Talking about exciting programmes, I am still waiting to hear from Tom Jones, but I have been promised that we have a far better band booked for entertainment on Thursday evening and it's time for us to come together as a CAT community, celebrate and have some fun.

Thank you. Diolch

Jessie Emilion - Chair of ACAT

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Swansea University Bay Campus | Travel Information and Directions

The School of Management - Lecture theatre SOM 010

Swansea University Bay Campus

Fabian Way

Crymlyn Burrows

Swansea

SA1 8EN

Wales

['How to Find Us'](#)

By Car

Travelling west on the M4, leave the motorway at junction 42 and follow signs for Swansea on the A483 (Fabian Way).

The Bay Campus is situated to the left-hand side of Fabian Way and the main entrance is controlled by traffic lights.

Visitor parking is limited on Bay Campus, however there is a large Park and Ride facility located at Fabian Way, which is a short distance from the Bay Campus.

Residential delegates only may park free of charge at the Bay Studios car park, which is just a short walk off campus.

By Bus

The number 90 bus operates between Swansea Railway Station and the Bay Campus (*please ensure you go to the Bay Campus as the university has two sites in Swansea*).

By Train

[Discounted conference rail travel – GWR network – 'Conference Fares'](#)

Available from most stations on the GWR network.

80% saving based on an Anytime Return from London Paddington to Cardiff Central.

Only available to delegates. You will be asked to produce a confirmation by the train manager.

Outbound tickets are fixed, times and dates cannot be changed. The return journey is fully flexible.

Conference fares are only available via GWR.com. Please use the link below to purchase your tickets.

<https://www.gwr.com/your-tickets/ways-to-save/business-travel/conferences-and-events>

Engineering works

Due to the closure of the Severn Tunnel for engineering work between Wednesday 3 July and Thursday 18 July, there will be no direct train services between Bristol and South Wales during this period, and no replacement buses (except for Sunday). Alternative routes are via Gloucester.

ACAT Annual General Meeting 2024 | Agenda

12 noon Friday, 19th July 2024 | Swansea University Bay Campus
The School of Management - Lecture theatre SOM 010

| Agenda Item | Page | Presented by |
|---|------|-------------------------------------|
| 1 Chair's Welcome | 2 | Jessie Emilion |
| 2 Apologies for Absence | | |
| 3 Minutes of the last AGM held on 21 st April 2023 | 5 | |
| 4 Matters Arising from the Minutes | | |
| 5 Report from the Chair of ACAT <i>The report is included in this booklet and will be read aloud at the meeting. Comments welcome.</i> | 9 | Jessie Emilion |
| 6 Report from the Treasurer, the Financial Statements for year ended 31st July 2023, and the Report of the Trustees <i>The Treasurer's report is included in this booklet. It will not be read aloud at the meeting. The Financial Statements for the Year Ended 31st July 2023, and the Report of the Trustees, are available on the ACAT website: AGM 2024</i> | 11 | Sue Yabsley Stephen White |
| 7 Report from the Chair and Vice Chair of the Training Committee <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 12 | Liz Fawkes Dawn Bennett |
| 8 Report from the Chair of the Exam Board and Accreditations <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 14 | Yvonne Stevens |
| 9 Report from the Lay Chair and Clinical Chair of the Ethics Committee <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 17 | Sally Bishop Henrietta Batchelor |
| 10 Report from the Chair of the Equality, Diversity and Inclusion Committee <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 19 | Dupe Adu-White |
| 11 Report from ACAT's Representative to HIPC/UKCP <i>This post is currently vacant. A report is not available at this time.</i> | | |
| 12 Report from Reformulation's Acting Lead Editors <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 20 | Alison Jenaway Carol Gregory |
| 13 Report from ACAT's Representative to ICATA <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 21 | Rabhya Dewshi |
| 14 Report on Data Protection Compliance <i>The report is included in this booklet but will not be read aloud at the meeting. Comments welcome.</i> | 22 | Mark Burnett |
| 15 Elections to the ACAT Board of Trustees | 23 | |
| 16 Any other business | | |
| 17 Date of the AGM 2025 | | |

Minutes of the ACAT Annual General Meeting 2023

12 noon, Friday 21st April 2023

The University of Winchester

Present

Trustees and Council of Management: Jay Dudley (Chair of ACAT), Angela Coshland (Acting Vice-Chair of ACAT), Henrietta Batchelor (Trustee; Clinical Chair of Ethics), Louise Harrison (Trustee), Emma Walton (Trustee), Dupe Adu-White (Council; Chair of EDIC), Josephine Discepolo Ahmadi (Council; HIPC/UKCP Representative), Yvonne Stevens (Council; Chair of Exam Board).

Stephen White (Company Secretary).

Maria Cross (ACAT Administration Manager), Louise Barter (ACAT Financial & Training Administrator).

Apologies

Sue Yabsley (Acting Treasurer), Rabhya Dewshi (Trustee; ICATA Representative), Karen Shannon (Trustee), Liz Fawkes (Council; Chair of Training Committee), Dawn Bennett (Council; Vice-Chair of Training Committee).

Rhona Brown, Annalee Curran, Val Fretten, Christina Hardy, Steve Jefferis, Malcolm Scoales.

Alison Marfell (ACAT Administrator).

The number of full members required for quoracy was 82.

82 voting members were in attendance. 5 proxy votes had been received, bringing the total number to 87.

Minutes

Maria Cross

The AGM booklet of papers and separate accounts had been uploaded to the ACAT website on Monday, 3rd April 2023, and members notified. The booklet and accounts were not printed.

1. Chair's Welcome

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

2. Apologies for Absence

As noted above.

3. Minutes of the last AGM held in Newcastle on Friday, 27th May 2022

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.

Jay added that Angela Coshland had since joined the Website Steering Group.

Comments were invited.

The Report from the Chair of ACAT was agreed.

6. Report from the Acting Treasurer, the Financial Statements for year ended 31st July 2022, and the Report of the Trustees

Trustees' Annual Report was prepared by Stephen White, Company Secretary.

The accounts were published under separate cover and made available on the ACAT website alongside the AGM booklet of papers. The reports were not read out at the meeting.

An addendum had also been added to the website to accompany the accounts and AGM papers, as below:

To transfer one third of the Unrestricted Funds, as shown by the approved accounts as at 31st July 2022, to a Restricted Fund as a contingency against future unforeseen costs and liabilities. The Trustees to consider the adequacy of this Fund on an annual basis.

Comments were invited.

Thanks were offered to Stephen White (Company Secretary), Sue Yabsley (Acting Treasurer), and Louise Barter (ACAT Financial Administrator).

The accounts, financial reports, and addendum were agreed with two abstentions.

7. Report from the Acting Chair (to October 2022), Chair (from November 2022) and Vice Chair of the Training Committee

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

Comments were invited.

Thanks were offered to Jason, Liz and Dawn.

The Report from the Chairs and Vice Chair of the Training Committee was agreed with two abstentions.

8. Report from the Chair of the Exam Board and Accreditations

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

Comments were invited.

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 with two abstentions.

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.

Thanks were offered to Sally and Henrietta.

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

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.

Thanks were offered to Dupe.

The Report from the Chair of the EDIC was agreed with two abstentions.

11. Report from ACAT's Representative to HIPC/UKCP

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

Comments were invited.

Thanks were offered to Josephine.

The Report from the HIPC/UKCP Representative was agreed with two abstentions.

12. Report from Reformulation's Acting Lead Editors

The report by Alison Jenaway and Carol Gregory was published in the AGM booklet of papers but was not read out at the meeting.

Comments were invited.

Thanks were offered to Alison and Carol.

The report from Reformulation's Acting Lead Editors was agreed with two abstentions.

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.

Steve Potter mentioned that a new online version of the ICATA journal would be available in the coming months.

Thanks were offered to Rabhya.

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

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.

Thanks were offered to Mark.

The report from ACAT's appointed Data Protection Officer was agreed with two abstentions.

15. Elections to the Board of Directors

Liz McCormick and Henrietta Batchelor retired as Trustees. Huge thanks were offered to Liz and Henrietta for their hard work over many years. Gifts were presented. Life Membership of ACAT now held by both.

Jessie Emilion stood for election as Chair. None against; two abstentions.

Angela Coshland, Acting Vice Chair (*appointed by the Board at the 2022 AGM*), stood for formal election as Vice Chair. All in favour.

Sue Yabsley, Acting Treasurer (*appointed by the Board at the 2022 AGM*), stood for formal election as Treasurer. All in favour.

Jay Dudley stood down as Chair, but stood for re-election as Trustee. All in favour. Angela offered thanks to Jay for his work as Chair, and presented him with Life Membership of ACAT on behalf of the Board.

Hayden Stothard stood for election as Trustee. All in favour.

Congratulations were offered to all those appointed to the Board

Jessie Emilion – Chair
Angela Coshland – Vice Chair
Sue Yabsley – Treasurer
Jay Dudley – Trustee
Hayden Stothard - Trustee

Jay offered thanks to ACAT Administration – Maria, Ali and Louise. It has been a difficult few years, and major things are ongoing, much of which goes through to Admin, with a lot of additional work.

Jessie was warmly welcomed as the new Chair of ACAT. Jessie in turn expressed gratitude at being elected. She felt humbled and honoured.

Jessie gave a brief account of her journey into CAT, acknowledging the support and learning provided by her supervisors, peers, and supervisees along the way. EDI is very close to her heart, and in her new role Jessie will be actively promoting and guiding ACAT to look at EDI from different perspectives. She will be encouraging and supporting the younger generations (supervisees and trainees) to take active roles in shaping the future of ACAT; collaborating and leading with compassion, moving ACAT where it needs to be.

16. 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. Gifts were presented.

Alison Jenaway and Carol Gregory had stepped in as Acting Lead Editors of Reformulation. Those interested in being assistant editors were encouraged to apply (through the ACAT office).

17. Date of the next Annual General Meeting

The date and venue of the next AGM had not yet been set.

The AGM closed at 12.50.

Chair of ACAT Annual Report 2024 | Jessie Emilion

I cannot believe that it's been a year since I was elected as the Chair of ACAT. We say time flies by when we are having fun. I wouldn't say it's all been fun, but can honestly say with a hand on my heart that all of us in ACAT have been very busy, working very hard over the year.

Last June we signed the contract with the new website provider 'We are Gecko'. The website working group have been hard at work, aiming to have the new site set up by the end of Autumn.

The transfer of data from the previous website provider to Gecko has been a major piece of work for all concerned. We are confident that the new website will be more user friendly and meet the needs of the membership and the public. The Administrators Ali Marfell and Louise Barter have been excellent in supporting us with this task. Thanks to them and to Rhona Brown, Martin Payne (Lay Trustee) Karen Shannon (Trustee), Jay Dudley (Trustee), Angela Coshland (Co-Vice Chair) and Maria Cross (Administration manager), we can now have an official launch of the website in September.

The Trustees had an away day in January. This was the first time since the pandemic the Trustees had the opportunity to meet in person for an away day. This gave us some time to reflect on our roles and the future direction of ACAT. One of the key aims was to develop a professional, streamlined, transparent organisation so we can achieve our aims and objectives and continue to grow in spite of the challenges in the current context. Some of the discussions centred on digital transformation, membership engagement, CPD strategy, EDI initiatives, NHSE programmes and research. We as Trustees now have regular monthly catch up meetings. There is a lot more to be covered, but we think that this is a positive start. I am hugely appreciative of the wisdom and support I receive from the Trustees.

Hayden Stothard agreed to step into a temporary acting Co-Vice Chair role from May to July of this year, to support Angela and I with our increased workload. Hayden continues to support the ACAT Administrators with the digital transformation of ACAT's administrative systems.

We also have a CPD and conference planning group. The group will play a key role in the planning of the annual conference and CPD events. It not only underscores the membership's involvement in shaping the conference agenda but also recognises the importance of financial sustainability in organising CPD events and conferences. Simon Vearnals (Acting Lay Trustee), Jason Hepple, and Ali Marfell are members of this group. They are looking for more members to join the CPD and conference planning group. If you are interested please email Ali Marfell.

I am pleased to say that the three NHSE-funded CAT practitioner programmes started in September 2023. The fourth consortia (Exeter) have also been successful in their bids. This is pivotal and a huge achievement for ACAT. This is mainly due to the dedication, passion and hard work by the members of the Training Committee, Dawn Bennett, Liz Fawkes and Jason Hepple. You can read more about the work of the Training Committee in their report.

We are still in need of more supervisors in ACAT. I have been a supervisor now for over 15 years. It's a wonderful experience, sharing knowledge, nurturing and co learning. It not only enhances my learning and reflective capacity but also keeps me in check and on my toes at times. Do consider training as supervisors, we certainly don't want you to miss out on this rich learning experience.

The ICATA Conference in Finland in June 2023 was great fun and inspiring at the same time. It highlighted that CAT is such a wonderful, collaborative and versatile model.

The publication of The Oxford Handbook of CAT, edited by Ranil Tan, Marisol Caviars and Laura Brummer, is definitely another achievement to be proud of. The book launch / CPD event funded by ACAT was a huge success. Thanks to Alison Jenaway, Ceara Geoghegan, Claire Moran and Carol Gregory. You will be able to read about this in the next edition of Reformulation.

ACAT as an organisation sits under HIPC within UKCP. I would like to draw your attention to UKCP's position on conversion therapy and the withdrawal of its signature from the Memorandum of Understanding on Conversion Therapy in the UK v2 (MoU) and its membership of the Coalition Against Conversion Therapy. You can read more about this on the UKCP website. It's important for us to be aware and consider the issues carefully when voting on this subject so our voices can be heard. <https://www.psychotherapy.org.uk/about-ukcp/elections/>

Liz Fawkes and Dawn Bennett, Chair and Vice Chair of the Training Committee are stepping down later this year. Both have given an incredible amount of time, passion, energy and dedication to ACAT, and played a key role in the recent training developments within the NHSE. We hope that we can continue to build on the deep foundations they have laid in place, so good work can continue for many more years to come. We want to take the opportunity to say a huge thank you to both of them, and with heavy hearts we say our goodbyes and wish them well for the future.

Kate Portman stepped down as a Trustee in November 2023, and Louise Harrison and Emma Walton are not standing again at this AGM. A huge appreciation and gratitude for their contributions over the years.

Many of you by now will have heard the sad news that Louise Yorke recently passed away. She was a much valued, active and treasured member of the CAT community. She supported the Exeter doctorate programme and will be hugely missed by her colleagues, peers, supervisees, and friends. There are plans to hold a CPD event to celebrate Louise's contribution to ACAT. More information will be shared once the dates are confirmed.

Looking forward to re-connecting and coming together to celebrate as the CAT community in Swansea.

Diolch and Croeso

Jessie Emilion – Chair of ACAT

The Financial Statements for the Year Ended 31st July 2023, and the Report of the Trustees, are available to view on the ACAT website.

1 Financial Activities

The Statement of Financial Activities for the year shows a surplus of £22,267 between the incoming resources and the costs and charitable expenditure associated with generating the income.

The detailed results reveal that activities for raising funds during the year amounted to £302,320 compared to £353,635 the previous year with costs of generating voluntary income falling to £116,781 from £180,530 the previous year.

2 Balance Sheet

The charity's unrestricted reserves increased to £351,318 from £329,051 the previous year, these being held as;

| | |
|--------------|----------|
| General Fund | £242,731 |
|--------------|----------|

| | |
|--------------------------|----------|
| Unforeseen costs reserve | £108,587 |
|--------------------------|----------|

Trustees' Report provides details of the investment policy.

3 Key Events

ACAT Ltd was able to reclaim £20,259 under the Gift Aid Scheme.

4 Conclusion and looking forward

Income from charitable activities declined to £149,855 this year compared to £225,858 the previous year and it is hoped that there will be an increase in income generating activities during the next financial year.

I report that the Charity's total income from all sources, after underlying costs, gave rise to a surplus of only £2,008 compared with a surplus of £54,288 the previous year.

This surplus, adjusted for the amount received under the Gift Aid Scheme, increased the Reserves of Unrestricted Funds by £22,267.

The Trustees are very grateful for the members' support and attendances at the various events and courses and for the efforts given by those organising 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, given the large reduction in the surplus made this year it was decided not to transfer a further amount from the General Fund to the Unforeseen costs reserve.

Sue Yabsley – ACAT Treasurer

ACAT Training Committee Chair and Vice Chair Annual Report 2024 | Liz Fawkes and Dawn Bennett

Since the AGM in 2023, there has been a major development in the arena of CAT Practitioner Training with the start of the National Health Service England (NHSE) CAT Courses that have now been commissioned, with the courses designed to cover the whole country. It feels only right to begin this report with some detail, and indeed some celebration, of this achievement.

Three NHSE courses have started – in the North East - Newcastle Course (Cumbria, Newcastle, Tyne and Wear NHS Foundation Trust); North West and Midlands - Catalyse Course; and South East – Sussex, London and East Anglia Course (Sussex Partnership NHS Foundation Trust). Cornwall Partnership NHS Trust have successfully tendered for the South West Course for Cornwall, Devon, Somerset, Avon and Wiltshire and it is hoped that this will start later in 2024.

These courses mark a significant growth not only in CAT Training itself, but also in the recognition of CAT as a therapy that is suitable for people presenting with complex and challenging needs, including those with a ‘personality disorder’. The £1.8m funding means that front line staff working in ‘personality disorder’ services can be fully funded for all aspects of their CAT training, and we are very hopeful this will increase accessibility and diversity within our courses. This feels like a fitting tribute to Tony Ryle’s vision all those years ago. The two year training covers all the usual aspects of CAT but is tailored to meet the needs of those working in, and receiving therapy in, ‘personality disorder’ services.

The courses who are contracted by NHSE come together in a ‘Partnership Board’ to ensure consistency, and to support and encourage each other, and they are accountable to NHSE for the aspects of the work under their contract. This Partnership Board is also, vitally, accountable to ACAT’s Training Committee so that there is quality assurance and consistency and conformity with ACAT’s training programme. The courses sit alongside those that are not part of the different consortia, offering ‘standard’ CAT Practitioner Training.

The beginning of these courses has required a great deal of preparation as you can imagine. One of the aspects of the course is that all trainees have to submit a recording of a session as part of both year 1 and year 2 case studies, which is then scored using the CCAT (Competency in CAT) measure. This has required training a large pool of markers able to score recordings, and the Training Committee requested funding for this from the Trustees, who agreed with this. To date 40 new markers have been trained by Dawn Bennett in three cohorts, and there is a fourth cohort planned. Sharing session recordings with a large number of markers on their own systems has required the development of new data security processes and infrastructure to enable markers to access recordings in line with new data sharing agreements. This was only possible due to the work completed by Jenny Jones, Catalyse marking administrator, who has established systems that are safe for this task, and we are very grateful to her for this.

There remains a great deal of work to do around this kind of information governance, which is a challenging area when sharing recordings of live clinical material, and we will continue to discuss with the Trustees what may be possible in terms of support from ACAT to help develop processes that courses can share, rather than having to approach this individually.

We see the development of the NHSE funded places for CAT training as hugely positive, and I (Liz) would like to thank all of the CAT trainers who have put in a massive effort to tender for and then start these courses. It’s an amazing achievement! Demand was high for training places in the first 2023 cohorts and this has continued with demand and projected numbers for the 2024 cohorts.

Alongside this, the work of the Training Committee continues, and we hope that the regular updates in the Newsletter are helpful in explaining what is going on through the year. There is a huge amount of work going on to increase the number of CAT Supervisors around the country, as the appetite for CAT continues to grow. The Training Committee, alongside the Exam Board, continues to monitor standards and consistency around the country in terms of our training courses, seeking to be flexible to changing needs and resources, alongside holding boundaries. This can be complicated - for example, there is increasing pressure for supervision to be offered online, as many NHS Trusts lack rooms, and / or are concerned about time involved in face to face supervision. As a Training Committee, we felt that we need to hold a position where we recognise that face to face supervision enables relational working more easily and readily than online, but equally much valuable work can be, and is, done remotely. We try to avoid falling into a Dilemma, without becoming rigid and we try to achieve this by creating a cooperative culture in the group as much as possible.

We continue to have a vacancy for a CAT Psychotherapist to be a representative on the UKCP committee and to oversee our re-accreditation process. This is a crucial role and it is a real issue that we do not have anyone in this position. If you would like to talk about what it might entail – with no obligation (!) – we would be very happy to discuss this and see what might be possible. We hope that this role may carry some remuneration with it, subject to the Trustees' agreement.

Finally, Dawn and I will both be stepping down from our roles after the October 2024 meetings. We find ourselves at a similar place and time in our lives, both having retired from the NHS relatively recently, and creating a new different pattern of work-life balance, Dawn in her work with Catalyse, and Liz in offering therapy, supervision and teaching, mainly in the South West.

I, Liz, have enjoyed my time working with my TC colleagues, and with the Exam Board before that. Being involved with my CAT friends has always helped keep a 'big picture' view when times in NHS Trusts were hard. I would also just like to say that Dawn has been in post with the Training Committee since 2008, and huge thanks are due to her for her meticulous work in supporting the Training Committee for all these years, and in underpinning the process through which the NHSE funding was made available.

The Trustees are taking the opportunity to look at the roles and the funding for them, and we would encourage them to ensure that whatever shape of leadership for the Training Committee they may decide to create, there is resource enough to fully enable the detailed work entailed in upholding consistency, standards and quality of our training to continue to be developed and shared. We would view the work of the Training Committee as a central part of the work of ACAT as a charitable organisation, whose aims are to promote CAT within the NHS and to the wider public.

Liz Fawkes - Chair of ACAT Training Committee

Dawn Bennett – Vice Chair of ACAT Training Committee

ACAT Examination Board Annual Report 2024 | Yvonne Stevens

I am pleased to report on another successful year of the Exam Board, and my third year in the role of Chair. 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 continue to impact future CAT training and practice more permanently.

Liz Fawkes, 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 2023 we emerged from the challenging period of the pandemic 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 have moved 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 all 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 launched in October 2021, and the old programme has now closed. We are pleased to see the new supervisors on the Modular Programme 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, the ACAT UKCP Reaccreditation Assessor, stood down from his role in 2023. I want to thank Conrad for all his meticulous work overseeing our UKCP 5-yearly re-accreditation process for those ACAT Psychotherapists who are also registered with HIPC/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. Newly accredited Psychotherapists registered with UKCP 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. We are seeking for someone to carry on Conrad's work as UKCP Reaccreditation Assessor and ACAT UKCP Representative, so please get in touch with the ACAT Office if you are interested in the position, or would like more information about it.

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 CAT Psychotherapists who have chosen not to be registered with UKCP/HIPC. My thanks to Paula Biggs who continued to oversee the 2023 audit. Paula has reported that 18 practitioners and 1 psychotherapist passed the 2023 audit, 3 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 57 CAT Practitioners, 5 Psychotherapists and 18 Supervisors and awarded 9 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 for 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 2023, +24 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 Jessie Emilion for her support as the ACAT Chair, and to Jessie, Dawn, Conrad, the ACAT Office and the ACAT Council of Management for the collective effort of updating our policies and procedures.

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 2023 to March 2024

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

Supervisor

Christina Wilson
Claire Middle
Edyta Pazera
Ellen Khan
Jak Smith

Laura Hill
Neil Sedgwick
Nicola Murphy
Ray Maloney
Sarah Douglass

Vanessa Fay
Virginia Bell

Practitioner

Aleksandra Laszczynska
Alex Young
Alice Weaver
Amanda Bucknall
Amy Griffiths
Annie Attawar
Anya Ciobanca
Cassie Maguire
Cathy Harding
Charlotte Cox
Charlotte Donegan
Claire Browne
Clare Passey
Clare Sharkey

Dominic Wilson
Dushka Muthiah
Emma Jessop
Emma Parish
Erica Eassom
Fiona Craig
Gemma Evans
Gillian Banks
Harriet McIlwham
James Randall
Jenny Ward
Jo Qurashi
Joanne Robinson
Kerry Nair

Liz Challis
Lucy Nield
Lucy Rowntree
Marcus Kupczak
Megan Duffy
Robynne Wadsworth
Rowan Tinlin-Dixon
Sam Cooke
Samantha Fish
Sara Morgan
Scott Ankrett
Shona Goodall
Zerena Airnes

Psychotherapist

Aoife Martin
Christina Wilson
Kate Ward-Perkins
Sarah Huish
Wendy Mather

Foundation

Amy Nickson
Bethany Parker
Carolyn Todd
Eloise Perry
Emma Tester

Rebecca Tucker
Ruchika Gajwani

Skills

Adel Ferrari
Brian Dagnall
Charlotte Murphy
Fiona Torrance
Jason Thomas

Joanne Evans
Justin Hill
Laura Anderton
Maureen Ashcroft
Michael Wilkinson

Orpheus Stefankis
Vicky Savage

ACAT Ethics Committee Annual Report 2024 | Sally Bishop, Lay Chair and Henrietta Batchelor, Clinical Chair of Ethics

Committee

Chairs

Clinical members

Lay members

Trustee representative

Much of the year has been one of updating our policies and ensuring they are fit for purpose. This was in part prompted by the need to review regularly and partly arising from concerns that we have received over the year.

A subcommittee spent time reviewing the ACAT Code of Ethics and Practice. A priority was to rewrite it in more user-friendly language and with a view to accessibility. Whilst it continues to be focused on ensuring the safety and well-being of clients, the sub-group rewrote the code to include a consideration of diversity and inclusion, of on-line working and also of remote working. The newly worked guidance also suggests that clinicians and clients need to be careful about their use of social media for the privacy of both clinicians and clients. We hope that the inclusion of links to other ACAT policies and procedures at the start of this document will be a helpful addition ([Code of Ethics and Practice](#)).

In line with UKCP we have formalised our policies regarding tenure and succession ([Appendix 1](#)). Our current policy is that each member serves for 3 years and then that member and the committee considers whether they want to commit themselves for a further term of service. We hope that this policy serves to keep the committee fresh and open to new ideas and opinions, whilst retaining expertise and experience gained from the work done over the years.

We have been keen to recruit new members of the Ethics Committee. We are delighted that Ciaran Doyle has joined us as a lay member. He brings considerable experience of working in the regulatory sector and is keen to widen his knowledge of mental health issues. One of the difficulties of ACAT is that we are a relatively small organisation and many of us know each other from a variety of contexts. This means that when a concern or complaint is raised it becomes problematical to find someone to investigate who doesn't have a conflict of interests regarding either the complainant or the complained about person. So it is a priority to recruit more clinical and lay members to join us. It is interesting work which often stretches us to think 'outside the box'. So if any ACAT member is interested in joining the committee or if anyone knows someone outside ACAT who has an interest in mental health issues and an organisation which aims to promote good therapeutic practice please get in touch. We usually speak informally in the first instance in order to explain the commitment needed (a minimum of 6 hours per year) and the nature of the work involved.

We have enjoyed a close working relationship with the Training Committee often informally but we have also a formal working relationship within the Council of Management meetings. Together we have advocated that ACAT members on a training course draw up a contract between supervisors, trainees, course staff and Trust representatives. We hope that this promotes good communication between all parties and prevents any misunderstandings that can arise. It includes a clause specifying how any difficulties arising between trainees and other staff might be resolved. A specimen contract is available

Arising out of a complaint it has become clear that we do not have a whistle-blowing policy within ACAT and have asked the Trustees to consider this and how to take it forward. This would bring us into line with other mental health organisations.

Another document now urgently in need of review is the ACAT Concerns and Complaints Procedure which we hope to bring up to date. Currently this document is directed towards clients with concerns or complaints about their therapist. However, we do not have a specific route for concerns and complaints between supervisees and supervisors or training staff. This would merit an appendix or separate section to the Concerns and Complaints document. We will take this forward in the second half of this year.

We do not publish details about individual concerns and complaints as these are confidential. We aim to offer impartial advice where appropriate and take difficulties seriously. We also aim to learn from the courageous people who bring difficulties to our attention and we hope that time spent thinking through these issues in turn shapes and develops our organisational policies. Sally and I are enormously grateful to members of the Ethics Committee who give their time generously and who offer empathy and sound judgment. We also recognise we could not do any of this work at all without the efficiency and dedication of Maria Cross and the other office staff to whom we are indebted and offer wholehearted thanks

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

Here is a summary of our activities over the year.

Reflecting on the year we continue to look at how we continue to support ACAT with integrating and implementing EDI across all ACAT business. One of the ways this is happening is by liaising with the organisers of the upcoming 28th National Conference in Swansea (18th to 20th July 2024), it is great to hear how many diverse voices were contributing to the conference.

We continue to hold specific events centred around Black History month, and our recent event taught by Dr Anne Aiyegbusi around 'Celebrating Our Women' - 'Mental Health Care and the Enduring Challenge of Racial Trauma', was a free event and well attended. We believe it will be helpful to have teachings such as this more widely available, and not just for things like 'Black History' month so it can actively be embedded across ACAT.

We are also actively involved in the updating of the ACAT website, so in the meantime if you need to access any EDI resources you can do so by going to your home page, 'CAT Practice' and then 'CAT Tools'. You can find the 2018 resource list there under *Training Document – Equality and Diversity Reading and Resource List*.

We have been working alongside the HIPC UKCP Equality, Diversity & Intersectionality Teaching Guidance 2020, which give CPD recommendations around how we can possibly meet the 9 core areas which include: *sex/gender; sexuality/sexual orientation; race, ethnicity, and culture; ability/disability – physical and mental health/social marginalisation; socioeconomic status (SES)/classism inherent in society; age; religion/belief system/spirituality; pregnancy and maternity; language and power e.g. asylum seekers, migrants, and refugees*.

With this in mind, we have been working closely with the Training Committee, and because of the appreciation of EDI being a wide and complex area we also have extra regular 'EDI within Training meetings', which involves training course directors and members of EDIC, coming together to actively implement addressing the 9 core areas within training across ACAT.

In our recent meeting we were reflecting on ways in which CPD courses can be more equally accessible for all members of ACAT, how we are keeping ourselves up-to-date with topics, and encourage / support new members to ACAT to get more involved and active within CPD training /workshops. In consideration of this the EDIC are also reflecting on how funds can be raised to support some ACAT members being able to financially access training. If members have any suggestions about how we can increase contributions, please contact the EDIC Chair (myself) via the member register on the ACAT website (please put 'Suggestions' in the subject line).

On a final note, the informal and confidential support system offered by EDIC, relating to any struggles or concerns members may have about discrimination within ACAT continues to be 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 of EDIC (Dupe) 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.

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

Agenda item 11

ACAT's Representative to HIPC/UKCP Annual Report 2024 | vacant

No report available at this time.

Agenda item 12

Reformulation Annual Report 2024 | Alison Jenaway and Carol Gregory, Acting Lead Editors

Alison Jenaway and Carol Gregory have produced the latest issue as Acting Lead Editors and we have returned to paper copies for the moment as around half of ACAT members in the last survey said they preferred to receive Reformulation in that format. We were really pleased to recruit two new assistant editors, Ceara Geoghegan and Claire Moran who have already contributed their ideas and enthusiasm into the mix. Ceara and Claire are taking the lead for the next issue, with Alison and Carol helping as assistant editors. The four of us have been meeting regularly and this has helped us liaise with Ali Marfell who does so much of the work on the final edits and getting the issue out to everyone.

This small editorial team of four people feels about right, so that future handovers happen more smoothly and people can be gradually inducted into the roles of Lead Editor. We have some diversity within the group, in terms of age, ethnicity and class background but there are limits to our perspectives and we would welcome other voices to reflect the rich diversity of ACAT's membership. We would therefore like to invite applications for the role of assistant editor to any member who would like 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. Get in touch with Ali Marfell at the ACAT office if you are interested.

We have really enjoyed the process of receiving spontaneous submissions and also requesting articles from those who have presented at conference or written essays for CAT courses. We were very sad to hear of the passing of Louise Yorke who has done so much for ACAT and for Reformulation in particular, as a previous editor. Louise had written an article for the latest issue and we are confident that she would have wanted it to be included, given how much work she had put in to get it ready for publication. We hope to honour Louise and reflect on how much she has given to CAT in the next issue.

Alison Jenaway and carol Gregory - Acting Lead Editors of Reformulation

ICATA Annual Report 2024 | Rabhya Dewshi

We were very pleased with the success of the 9th International CAT conference in Helsinki, Finland, on 15th – 17th June last year, jointly hosted by FinCAT and ICATA. The conference was on the themes of looking forward and back at our practices of CAT, and coming together to share ways of working. We had 166 attendees registered, with representatives from all our member organisations, and from at least 14 different countries. Our conversations were rich and fruitful, enriched by this diversity. We enjoyed soaking up the culture, art and architecture of Finland, including saunas and decent cycling lanes! It was so interesting to have a taste of a society that is run on such socially minded principles.

The conference also gave the ICATA Executive Committee an opportunity to meet face to face and do some concentrated work on our various projects. We now have subgroups covering communications and social media, website, the journal, training and competencies, membership and constitution, membership and legalities. All these are progressing well.

We are in the beginning stages of planning our next conference, for 2025. In the meantime, we are also working on putting on a series of webinars for our international community. We are beginning with the launch of Nick Barnes' and Lee Crothers' forthcoming book, *Working Relationally with Young People, A CAT Approach to Connecting One to One with Families and Across Communities*. Further details, and to book your place, please visit - <https://www.internationalcat.org/event>. Our webinars have been well attended and it is always a pleasure to have dialogue across the world, so do please get in touch via the website if you would like to offer a webinar.

ICATA members are continuing to work hard to keep producing our peer reviewed journal, *Cognitive Analytic Therapy and Relational Mental Health*. We are delighted to offer all five volumes on our website - <https://www.internationalcat.org/journals>. Downloads are free, and donations are always welcome, as a great deal of work and care goes into producing the journal, with which we hope to elevate CAT's profile internationally. We are currently working on making the journal more visible and accessible across the mental health and research community. If you would like to submit an article to us, please check the guidelines on the above link, and email journalicata@gmail.com.

In terms of membership of the ICATA Executive Committee, Elaine Martin is now chairing. Nick Barnes has stepped down as one of the ACAT representatives, as he now represents Scotland, as well as continuing as Treasurer. We are recruiting another representative from ACAT to take his place. We have longstanding members who have put in much work over many years, and also a healthy flow of new people.

We are continuing to work to develop the organisation and extend our capacity to support the use and development of CAT across the globe. We keep hearing about CAT taking place in different places, and would love to hear more from anyone who knows about or is involved in international initiatives!

Rabhya Dewshi – ACAT's Representative to ICATA

Compliance with UK Data Protection Legislation

Since Brexit, the UK has continued to abide by the General Data Protection Regulation (GDPR) in combination with domestic laws included in the Data Protection Act 2018.

Such laws outline how personal data should be handled, including establishing a lawful basis such as consent, documenting data retention periods and ensuring adequate security measure to prevent unauthorised access. ACAT continues to benefit from a robust policy framework that upholds these requirements and which is regularly reviewed considering amongst other matters, all official guidance and case law from the UK and the EU. Since October 2019 the law has remained essentially the same but has continued to evolve with the benefit of further legal and regulatory scrutiny.

However, the UK seeks to establish its own legal framework which government suggests will ease the burden of compliance, especially for smaller organisations. The new Data Protection and Digital Information Bill will become an Act in a few short weeks (Due June 2024) and will lay down the new approach we might take in the future. There are some very pragmatic changes afoot, for example, complaints from individuals will be initially dealt with by the organisation and before the regulator takes any action. A chance to sort out misunderstandings and answer straightforward objections. We also will not need full blown consent for using analytical cookies on our websites, which makes so much sense. But there are some other more tricky issues to contend with. Appointing an informed Senior Responsible Individual (Senior is that they must make strategic management decision) to watch over and take responsibility for compliance will be a challenge for many organisations. Changes to the way we are regulated will see the establishment of a new Information Commission and a committee lead arrangements instead of the current Commissioner post. That along with recently published updates on the way fines will be calculated seems to suggest a new enforcement regime for the future. The proposed legislation appears to be open to interpretation and is deemed to be an evolution and not a revolution. The government has announced that a review of the changes will be conducted in 2028 to ensure it remains fit for purpose, could this lead to further changes then? We continue to monitor the opinion of all stakeholders in this matter.

We remain confident that changes howsoever they may arise or be interpreted are well within our ability to adopt and effectively execute. The current policy framework remains compliant and will be further reviewed once the law comes into force. Risk of non-compliance remains unchanged, but the possibility of a data breach is an ever-present risk.

Mark Burnett - Data Protection Officer

Agenda item 15

Elections to the ACAT Board of Trustees 2024

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

Jessie Emilion – Chair
Angela Coshland – Vice Chair
Hayden Stothard – Acting Co-Vice Chair
Sue Yabsley - Treasurer
Rabhya Dewshi
Jay Dudley
Louise Harrison
Martin Payne - Lay Trustee
Karen Shannon
Simon Vearnals - Acting Lay Trustee
Emma Walton

The following Trustees will stand down at this AGM and will not stand for re-election:

Louise Harrison
Emma Walton

Kate Portman stood down as Trustee in November 2023, and will not re-stand.

The following Trustees will stand down at this AGM and will stand for re-election:

Rabhya Dewshi

Acting Trustees seeking formal election:

Hayden Stothard, (Trustee - elected in 2023), has been Acting Co-Vice Chair since April 2024, working alongside Angela Coshland, Vice-Chair. Hayden will be standing for formal election as Co-Vice Chair at this AGM.

Simon Vearnals was co-opted as Acting Lay Trustee in January 2024. Simon will be standing for formal election as Lay Trustee at this AGM.

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.

Members will be voting to elect as below:

- ***Trustee with Office – Co-Vice Chair***

Hayden Stothard is standing for formal election as Co-Vice Chair, having held the position of Acting Co-Vice Chair since April 2024. No other nominations have been received.

- ***Lay Trustee without Office***

Simon Vearnals is standing for formal election as Lay Trustee, having held the position of Acting Lay Trustee since January 2024. No other nominations have been received from lay persons.

Trustee without office (full ACAT member)

There are four vacancies for Trustees without Office, who are full members of ACAT. Five nominations have been received. A ballot will take place during the AGM.

Nominations

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

Hayden Stothard – for formal election as Co-Vice Chair

Nominated by Jessie Emilion

It has been great working over the past year with members of the various committees, administration staff and other Trustees within ACAT.

I was approached in April 2024 by the Chair, Jessie Emilion, to see whether I had capacity to support her and Angela Coshland with some of the roles that they were undertaking until our AGM in July. I agreed to this and the Board approved my position as Acting Co-Vice Chair for this brief period.

During this time, I have been helping through applying my operational management skills and working with Jessie and Angela to improve processes in the organisation, starting from within the Board of Trustees. This has also included work with Maria Cross to migrate the email provider and other IT systems with the support of Charity Digital and joining the Training Committee to work closely with Liz Fawkes and Dawn Bennett to support the incredible work they have been doing in their respective roles.

My motivation for volunteering as a Trustee, and hopefully in the position as Co-Vice Chair, is 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.

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 and I went on to complete my Practitioner training at St. Thomas' and I am now midway through the IRRAPT course and fast approaching the end of my CAT supervisor training. I have had several senior management roles in the NHS, most recently setting up the Tier 4 CAMHS Learning Disability and Autism Hospital at Home service across the Thames Valley region.

Additionally, Dawn Bagwell-Cox and I began our company "Learn with 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.

Simon Vearnals – for formal election as Lay Trustee

Nominated by Sue Yabsley

I have been a co-opted acting lay trustee since January 2024 and would like to formalise this role. With a rich and diverse background spanning nursing, counselling, clinical research, and being a consultant practitioner psychologist since 1996, I bring a wealth of experience and commitment to the mental health field.

Throughout my career, I have worked across various settings, including primary, secondary, and specialist psychological therapy services within the NHS and independent practice.

In 2001, I completed a certificate in Cognitive Analytic Therapy (CAT), which has shaped my therapeutic approach and furthered my understanding of relational patterns and cognitive processes.

Beyond my professional background, I am passionate about nature, plants, botany, and allotment! Completing an MSc in Anthropology and Ethnobotany in September 2023 has allowed me to explore the connections between culture, nature, and well-being. I strongly believe in the therapeutic potential of integrating nature-based practices into mental health interventions, and I am eager to contribute this perspective to ACAT's mission.

As a lay trustee, I am committed to bringing a unique blend of skills, knowledge, and perspectives. My background in clinical practice, academia and my passion for nature and holistic well-being positions me well to make meaningful contributions to ACAT's strategic initiatives and governance processes.

1. Anne Benson – standing for election as Trustee

Nominated by Hilary Beard

I have been involved in CAT since I began my Practitioner training in 2007, I completed the IRRAPT programme in 2016 and I started my supervisor training in April this year. I have a small private practice one day / week as a CAT Psychotherapist. I am a current member of the ACAT Ethics Committee and was one of the founder members of the Equality and Diversity committee.

Alongside my clinical work I have worked in leadership and team development and organisational consultancy, working at the Kings Fund (2009 – 2015) and most recently at the Tavistock Institute of Human Relations (2015 – 2023) where I remain an associate consultant. My consultancy work has primarily been with NHS and social care organisations, although I also have significant experience of working with voluntary and corporate sector organisations. I believe this experience and understanding of some of the dynamics that can derail the best laid plans and intentions is something I will bring to the role of Trustee.

Personally, and politically, I am drawn towards opportunities that contribute to promoting social justice for individuals, in workplaces and communities. Such work often evokes powerful feelings. I am interested in working with others to create spaces for thinking and dialogue, where some of the more complex, potentially contradictory ideas and feelings can be creatively explored, rather than pushing people into fixed binary positions as is often the current prevailing dynamic.

I have a rather out of control allotment, love walking in the hills, and I live in Leicester. Not the best for hills but the Peak District is not far away.

I find wider involvement with ACAT through committee membership stimulating and increases my sense of belonging to the CAT community. I have recently left full time employment and therefore have a bit more time. I would welcome the opportunity to contribute further to ACAT through being a trustee.

2. Susie Black – standing for election as Trustee

Nominated by Jessie Emilion

I am a Clinical Psychologist by background. I have always had an interest in CAT since having a first clinical training placement with a CAT practitioner. I am very grateful to have been introduced to CAT so early in my career. I have been a member of ACAT since 2006 when I started my practitioner training. I am an accredited CAT practitioner and supervisor. I have used CAT in adult mental health with complex and enduring mental health conditions, in oncology (in the 3rd sector), and then since March 2024, I have moved to working in a Specialist Eating Disorders Service in Swansea. I find CAT is such a helpful trans-diagnostic approach to working with complex difficulties and complicated life stories. The framework also allows for tools and understanding from other therapeutic approaches to be incorporated, meaning that for me CAT feels like a holistic approach. I have particular interests in staff wellbeing, supervision and making CAT (or more specifically relational thinking) accessible to all. I have developed generic maps for oncology patients and oncology staff that can be used to support understanding of the psychological impacts of cancer on patients and carers as well as staff and team functioning. The aim of these is to support staff to provide more consistently psychologically aware care, to support patients and carers to enable them to talk about the difficult experiences and emotions that come with a cancer diagnosis, and to support staff wellbeing. I am delighted to have a chapter in the Oxford Handbook of CAT focusing on CAT in a cancer setting. I jointly run South Wales CAT practitioner training which has been running since 2016. As a course team we are pleased to have been able to contribute significantly to the growth of CAT as a therapy in Wales. I supervise people working in physical health, mental health and forensic settings in the UK and New Zealand. I believe this helps me have a well-rounded view on the possible benefits of CAT both for clients, and for care staff. If appointed, I look forward to being involved in supporting the strategic direction of ACAT, ensuring that the organisation continues to grow and move towards being an even more inclusive and responsive organisation.

3. Rabhya Dewshi – standing for re-election as Trustee

Nominated by Vicky Petratos

I have been a member of ACAT since 1999, and been using CAT in my clinical practice ever since, as it remains my core and favourite model. I have used CAT with adults, parents and children, in supervision, in and outside the NHS. I have been a Board member since 2018, so have a good understanding of ACAT's strengths and needs. I am currently the link person between the Board and International CAT (ICATA), liaising between the two organisations, and supporting the development of CAT internationally. Currently this involves programming a series of international webinars and evolving social media platforms for international dialogue about CAT. I have also been involved in trying to develop a CAT special interest group for the climate and ecological emergency. I am standing for re-election because I would like to continue with these projects, and more broadly with contributing to the running and development of ACAT, to help CAT to thrive and flourish. In my spare time, I look after my children, my garden, campaign to address the climate and ecological emergency, sing, and sew.

4. Harriet Gamble – standing for election as Trustee

Nominated by Jessie Emilion

I have recently retired from the NHS after over 50 years of service. I'm keen to continue to help in the development of ACAT and give back using the wealth of experience from the many roles I have undertaken.

Originally I trained as a general nurse at the Westminster Hospital and then as a mental health nurse at the Maudsley and Bethlem Hospitals. I was as a sister on the children's ward and then a senior sister at

the adolescent unit at the Bethlam before moving to Guy's Hospital as a clinical specialist/ward manager on the children's and adolescent services.

After having my own children, I was introduced to CAT whilst working as an eating disorder therapist in the 1990s. I trained as a CAT Practitioner at St. Thomas's and later Supervisor and Psychotherapist. For the past 16 years I have worked as a CAT Psychotherapist, Supervisor at St. Thomas's Psychotherapy Department - now known as SCPT. During this time, I was also co-trainer with Hilary Beard on the St. Thomas's practitioner training seeing many practitioners through their CAT journey.

I have a particular interest and passion in the continuing development of relational CAT therapy training in a world which continues to change rapidly.

My many personal interests include reading, travel, gardening, painting and swimming/walking.

I hope, that as a trustee, the unique range of roles and years of experience can support the strategic development of ACAT going forward over the coming years.

5. Stephanie Singham – standing for election as Trustee

Nominated by Hilary Beard

I am a UKCP registered CAT Psychotherapist, Clinical Supervisor and Tutor, with 36 years' experience across a broad range of settings, including senior roles in the NHS.

My core profession is Occupational Therapy and I have a background in acute mental health and Forensic Psychiatry at South London & Maudsley NHS Trust, I embarked on my CAT training at Guys hospital in 1995, and, while in training I was fortunate enough to be involved in the 'Special Needs Project- CAT for Borderline Patients', which entailed receiving group clinical supervision with Tony Ryle. Since qualifying from Guys Hospital Medical & Dental School in 2000, I have extensive experience as a CAT psychotherapist working within the Diabetes Centre at Guys & St Thomas' NHS Foundation Trust, and have worked across a number of specialist diabetes clinics including the Young Adults Clinic, Ante Natal and Pre-Conception clinics, and Complex clinic.

Within these clinics I work with a range of presentations, including diabetes distress and burnout, adjustment disorder, Disordered Eating (Diabulimia and Binge Eating Disorder), Adverse Childhood Experiences (ACE's) impacting on the individual's ability to self-care including diabetes self-care, anxiety and depression, and trauma a loss. Our clinic cohort is drawn from local inner London boroughs, with a high density, culturally diverse population, and a significant level of socio-economic deprivation. In addition to my clinical work I am involved in a number of professional activities including training and teaching, and facilitating Reflective Practise groups for Diabetes health care practitioners. I am a tutor for the Cognitive Analytic Therapy Practitioner and IRRAPT trainings, and I present at and attend conferences and professional meetings, including All-Party Parliamentary Group (APPG) for Diabetes.

In recent years I have had the opportunity to gain experience of clinical leadership and working strategically through my role with NHS England London Diabetes Clinical Network — Clinical Leadership Group. I am keen to draw on and utilise these skills to support and develop the continuing growth of CAT in the NHS, and within the wider psychotherapeutic sphere.

My special interests include Working with Ex-Boarders and in 2016 I completed a Diploma in Therapeutic Approaches with Ex-Boarders. Outside of work my interests are the outdoors and watersports. I row at a competitive club level and have just finished a term as Women's Captain of the rowing club. I canoe and enjoy paddle sports socially.

ACAT Statistics

Statistics compiled March 2024

Membership

| | |
|-------------------------------|-----|
| Trainees | 291 |
| Practitioners | 706 |
| Psychotherapists | 117 |
| Retired | 6 |
| Friends | 24 |
| Private Practitioner Listings | 324 |
| Private Supervisor Listings | 101 |

Events April 2023 to March 2024

| | |
|--|---|
| No. of introductory courses | 4 |
| No. of delegates on the introductory courses | 78 |
| No. of CPD courses run by ACAT | 1 <i>(one cancelled due to rail strike)</i> |
| No. of delegates on the CPD courses | 9 |
| Annual Trainers' and Supervisors' Meeting – no. of delegates | 35 <i>(held March 2024)</i> |
| No. of Relational Skills in CAT Supervision courses | 0 <i>(to be held April 2024)</i> |
| No. of delegates on the Relational Skills course | 14 <i>(booked at time of compilation)</i> |
| No. of CPD events held by local groups with booking through ACAT | 2 |
| No. of delegates on the above booked through ACAT | 32 |
| No. of ACAT bespoke course | 2 |