



# Association for Cognitive Analytic Therapy Annual General Meeting 2025

Friday, 23rd May 2025  
12:10 to 13:10

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## Agenda and Papers

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The National Council for Voluntary Organisations (NCVO)  
Society Building  
8 All Saints Street  
London N1 9RL

NCVO Theatre, located in Rooms 1 and 2 (combined)

[NCVO](#)

[Directions to venue](#)

Please note:

As in previous years, the AGM booklet and accounts will be available online only and will not be printed.

Association for Cognitive Analytic Therapy  
Registered Office: Bath House, 6 - 8 Bath Street Bristol BS1 6HL  
Company No: 06063084 Registered Charity No: 1141793



## ACAT | Contact Details

Association for Cognitive Analytic Therapy  
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United Kingdom

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## ACAT Annual General Meeting 2025 | Agenda

The AGM will take place at the NCVO (The National Council for Voluntary Organisations), Society Building, 8 All Saints Street, London N1 9RL, on Friday 23rd May 2025, 12:10 to 13:10.

Agenda Item	Page	Presented by
1 Chair's Welcome		Jessie Emilion
2 Apologies for Absence		
3 Minutes of the last AGM held on 19th July 2024, Swansea	4	
4 Matters Arising from the Minutes		
5 <b>Report from the Chair of ACAT</b> <i>The report is included in this booklet and will be read aloud at the meeting. Comments will be welcome.</i> <b>5.1 Launch of the key findings and recommendations of the ACAT Organisational Review 2025</b>	8	Jessie Emilion
6 <b>Financial Report and Year 2023-2024 Accounts</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	9	Stephen White, Sue Yabsley
7 <b>Training Report - NHS Commissioned Funded CAT Training</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	25	Dawn Bennett
8 <b>Report from the Chair of the Exam Board and Accreditations</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	27	Yvonne Stevens
9 <b>Report from the Interim Lay Chair and Clinical Chair of the Ethics Committee</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	30	Sally Bishop, Cal Nield
10 <b>Report from the Chair of the Equality, Diversity and Inclusion Committee</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	32	Dupe Adu-White
11 <b>Report from ACAT's Representative to HIPC/UKCP</b> <i>A report is not available at the time of publication.</i>		Position vacant
12 <b>Report from Reformulation's Editors</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	34	Ceara Geoghegan, Claire Moran, Alison Jenaway, Carol Gregory
13 <b>Report from ACAT's Trustee Representative to ICATA</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	35	Rabhya Dewshi
14 <b>Report on Data Protection Compliance</b> <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	37	Mark Burnett
15 <b>Resolutions</b> <i>None received</i>		
16 <b>ACAT Board of Trustees</b>	38	
17 Any other business		
18 Date of the AGM 2026		

## Minutes of the ACAT Annual General Meeting 2024

12 noon, Friday 19<sup>th</sup> July 2024

Swansea University Bay Campus, School of Management

### Present

*Trustees:* Jessie Emilion (Chair of ACAT), Angela Coshland (Co Vice-Chair of ACAT), Hayden Stothard (Acting Co Vice-Chair), Rabhya Dewshi (Trustee; ICATA Representative), Jay Dudley (Trustee), Louise Harrison (Trustee), Karen Shannon (Trustee), Simon Vearnals (Acting Lay Trustee), Emma Walton (Trustee).

*Council of Management:* Dupe Adu-White (Council, Chair of EDIC), Henrietta Batchelor (Council, Clinical Chair of Ethics), Dawn Bennett (Council, Vice-Chair of Training Committee), Liz Fawkes (Council, Chair of Training Committee), Yvonne Stevens (Council, Chair of Exam Board).

Stephen White (Company Secretary).

*Administration:* Maria Cross (Council, ACAT Administration Manager), Ali Marfell (ACAT Administrator), Louise Barter (ACAT Financial and Training Administrator).

### Apologies

Sue Yabsley (Treasurer), Martin Payne (Lay Trustee), Sally Bishop (Council, Lay Chair of Ethics).

Rhona Brown, Jason Hepple, Christina Hardy, Carl Taylor.

### Minutes

Maria Cross

The number of full members required for quoracy was 84.

87 voting members were in attendance.

4 proxy votes had been received.

This brought the total to 91, and the meeting was deemed to be quorate.

A ballot took place during this AGM (refer to Item 15). Ballot papers were issued to all voting members present and posted in the ballot box prior to the start of the meeting. Votes by proxy were added to the box for counting.

*The AGM booklet of papers and separate accounts were uploaded to the ACAT website on Monday, 1<sup>st</sup> July 2024, and members were notified via email on the same day. The booklet and accounts have not been printed.*

#### 1. Chair's Welcome

Once quoracy had been established, Jessie Emilion opened the meeting and welcomed everyone to the AGM.

#### 2. Apologies for Absence

As noted above.

#### 3. Minutes of the last AGM held in Winchester on Friday, 21<sup>st</sup> April 2023

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 presented by Jessie Emilion was published in the AGM booklet of papers and read out by Jessie at the meeting.

One question was received regarding the offering of Life Membership to Liz Fawkes and Dawn Bennett who will be stepping down as Chair and Vice-Chair of the Training Committee in October. Jessie confirmed that this had previously been discussed by the Trustees and Life Membership is to be offered to both in recognition of their contribution to ACAT.

**The Report from the Chair of ACAT was agreed.**

**6. Report from the Treasurer, the Financial Statements for year ended 31<sup>st</sup> July 2023, 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.

There were no questions.

**The accounts and financial reports were agreed with one abstention.**

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

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

There were no questions.

Liz and Dawn will step down from their roles in October. Thanks were expressed to them both and gifts presented.

**The Report from the Chair and Vice Chair of the Training Committee was agreed.**

**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.

There were no questions.

Congratulations were offered to all those who had been accredited.

**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.

There were no questions.

**The Report from the Lay and Clinical Chairs of the Ethics Committee was agreed with one abstention.**

**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.

There were no questions.

**The Report from the Chair of the EDIC was agreed.**

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

The position is vacant, a report was not available.

**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.

There were no questions.

Members were encouraged to apply for the roles of Assistant Editors. Yvonne Stevens will contact an ex-journalist who may be interested.

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

**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.

There were no questions.

**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.

There were no questions.

**The report from ACAT's appointed Data Protection Officer was agreed.**

**15. Elections to the Board of Directors**

Details of all those standing for election or re-election were included in the AGM booklet of papers, available on the ACAT website.

Louise Harrison and Emma Walton, Trustees, stood down at this AGM and did not stand for re-election. Thanks were expressed to them both and gifts presented.

Kate Portman had stood down as Trustee in November 2023 and did not re-stand.

Rabhya Dewshi, Trustee, stood for re-election at this AGM (refer below).

Hayden Stothard, (Trustee since 2023), had been Acting Co-Vice Chair since April 2024, working alongside Angela Coshland, Vice-Chair. Hayden, nominated by Jessie Emilion, was formally elected as Co-Vice Chair at this AGM. Congratulations were offered.

Simon Vearnals was co-opted as Acting Lay Trustee in January 2024. Simon, nominated by Sue Yabsley, was formally elected as Lay Trustee at this AGM. Congratulations were offered.

For this AGM, there were four trustee vacancies to be filled. Five nominations had been received from

Anne Benson (*nominated by Hilary Beard*)

Susie Black (*nominated by Jessie Emilion*)

Rabhya Dewshi (*nominated for re-election by Vicky Petratou*)

Harriet Gamble (*nominated by Jessie Emilion*)

Stephanie Singham (*nominated by Hilary Beard*)

Following a ballot (as noted earlier in these minutes), the following were voted in as trustees:

Anne Benson, Susie Black, Rabhya Dewshi and Harriet Gamble. Congratulations were offered.

Having received a request to do so, the Trustees briefly introduced themselves (note: this information is available in the booklet of papers relating to the AGM at which they were elected.) Stephen White, a trustee in previous years, introduced himself as Company Secretary. Within this role, Stephen assists the ACAT Treasurer and keeps an eye on legal matters.

Jay Dudley explained that each of the Trustees is linked to a particular area of the organisation, for example he is the link with the Ethics Committee, Rabhya with ICATA, Hayden and Sue with

the Administrators for IT and welfare respectively. A suggestion was put forward for a trustee link for Reformulation to be considered, and this was agreed.

Appreciation was expressed by Jessie and the Board for the continued hard work and dedication of the Administrators – Maria Cross, Ali Marfell and Louise Barter. Transferring to a new website is a huge project, in addition to their usual work, and takes a lot of their time. Louise has been particularly active in assisting with that.

Thanks were offered to Ali (Conference Administrator), Louise and Maria for the organisation and running of the conference.

Jessie thanked Maria for her assistance and support, for holding and containing the Board and “keeping the Trustees in line”.

Gifts were presented to Ali, Louise and Maria.

**16. Any Other Business**

There was no other business.

Jessie hopes for more membership engagement events toward the end of the year, and more regularly. Jessie stressed the importance of members’ voices as we move forward.

**18. Date of the next Annual General Meeting**

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

The AGM closed at 12.57.

## Chair of ACAT Annual Report 2025 | Jessie Emilion, Chair of ACAT

This year's conference titled *Difficult Relationship Patterns: Personal and Systemic* seems so fitting and timely given all that is going on around us in the world and in many of our organisations. ACAT is no exception, and we have also been very busy looking at our systems in relation to the wider professional context.

Firstly, a huge congratulations to the website working group because 'finally we have cracked it.' The new ACAT website was launched on 6<sup>th</sup> May 2025, the end of a long road and a colossal piece of work in ACAT. Celebrations are now due. We are confident that this new website is user friendly for our ACAT members as well as for the public seeking our therapy services. Huge appreciation, admiration and gratitude from all of us. We could not have achieved this without the persistent determination and hard work of the website working group. Thank you.

Next thing to note, we have for the very first time in the history of ACAT introduced membership engagement events. Since December, we have had four events. Members engaged with openness, honesty and enthusiasm and told us that they valued connecting and conversing with each other as CAT colleagues. This was one of the key themes from all the events, not surprising given we are relational therapists! There are plans for more member engagement events in the future.

Finally, I want to use the remainder of this report to focus on a hugely important piece of work for ACAT, our external review. In January of this year, the ACAT Board of Trustees commissioned an organisational review to help us understand the complexities around structures, roles, governance, finance, supervision, and our partnerships with other enterprises and businesses that provide CAT training. Fran Bristow, an external organisational consultant, undertook this review to provide us with an external perspective on how we might strategically and sustainably change to continue our growth and expansion as a psychotherapy organisation given the challenging world context in which all of us practice today. We are planning to present the key findings of the review at the AGM, followed by a brief report in the Reformulation journal, so please do come and engage with us at the AGM, hear Fran's recommendations and ask us any questions. We look forward to seeing you there.

Jessie Emilion – Chair of ACAT



## 1 Financial Activities

The Statement of Financial Activities for the year shows a deficit of £48,269 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 £282,438 compared with £302,320 the previous year with costs of generating voluntary income increasing to £139,473 from £116,781 the previous year.

## 2 Balance Sheet

The Charity's unrestricted reserves decreased to £303,149 from £351,418 the previous year, these being held as

General Fund	£194,562
Unforeseen costs reserve	£108,587

The Trustees' Report provides details of the investment policy.

## 3 Key Events

ACAT Ltd was able to reclaim £19,962 under the Gift Aid Scheme.

## 4 Conclusion and looking forward

Income from charitable activities declined to £143,418 compared with £149,855 the previous year and it is hoped, with new courses running, 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 deficit of £68,231 compared with a surplus of £2,008 the previous year.

This deficit, adjusted for the amount received under the Gift Aid Scheme, reduced the Reserves of Unrestricted Funds by £48,269.

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 can be found in notes 4 and 6 of the Financial Statements.

The support costs, detailed in note 7 of the Financial Statements, increased to £191,234 for the year compared with £163,172 the previous year largely due to substantial costs associated with the new computer system. It is anticipated that these costs will be considerably reduced in the following year.

In the interests of the members, the Trustees and Officers of the Chairty will continue to make all efforts to expand the activities of the Charity in accordance with the Objects and Aims referred to in the Report of the Trustees. We are supported by our excellent admin team.

Finally, given the deficit recorded in the year it was decided not to transfer a further amount from the General Fund to the Unforeseen costs reserve.

Sue Yabsley – ACAT Treasurer

# Report of the Trustees and Unaudited Financial Statements for the Year Ended 31 July 2024

REGISTERED COMPANY NUMBER: 06063084 (England and Wales)

REGISTERED CHARITY NUMBER: 1141793

Report of the Trustees and Unaudited Financial Statements for the Year Ended 31 July 2024 for  
ASSOCIATION FOR COGNITIVE ANALYTIC THERAPY

*(The Accounts are also available to download separately)*

Report of the Trustees

Independent Examiner's Report

Statement of Financial Activities

Balance Sheet

Notes to the Financial Statements

## **Report of the Trustees**

### **FOR THE YEAR ENDED 31 JULY 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 July 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

In order to ensure our work delivers our aims the Board of Trustees sets out and monitors ACAT's Annual Strategic Plan. The strategic aims for each year reflect the charity's aims and objectives and are monitored as a standing item at the Board of Trustees.

The overarching aim is to educate and promote increased awareness and understanding of Cognitive Analytic Therapy ('CAT') amongst health professionals, service providers and the public.

### **Public benefit and main achievements**

The Trustees confirm that they have considered the Charity Commission's guidance on public benefit.

### **Who used and benefitted from our services?**

CAT is available to thousands of people with mental health problems in many NHS Trusts and privately. By setting standards for ethical practice (including a complaints procedure available to those receiving CAT), regulating training in CAT and monitoring standards of supervision and continuing professional development, ACAT ensures that clients receive high quality therapies delivered by appropriately trained and updated ACAT members and trainees. At the year end, ACAT had 845 Practitioner and Psychotherapist members, 288 Trainee Members, 10 Non-Practising and 7 Retired. There are also 21 Friends of ACAT. ACAT currently provides 11 Accredited Practitioner Training Courses, 1 Psychotherapy Training Course and 7 DClinPsych embedded Foundation Courses.

The Board of Trustees has established a User/Public Involvement strategy from 2012-2013. The focus goes beyond the maintenance of standards in the practice of CAT to clients receiving therapy by seeking to promote CAT's relational and humanistic understanding of distress and conflict by looking to collaborate with other charitable ventures that target vulnerable, socially excluded or disadvantaged groups. It also aims to establish a User/Carer Focus Group to provide Consultation on ACAT strategy and policies.

ACAT also seeks to broaden the experience base of the Board of Trustees with the aim that it more closely reflects the make-up of UK society. The strategy also sets out plans to sponsor both CAT therapies and CAT training for those who may otherwise be excluded from these opportunities.

The Trustees continue with their policy of providing bursaries, in certain circumstances, towards the costs of training courses and conference attendance.

## **FINANCIAL REVIEW**

### **Financial position**

Total reserves held at the year ended 31 July 2024 were £303,149 (2023: £351,418).

## **FINANCIAL REVIEW**

### **Reserves policy**

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby a prudent amount of the unrestricted funds should be invested in short term deposits as available reserves to meet the working capital requirements of the charity, enabling both current activities and future plans for growth to continue in the event of any significant drop in funding.

The formal reserves policy is reviewed by the Trustees annually and, to the end of the prior year, the accumulated reserves have been retained to ensure that the charity is well placed to cope with any unforeseen financial demands.

In the prior year, the Trustees formed a Strategic Financial Management Group and proposed that 33% of the unrestricted funds as shown on the finalised Balance Sheet at 31 July 2022 be set aside as a designated fund for the purpose of providing sufficient funds to cover liabilities in the event that the activities of the Charity should cease. This will ensure that any future strategies for investment will be limited to the remaining unrestricted funds. The calculation was made on the reserves value at 31 July 2022 of £329,051, resulting in a transfer between funds of £108,587 in the prior year.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The charity is governed by its Memorandum and Articles of Association.

### **Recruitment and appointment of new trustees**

New Trustees are recruited, as necessary, such that their particular skill sets complement the requirements of the charity.

### **Organisational structure**

The ACAT Board of Trustees has eleven trustees at the year end. The Board meets three times a year and sets the strategic direction and policy of the charity.

### **Decision making**

Operational management rests with the Council of Management which, in addition to meeting with the Board of Trustees three times a year, holds an additional four meetings a year by teleconference. The Chair of ACAT is responsible for the operational management of the organisation and is supported by a vice-chair and treasurer who are also Trustees. The chair of ACAT manages and supports the ACAT administration manager, administrators and the Project and Liaison Officer.

### **Induction and training of new and continuing trustees**

Trustees attend an annual Trustees away day for the purposes of induction, continuing professional development and strategic planning. Personal development plans for trustees are discussed at additional meetings for trustees preceding the board meetings which are held three times a year.

### **Risk management**

The Board of Trustees have established a Risk Register and Risk Matrix in order to prioritise the major risks facing ACAT in the pursuance of its charitable objectives. The Risk Register is a standing item at meetings of the Board of Trustees and details controls and actions taken to mitigate risk.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

06063084 (England and Wales)

### **Registered Charity number**

1141793

### **Registered office**

Bath House

6-8 Bath Street Bristol BS1 6HL

### **Trustees**

J M C Emilion Chair

P J Dudley (resigned 4.10.24)

K L Shannon

S A Yabsley

A Coshland

R Dewshi

M R Payne

L Harrison (resigned 19.7.24)

K Portman (resigned 15.11.23)

E J Walton (resigned 19.7.24)

H S Stothard

H Gamble (appointed 22.7.24)

S Vearnals (appointed 19.7.24)

A Benson (appointed 19.7.24)

S Black (appointed 19.7.24)

### **Company Secretary**

S H White

### **Independent Examiner**

Matthew Bracher FCA Gravita

Chartered Accountants Bath House

6 - 8 Bath Street Bristol BS1 6HL

### **Bankers**

National Westminster Bank plc Lambeth North Branch

91 Westminster Bridge Road London SE1 7HW

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 25 March 2025 and signed on its behalf by:

J M C Emilion – Trustee

## **Independent examiner's report to the trustees of Association for Cognitive Analytic Therapy ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 July 2024.

### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

### **Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Matthew Bracher FCA

The Institute of Chartered Accountants in England and Wales

Gravita

Chartered Accountants Bath House

6 - 8 Bath Street Bristol

BS1 6HL

26 March 2025

**Statement of Financial Activities**  
**(Incorporating an Income and Expenditure Account)**  
**FOR THE YEAR ENDED 31 JULY 2024**

		Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
	Notes				
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	<b>21,073</b>	-	<b>21,073</b>	21,529
<b>Charitable activities</b>	4				
CAT activities		<b>254,419</b>	-	<b>254,419</b>	265,469
Investment income	3	<b>3,346</b>	-	<b>3,346</b>	213
Other income		<b>3,600</b>	-	<b>3,600</b>	15,109
<b>Total</b>		<b>282,438</b>	-	<b>282,438</b>	302,320
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	5				
CAT activities		<b>330,707</b>	-	<b>330,707</b>	279,953
<b>NET INCOME/(EXPENDITURE)</b>		<b>(48,269)</b>	-	<b>(48,269)</b>	22,367
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<b>351,418</b>	-	<b>351,418</b>	329,051
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>303,149</b>	-	<b>303,149</b>	351,418

The notes form part of these financial  
statements

**Balance Sheet**  
**31 JULY 2024**

	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
<b>CURRENT ASSETS</b>					
Stocks	11	1,075	-	1,075	1,083
Debtors	12	43,556	-	43,556	38,708
Cash in hand		391,200	-	391,200	387,927
		<u>435,831</u>	<u>-</u>	<u>435,831</u>	<u>427,718</u>
<b>CREDITORS</b>					
Amounts falling due within one year	13	(132,682)	-	(132,682)	(76,300)
		<u>303,149</u>	<u>-</u>	<u>303,149</u>	<u>351,418</u>
<b>NET CURRENT ASSETS</b>					
		<u>303,149</u>	<u>-</u>	<u>303,149</u>	<u>351,418</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>303,149</u>	<u>-</u>	<u>303,149</u>	<u>351,418</u>
<b>NET ASSETS</b>					
		<u>303,149</u>	<u>-</u>	<u>303,149</u>	<u>351,418</u>
<b>FUNDS</b>					
Unrestricted funds	14			303,149	351,418
<b>TOTAL FUNDS</b>					
				<u>303,149</u>	<u>351,418</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial  
statements



These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25 March 2025 and were signed on its behalf by:

J M C Emilion - Trustee

The notes form part of these financial  
statements

**Notes to the Financial Statements**  
**FOR THE YEAR ENDED 31 JULY 2024**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The company is a private company limited by guarantee, incorporated in England and Wales.

The financial statements are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

**Going concern**

The trustees consider that the charity has sufficient cash reserves to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

**Critical accounting judgements and key sources of estimation uncertainty**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily available from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Income from membership subscriptions, training and other courses, workshops, conferences, book sales and other income is accounted for in the period to which it relates.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Financial instruments**

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value. The liquid funds of bank balances are shown at their realisable values.

**Debtors**

Debtors comprise trade debtors, prepayments and recoverable gift aid.

**Creditors**

Creditors comprise trade creditors, other creditors, accruals, deferred income and social security and other taxes.

**2. DONATIONS AND LEGACIES**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Donations	<b>1,111</b>	1,270
Gift aid	<b>19,962</b>	20,259
	<b><u>21,073</u></b>	<b><u>21,529</u></b>

**3. INVESTMENT INCOME**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Bank interest received	3,346	213

#### 4. INCOME FROM CHARITABLE ACTIVITIES

		2024 £	2023 £
ACAT training and other courses	CAT activities	59,083	91,602
Conference income	CAT activities	43,565	16,790
Workshops	CAT activities	40,726	41,388
Book sales and other income	CAT activities	44	75
Membership subscriptions	CAT activities	111,001	115,614
		<u>254,419</u>	<u>265,469</u>

Income from Membership Subscriptions in the prior year has been reclassified as charitable activity income in line with the nature of the income and the accounting policy.

#### 5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £	Support costs (see note 7) £	Totals £
CAT activities	<u>139,473</u>	<u>191,234</u>	<u>330,707</u>

#### 6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024 £	2023 £
ACAT training and development costs	87,561	69,395
Conferences	38,402	9,485
Workshops	13,510	36,706
Bursaries	-	1,195
	<u>139,473</u>	<u>116,781</u>

## 7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
CAT activities	<b>181,698</b>	<b>9,536</b>	<b>191,234</b>

Support costs, included in the above, are as follows:

### Management

	2024 CAT activities £	2023 Total activities £
Salaries	72,507	63,977
Social security	784	134
Pensions	1,614	1,358
Sundries	1,985	683
Consultancy and other staff costs	10,939	7,340
Council and committee expenses	3,820	2,181
Rent, rates, service charges and utilities	22,103	19,789
Insurance	1,026	1,410
Printing, postage and stationery	801	817
Marketing	7,259	4,049
Telephone	931	542
Computer costs	50,772	42,363
Legal and professional	1,531	792
Subscriptions	1,975	1,463
Interest and charges	3,651	3,017
	<b>181,698</b>	<b>149,915</b>

### Governance costs

	2024 CAT activities £	2023 Total activities £
Consultancy	6,643	7,440
Accountancy and legal fees	2,893	5,817
	<b>9,536</b>	<b>13,257</b>

## 8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Accountants' fees - Haines Watts, independent examination	1,400	1,380
Accountants' fees - Haines Watts, other services	1,493	2,695
	<u>2,893</u>	<u>4,075</u>

## 9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 July 2024 nor for the year ended 31 July 2023.

### Trustees' expenses

Two trustees (2023 - two trustees) were reimbursed during the year for travelling expenses of £163 - (2023 - £282). One trustee (2023 - none) was reimbursed £100 for case study marking fees.

## 10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	72,507	63,977
Social security costs	784	134
Other pension costs	1,614	1,358
	<u>74,905</u>	<u>65,469</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Administration staff	3	3
	<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

## 11. STOCKS

	2024	2023
	£	£
Stocks	1,075	1,083
	<u>1,075</u>	<u>1,083</u>

**12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Trade debtors	1,680	12,318
Other debtors - gift aid	19,553	19,915
Other debtors	3,600	-
Prepayments	18,723	6,475
	<u>43,556</u>	<u>38,708</u>

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Trade creditors	18,694	21,273
Social security and other taxes	1,206	917
Other creditors	418	310
Accruals and deferred income	112,364	53,800
	<u>132,682</u>	<u>76,300</u>

**14. MOVEMENT IN FUNDS**

	At 1.8.23	Net movement in funds	At 31.7.24
	£	£	£
<b>Unrestricted funds</b>			
General fund	351,418	(48,269)	303,149
	<u>351,418</u>	<u>(48,269)</u>	<u>303,149</u>
<b>TOTAL FUNDS</b>	<u>351,418</u>	<u>(48,269)</u>	<u>303,149</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	282,438	(330,707)	(48,269)
	<u>282,438</u>	<u>(330,707)</u>	<u>(48,269)</u>
<b>TOTAL FUNDS</b>	<u>282,438</u>	<u>(330,707)</u>	<u>(48,269)</u>

#### 14. MOVEMENT IN FUNDS - continued

##### Comparatives for movement in funds

	At 1.8.22 £	Net movement in funds £	Transfers between funds £	At 31.7.23 £
<b>Unrestricted funds</b>				
General fund	329,051	22,367	(108,587)	242,831
Unforeseen costs reserve	-	-	108,587	108,587
	<u>329,051</u>	<u>22,367</u>	<u>-</u>	<u>351,418</u>
<b>TOTAL FUNDS</b>	<u>329,051</u>	<u>22,367</u>	<u>-</u>	<u>351,418</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	302,320	(279,953)	22,367
	<u>302,320</u>	<u>(279,953)</u>	<u>22,367</u>
<b>TOTAL FUNDS</b>	<u>302,320</u>	<u>(279,953)</u>	<u>22,367</u>

#### 15. EMPLOYEE BENEFIT OBLIGATIONS

During the year, the charity paid into a defined contribution pension scheme. The total for the year of £1,614 (2023: £1,358) is included within expenditure in the Statement of Financial Activities.

There was £418 outstanding pension contributions at the year end (2023: £310)

#### 16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 July 2024.



## ACAT Training Report 2025

### NHS Commissioned Funded CAT Training | Dawn Bennett, ACAT lead for NHS Commissioned courses

I stood down as Vice Chair of the ACAT Training Committee in October 2024 after sixteen years working in what was essentially a liaison role supporting the day-to-day business of ACAT's Training Committee and course centres. A central aspect was to ensure consistency in our training programmes across the organisation and to coordinate the work of the Training Committee throughout the year. Part of my role over recent years has involved working with NHS England colleagues to design the curriculum for NHSE commissioned CAT training and then on the ACAT NHSE partnership board as we moved to delivery. I will continue as ACAT lead for NHS commissioned courses until the completion of the current contracts (2025-6) and in view of the recent announcements that NHSE is to be abolished <https://www.bbc.co.uk/news/articles/crknrrz7ln6o> until there is clarity about the future tendering and funding arrangements.

Briefly, the history is that after a lengthy lobbying process, NHSE invited ACAT courses to tender to run CAT training that would be centrally funded. You are probably aware that three CAT training centres covering the English regions, were initially approved to deliver the NHS England (NHSE) national curriculum CAT Practitioner training and the first cohorts were in October 2023:

1. North West and Midlands - Catalyse Course Manchester base
2. South East - Brighton, London and South East Course - managed by Sussex Partnership.
3. North East - Newcastle Course – managed by Cumbria, Newcastle, Tyne & Wear NHS Trust

A fourth course for the South West managed by Cornwall NHS Trust was approved and had its first cohort in March 2025.

The courses run annually, and the first two courses are just about to begin the selection stages for October 2025 with the third course running again in Spring 2026. The fourth course will have their second cohort in March 2026. Each course director works with their NHSE Regional Leads to agree the numbers of NHSE commissioned places per intake and to monitor progression.

This initiative has coincided with a huge increase in demand for CAT training. It is unclear if that was already building as Catalyse had a threefold increase in applications in 2022 before the programme was launched or if the increased visibility of CAT in the NHS through news of the funded programme led to this. Three small cohorts per region/course were specified in the original contracts but demand for places has exceeded the expected numbers and we will be training more than double the anticipated number of NHSE funded trainees. The courses have worked to secure additional markers and supervisors through putting on extra training but we still need more. Of note has been the necessity to introduce the assessment of actual practice on NHSE courses and case studies include a session recording scored on the Competence in CAT (CCAT) Measure. ACAT Trustees approved funding to train markers across the courses. We continue to build expertise in this and need to train markers annually. We have discussed the pros and cons of rapid or steady expansion. It does seem clear that CAT is valued and attractive to NHS staff so we encourage CATs to consider supervisor training and getting involved as markers, training therapists and other course roles.

## Some current issues

1. Originally these places were only for staff working with adults (including older people) in community services with people with complex relational problems and adverse childhood experience, who would be likely to meet criteria for a diagnosis of 'Borderline' or 'Emotionally Unstable' Personality Disorder. Courses can now take staff from any specialty as dictated by Integrated Care Boards (ICBs) in line with demand and agreed locally.
2. We applied to NHSE for funding to support expansion of supervisors and markers, including CCAT markers and to run a satellite of the Catalyse NW based course in the Midlands for Midlands trainees (to reduce their travel and build a locality case) so to support expansion but these were not approved. We need to attend to these areas as an organisation to support growth
3. The course directors are keen to evaluate the training and have met with Glenys Parry and Steve Kellett (CAT researchers) and have a draft protocol.
4. NHS commissioned training may expand beyond England and I am supporting other course directors on the feasibility of NHS commissioned courses in their country.

We have experienced the ACAT NHSE partnership board as a positive and supportive collaboration, although it is clear that there is pressure and high demand for all NHSE leads too. There has been a willingness to help us think through the demand and balance the need to ensure quality alongside expansion. We are told that it is business as usual this year and we wait to hear if a model of NHS commissioned CAT training will continue on a national or regional basis or if funding will revert to individual trainee applications.

Dawn Bennett – ACAT Lead for NHS Commissioned Courses

*Dawn Bennett (NW/Midlands); Steve Jefferis (NE); Robert Marx, Hilary Beard, Jane Cawdron (SE) and Daniel Robbins (SW)*

## ACAT Examination Board Annual Report 2025 | Yvonne Stevens, Chair of the Examination Board

I am pleased to report on another successful year of the Exam Board, and my fourth 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 responded flexibly and compassionately to changes bringing in more online working in therapy practice, supervision and training. We are processing and bringing in policies to reflect on and adapt to the ways in which these adaptations to practice impact future CAT training and practice more permanently.

You will have noticed some of the changes we have made to 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 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 by email.

We have been delighted to see the commitment 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 many trainee 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. Please see the Supervisor Training Handbook for information on the requirements for IRRAPT graduates. We have been encouraged over the past year by the increased numbers of CAT therapists seeking supervisor accreditation. This increase is urgently needed to meet the demands for supervisors for the new NHSE CAT Practitioner Trainings currently being run in all seven NHSE regions.

Conrad Barnard, the ACAT UKCP Reaccreditation Assessor, stood down from his role in 2024 and I am pleased to say that Alison Jenaway has kindly offered to step into this role, for which we are very grateful, and I look forward to working alongside her. I want to thank Conrad for all his meticulous work overseeing our UKCP 5-yearly re-accreditation process for so many years, for those ACAT Psychotherapists who are also registered with HICP/UKCP. UKCP are constantly reviewing their policies and procedures to maintain 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 four client hours per week for their first five years of practice and evidence this on their reaccreditation form.

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 conducted the 2024 audit. Paula has reported that eighteen practitioners and two psychotherapists passed the 2024 audit, four have requested to be deferred, and one 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 sixty-seven CAT Practitioners, three Psychotherapists and twenty-three Supervisors and awarded fourteen Foundation Certificates and eight Skills 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 needing to offer clear and appropriate pathways towards this. I wish to thank the efficient support from Maria, Ali and Louise in the ACAT Office who are so skilled in fielding and processing many and various enquiries. During 2024-25 a total of twenty-one 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 previous Training Committee Vice Chair who stood down in October 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, 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 the practice of CAT.

Yvonne Stevens - Chair of the ACAT Examination Board

## Accreditations April 2024 to March 2025

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

### Supervisor

Catharine Kay	Dorota Cronin	Kate Ward-Perkins	Rachael Carrick
Cathy Amor	Emma Chorlton	Kitty Clark-McGhee	Ruth Thompson
Charlotte Cox	Hayden Stothard	Leon Simpson	Salome Mare-Walsh
Charlotte Morris	Jane Clarke	Louise McCurdy	Sarah Wood
David Harvey	Joanna Cook	Matthew du Feu	Sue Ryan
Deborah Watson	Joanne Dixon	Peter Dargan	

### Psychotherapist

Alison Jenaway	Ceara Geoghegan	Mary Wilson-Verrall
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### Practitioner

Aleksandr Sapunov	Georgia Hall	Katherine Arundel	Natasha Griffiths
Alex Bradwell	Georgie Burnett	Katherine Rowell	Nicky Bould
Amie Doidge	Georgina Hurford	Kathryn Southall	Olivia Ambler
Andrew Horan	Georgina Lyons	Katie Lloyd	Philip Brooke
Anna Kaufman	Hannah Bunce	Kerry Hill	Pia Thiemann
Caroline Shinner	Helen Miller	Kirsty Harrison	Rachel Clarke
Catherine Clark	Ian Asquith	Laurel Morgan-Hughes	Rebecca Oxborough
Charis Cassells	Irena Soper	Leone Lynn	Richard Braham
Christina Hart	Jake Copp-Thomas	Lindsay Parkin	Ruth Slaney
Claire Penney	Jemma Green	Lisa Stuart	Samuel Whitham
Claire Worthington	Jennifer Atkinson	Lucy Summerfield	Sophie Andrews
Claudine Best	Jennifer Gomborone	Lydia Mariner	Stella Nugen
Elise Stephen	Jennifer Groeber	Maha Barlow	Stuart Smith
Emma Evans	Jose Rodriguez	Margaret Gani	Tracey Morgan
Erika Filova	Josephine Cox	Mariam Iqbal	Vikki Ball
Fritha Roberts	Judy Gibson	Mary Clifford	Zoe Carter
Gay Horvath	Kate Green	Michael Iszard	

### Foundation

Carmen Caro-Morente	Julia Hose	Maya Harding	Sarah Hester
Fiona Harrild	Kathryn Gaussen	Peta Temple	Thomas Harrison
Hannah Wilson	Katie Turner	Ronja Doerbecker	
Janice Kone	Lee Gamman	Safa Khalil	

### Skills

Alan Deary	Joanne Killen	Natalie Stocks	Sukie Williams
Jack Aylett	Michaela Green	Philip Preston	Whitney Stanbra

## ACAT Ethics Committee Annual Report 2025 | Sally Bishop, Lay Chair and Cal Nield, Interim Clinical Chair of Ethics

Following on from last year, the Ethics Committee has aimed to continue to make a range of improvements to standardise processes and review our procedures further to helpful comments from an earlier external review. In an ongoing fashion we are continuing to update our policies to ensure they are fit for purpose. Having completed a review of the ACAT Code of Ethics last year, we currently have a sub-committee reviewing the Complaints and Concerns Procedure so that concerns and complaints are responded to in a uniform, standardised manner and complainants know what to expect from the first contact. Going forward, there are plans to produce a Whistleblowing Policy in collaboration with the Trustees.

This year we have undergone significant changes.

We said goodbye to Henrietta Batchelor as the Clinical Chair. Henrietta's expertise, humanity, and gentle but solid presence has been the bedrock of the committee. Succession planning is a priority for the committee. The role of Clinical Chair now benefits from, and is scaffolded by, a formalised job description, with plans for the same for the Lay Chair position. We are grateful to the Trustees for their input on this.

We also said a grateful and fond farewell to Liz Wilde-McCormick whose wisdom and long-lasting relationship with ACAT has benefitted so many. Such dedicated commitment has certainly provided stability and helped anchor the work of the committee but with the inevitable prospect of future goodbyes, and the tenure being three years, there remains the ongoing challenge to recruit new clinical and lay members.

We welcome lay member, Alia Mumtaz, who has an established background in operational management and social care, and we look forward to harnessing her enthusiasm for contributing to maintaining standards and to positive work cultures.

With regards to recruitment, member engagement is a priority. We have generated some ideas including having a visible presence at this year's annual ACAT Conference with Ethics Committee members available for interested individuals to find out more.

There will continue to be the usual regular short snapshots capturing the work of the committee in the monthly ACAT newsletters, and as a new initiative we will be aiming to appeal to CAT trainees and encourage their engagement in the work of the committee via the Training Committee and Course Directors.

We are always open to ideas so please do contact Maria Cross in the admin office if you would like to contribute ideas or find out more about the work of the committee.

It feels pertinent to refer to this being a significant year for ACAT with the first organisational review which looks to the future, and with this in mind the Ethics Committee is aware of needing to keep abreast of changing social landscapes and an environment in which we cannot ignore the impact of technology with the challenges this presents the profession.

As Interim Clinical Chair with a specific background in 'digital therapy', I hope to keep a gentle observing eye and raise awareness of all manner of related issues, including the critical challenges of boundary violations and impingements in the online environment. With the rise of digital interactions, the complexities addressing such challenges requires a blend of maintaining professionalism, fostering a

sense of safety in the online space, and implementing clear guidelines to navigate potential ethical dilemmas.

ACAT as an organisation works tirelessly to keep abreast of the range of issues this raises and acknowledges this is an ongoing challenge. We are thankful to Mark Burnett, ACAT's Data Protection Officer, and to Maria and the admin team as we all work together in helping to keep us professionally safe in the online environment.

We have 'Technology & AI' as a standing item on the agenda and will endeavour to inform our membership of the ethical issues this brings. To date, there have been no concerns or complaints raised specifically in relation to online therapy or online supervision, though we may possibly anticipate that with more provision of both being offered via digital means. Whilst there do not seem any obvious trends, in terms of the nature or volume of complaints or concerns, looking to the future, capturing trends could potentially help us to consider emerging CPD needs.

Sally and I are 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 dedicated work of Maria Cross and the other office staff to whom we are indebted and offer wholehearted thanks.

Sally Bishop - Lay Chair of Ethics, and Cal Nield – Interim Clinical Chair of Ethics

## Agenda item 10

# ACAT EDI Committee Annual Report 2025 | Dupe Adu-White, Chair of the Equality, Diversity, and Inclusion Committee (EDIC)

Apologies if anyone was sad not to see the EDIC newsletter contribution in February. As usual there has been various things that have felt they need attending to and are ongoing. And as usual there never feels enough time in the day to approach them adequately with the continued socio-economic, environmental, political, mental, physical pressures, and uncertainty in the global environment.

Closer to home, I have been reflecting on how these pressures may affect ACAT members in relation to EDI, and how inclusive as an ACAT EDIC we are. Over the past year and as always EDIC, and friends of EDIC's main efforts have been around EDI being evident across the ACAT community. This has included contributing to development of the new ACAT website. Thank you, Rhona, for all your efforts on this! Working alongside ACAT trustees, conference organisers, and ACAT training and trainers.

We have also been reviewing our EDIC terms of reference (ToR) and policies, as well as engaged in the recent review of ACAT committees. This has led me to wonder about how inclusive we are, what it will mean to be more inclusive. The unfortunate reality is that as all the EDIC members are volunteers this impacts on our capacity to attend to all the EDI events / celebrations we would love to. Plus, we are a smallish committee, so it will be wrong for us to assume we knew what matters to the ACAT member community.

In our last Black History Month event - 'Reclaiming our Narratives' – it has stayed with me that some attendees felt they would appreciate more events where they can reflect on diversity within clinical practice and as CAT therapists. There is an Inequality and Diversity SIG, which aims to hold a space for this. If people are interested in helping to re-ignite this, then contact Jessie Emilion for further details. The EDIC are also planning to facilitate an open space, where members can be together in what's going on in the world, climatically, politically etc. We are hoping this is going to be quarterly over the year. So watch this space!

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 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.

For the past few years, EDIC and Friends of EDIC have been facilitating a Black History Month celebration. But we are aware there are lots of things under the EDI umbrella going on throughout the year. However, for reasons stated earlier, we would like to invite members to contact us, so we can try to support them to put on other EDI events if they wished to. If people are interested, they can contact me via the email instructions above.

We Look forward to hearing from you and bumping into you in future conferences.

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



Agenda item 11

## ACAT's Representative to HIPC/UKCP Annual Report 2025

This position is vacant. A report is not available.

## Agenda item 12

### Reformulation Annual Report 2025 | Ceara Geoghegan, Claire Moran Alison Jenaway and Carol Gregory, Editors

During the past year, Reformulation has continued to function as a small editorial team: Ceara Geoghegan and Claire Moran have produced the latest issue as Lead Editors with Alison Jenaway and Carol Gregory as Assistant Editors. Ali Marfell continues to be a valuable member of the Reformulation team by conveying essential details and learning from past editors as well as supporting us with practical matters such as liaising between editors and printers. This year we also welcomed Susie Black, a trustee, who is attending editors' meetings with a view to integrating ACAT's leadership with the publication.

Excitingly, we have received a lot of interest from people interested in submitting their contributions to the journal for the first time. This has included both clinicians and service users with a diverse range of ideas and perspectives. Our aim is to be inclusive as a publication and to stimulate dialogue with space for difference to be acknowledged and respected. We are supporting article submissions which represent the diversity of ACAT's membership and uphold the values of ACAT in print. We would like to continue to encourage the quieter, lesser heard voices and those who may feel underrepresented in written word, Cognitive Analytic Therapy or psychotherapy overall. If there are ideas in their infancy, writers can get in contact to share their vision and we can support with their writing process. As always, we are open to submissions from across the membership and warmly encourage people to email [Reformulation@acat.me.uk](mailto:Reformulation@acat.me.uk) if they would like to make a contribution.

Being a part of Reformulation continues to be a valuable way to engage with ACAT and its membership. Editors volunteer their own time outside of life and work roles to support the ongoing delivery of the journal. We are open to welcoming an enthusiastic person to join our editor team. As a group we only represent a small section of ACAT's membership and would like to encourage those who may feel underrepresented and are looking to step into this influential, vital role. Contact Ali Marfell if you are interested.

We are on track to continue to produce two issues within this year.

Ceara Geoghegan, Claire Moran, Alison Jenaway and Carol Gregory - Editors of Reformulation

### News from ICATA Spring 2025

We have decided to postpone our next international conference until next year, as we are still working on securing a venue in Greece. We have been very pleased with the success of our programme of webinars, which was originally designed to fill the gap between conferences but is really getting going in its own right. We had 80 bookings for the webinar *'Nature finds a way – mapping and making meaning in Green Spaces'*, offered by Abi Tarran-Jone, Amanda Copeland and Nick Barnes. Each of them offered different and complementary perspectives on how mapping and making meaning of our connection with land, nature and community can impact on our practice as well as our own wellbeing. Abi took us through an account of delivering CAT in nature, actively using and mapping the natural environment to embody and enhance the verbal dialogue taking place between client and therapist. Amanda talked about using nature-based therapy within the NHS and the challenges of developing a pathway. Nick described how he works in green spaces to challenge entrenched health and healthcare inequalities that drive and sustain the current crises in mental health and service development. You can find a recording of the webinar on our YouTube channel: <https://youtu.be/7JaVTZbLrxU>, and it will shortly be available on our website.

Our YouTube channel now also has a number of other videos such as discussions of some key CAT concepts, and role plays of different chapters of therapy, which can be used for educational purposes.

We're very excited to be offering our next webinar on *'CAT and Embodied Relational Space'*, offered by Tim Sheard, on 19th June 2025. This webinar explores embodied therapeutic presence and its potential to enhance our capacity to engage creatively with the intense and fractured relational fields of developmental trauma. We will explore the potential value of our own relational embodiment as therapists when working with developmental trauma. Simple exercises will be described that can bring us more clearly in to embodied self-to-self relationship. In particular we will explore its possible value in freeing up stuckness, intense pulls or pushes to collusive reciprocation and consequent therapist fatigue, even exhaustion. Drawings made by CAT therapists attending workshops will be used to illustrate the resulting relational processes and evolution of reciprocal roles. This 'embodied CAT' approach is described in some detail in Volume 4 of the ICATA journal and chapter 45 of the Oxford Handbook of CAT.

We are also planning a webinar on 20th October 2025 on *'Queering CAT: Creating a shared CAT-understanding of the formation of sexual identity, "coming out" and how we relate to the world as and with LGBTQ+ people'*. Based on their research over the last few years, Rowan Tinlin-Dixon and Debbie Bell will discuss ways of mapping sexuality and gender diversity, as a co-constructed and affirming practice. They will share a CAT map and reformulation letter co-created with LGBTQ+ people, invite you to map current geopolitical patterns and procedures together, and share a set of illustrations designed to facilitate dialogue about self-self, self-other and self-society relationships for the queer community. The workshop will last two hours, which includes half an hour for discussion and questions.

If you want to be kept informed about these webinars and other ICATA news, please sign up to our mailing list here: <https://www.internationalcat.org/contact>.

We are continuing to produce an international peer reviewed journal, *'Cognitive Analytic Therapy and Relational Mental Health'*. All five volumes can be accessed on our website: <https://www.internationalcat.org/journals>. Downloads are free, and donations are always welcome so that we can continue this work and help CAT to be known and understood across the globe. If you would like to submit an article to us, please check the guidelines on the above link, and email

[journalicata@gmail.com](mailto:journalicata@gmail.com). We would like to offer deep gratitude to Steve Potter for his work on the journal, and as he looks towards stepping down from helping to edit it.

We would love to hear from anyone who would be interested in getting involved in this valuable and very rewarding project by joining the editorial committee. Please also get in touch if you are interested in supporting the work of ICATA in other ways. In particular, we are looking for someone to take on the role of treasurer, so that we can continue to base our finances in the UK. In terms of our work towards establishing ICATA as a legal entity, unfortunately ACAT felt unable to offer help at present by letting us use their address, so we are back to the drawing board on that project.

In terms of membership of ICATA, we are really pleased to welcome the Netherlands as our newest full member. It is so encouraging to see that CAT can work and appeal across borders, and we believe that inviting in different cultural influences and perspectives is also enriching and fruitful for CAT.

Rabhya Dewshi – ACAT’s Trustee Representative to ICATA

## Report on Data Protection Compliance 2025 | Mark Burnett, ACAT's Appointed Data Protection Officer

The past 12 months has seen many announcements concerning the future of Data Protection in the UK. Aside from a new law due in June 2025, probably the most significant being the change to the way the law is regulated. The model adopted by other regulators such as Ofcom and the Financial Ombudsman will be the future for the current Information Commissioner's Office (ICO) which will be referred to as the Information Commission (similar to the model adopted by Ireland). This change will see the formation of a committee with a CEO and Chair; policy and enforcement action will be agreed by consensus. We believe on the balance of probability; this likely to lead an increase in enforcement action and therefore, the risk to data controllers responsible for personal data. Further updates will be available as matters develop.

In contrast to this theory, 2024/25 has actually seen, year on year, a reduction in regulatory action. The average costs of a data breach (in monetary penalties terms) went down from over £400,000 to £153,722. The number of fines also reduced. There was a slight increase in the number of breaches investigated by the regulator.

The review of data protection in the UK is now very nearly complete. The Data Protection (Use & Access) Act 2025 will become law this Summer. There are many changes to the way we will handle personal data in the future; however, most are subtle and build on the existing framework. We look forward to the new Commission's opinion of these in due course. We should also prepare to review our policies to ensure they reflect the changes once they become law.

In the meantime, we can confirm that ACAT remains compliant with its obligations as they stand. Risk remains at a moderate level, and we can see no reasons why this might change in the near future.

Mark Burnett – ACAT's Appointed Data Protection Officer

## Agenda item 15

### Elections to the ACAT Board of Trustees 2025

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 – Co-Vice Chair  
Hayden Stothard – Co-Vice Chair  
Sue Yabsley - Treasurer  
Anne Benson  
Susie Black  
Rabhya Dewshi  
Harriet Gamble  
Martin Payne - Lay Trustee  
Karen Shannon  
Simon Vearnals - Lay Trustee

#### **The following current trustees will stand down at this AGM and will not stand for re-election:**

Angela Coshland – Co-Vice Chair  
Harriet Gamble  
Martin Payne – Lay Trustee

Sue Yabsley will be stepping down as Treasurer but will continue as a trustee.

Jay Dudley stood down as a trustee in October 2024 and will not be re-standing.

Hayden Stothard will continue as Vice-Chair.

**The Board of Trustees made the decision not to recruit any new trustees at this year's Annual General Meeting.** This is due to the ongoing organisational review, which the Trustees wanted to digest before considering the next steps for the charity.

However, if you are interested in standing as a trustee in the future, please request contact with a current trustee so you can find out more about the role.

## ACAT Statistics

**As of 28<sup>th</sup> March 2025**

### Membership

Trainees	311
Practitioners	737
Psychotherapists	116
Retired	15
Friends	23
Private Practitioner Listings	347
Private Supervisor Listings	104

### Events April 2024 to March 2025

Number of introductory courses	6
Number of delegates on introductory courses	117
Number of CPD courses run by ACAT	2
Number of delegates on these ACAT courses	97
Trainers & Supervisors Event delegates	40
No of Relational Skills in CAT Supervision course	1
No of delegates on Relational Skills in CAT Supervision course	17
No of CPD courses run by local groups with booking through ACAT	1
No of delegates on the courses	22
ACAT bespoke courses	3