



Association for Cognitive Analytic Therapy
Annual General Meeting 2026

Monday, 29th June 2026
12:00 to 13:00

Agenda and Papers

Auditorium G.02
Leeds University Business School

Please note:

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

They will not be printed.



ACAT | Contact Details

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Registered Charity No: 1141793

Business School | Directions to the venue

The AGM will take place in Auditorium G.02, Leeds University Business School, Maurice Keyworth Building, University of Leeds, LS2 9JT, from 12:00 to 13:00.

For Sat Nav, please use postcode LS6 1AN to take you directly to the Business School.
Please refer to the Business School website for parking information: [Business School](#)

ACAT Annual General Meeting 2026 | Agenda

Auditorium G.02, Leeds University Business School, 12:00 to 13:00

Agenda Item	Page	Presented by
1 Chair's Welcome		
2 Apologies for Absence		
3 Minutes of the last AGM held on 23 rd May 2025	4	
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 will be welcome.</i>	8	Jessie Emilion
6 Financial Report and Year 2024-2025 Accounts <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i> <i>The accounts are available as a separate document.</i>	10	Stephen White
7 Report from the Chair of the Training Committee <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	11	Anne Benson
8 Report from the Chair of the Exam Board and Accreditations <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	13	Yvonne Stevens
9 Report from the Chairs of the Ethics Committee <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	16	Sally Bishop, Jackie Edwards
10 Report from the Chair of the EDI Committee <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	17	Dupe Adu-White
11 Report from ACAT's Representative to HIPC/UKCP <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	18	Sarah Huish, Mary Wilson-Verrall
12 Report from Reformulation's Editors <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	20	Ceara Geoghegan, Claire Moran, Alison Jenaway, Carol Gregory, Susie Black
13 Report from ACAT's Trustee Representative to ICATA <i>A report was not available at the time of publication.</i>		Position vacant
14 Report on Data Protection Compliance <i>The report is included in this booklet and will not be read aloud at the meeting. Comments will be welcome.</i>	21	Niyati Walia, Hope & May
15 Resolutions <i>None received</i>		
16 ACAT Board of Trustees	23	
17 Any other business		
18 Date of the AGM 2027		

Minutes of the ACAT Annual General Meeting 2025

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

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

Minutes to be agreed at the AGM on 29th June 2026

Present

Trustees: Jessie Emilion (Chair of ACAT; Chair of CofM), Angela Coshland (Co Vice-Chair; Co Vice Chair CofM), Hayden Stothard (Co Vice-Chair; Co Vice Chair CofM), Anne Benson (Trustee), Susie Black (Trustee), Rabhya Dewshi (Trustee, ICATA Representative)

Stephen White (Company Secretary)

Council of Management: Dupe Adu-White (Chair of EDIC; CofM), Maria Cross (Administration Manager; CofM)

Administration: Ali Marfell (ACAT Administrator), Louise Barter (ACAT Financial and Training Administrator)

Apologies

Sue Yabsley (Treasurer; CofM), Karen Shannon (Trustee), Simon Vearnals (Lay Trustee), Yvonne Stevens (Chair of the Exam Board; CofM), Steve Jefferis

Minutes

Maria Cross

The number of full members required for quoracy was 85.

84 voting members were in attendance. One proxy vote had been received. This brought the total to 85, and the meeting was deemed to be quorate.

The AGM Booklet of Papers containing the agenda, 2024 AGM minutes, reports, and accounts had been available to view on both the old and new ACAT websites but had not been printed. Members had been notified via email.

A previously unscheduled showing of an IRRAPT publicity film resulted in the AGM being delayed. The meeting opened at 12.25pm.

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. One request for a proxy vote had been received by the closing date.

3. Minutes of the last AGM held in Swansea on 19th July 2024

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.

The new website went live on 6th May 2025. Positive feedback had been received.

5.1 Launch of the key findings and recommendations of the ACAT Organisational Review 2025

An organisational review had been carried out by an external reviewer, Fran Bristow. Jessie read out the twelve recommendations detailed in Fran Bristow's report:

1. The constitution be reviewed and the membership of the Board of Trustees be changed to include non-CAT members with skills in finance, marketing, IT and organisational development.
2. ACAT should develop its role as a community of practice supporting CAT therapists and trainees with excellent CPD, developing the regional networks and special interest groups and acting as a link between the regions to spread best practice.
3. The management structure of the organisation set out in the Constitution be changed to clarify the role of the Board as the strategic leadership with a director role set up to report to the Board and provide the operational management and leadership to the Council of Management and paid employees.
4. The committee structure be reviewed and revised to support the change in focus of the organisation.
5. Key roles within the organisation should be paid appointments with an agreed salary, job description and contract of employment. This should include committee chair roles.
6. ACAT should consider focusing on the role of accrediting training programmes and consider stopping, or splitting to a training branch of ACAT, practitioner level and psychotherapy training.
7. There is a document clearly showing all policies with review dates and who is responsible for the review.
8. The Board receives quarterly reports from each sub-committee including details of any investigations of breaches of policy, complaint investigations and complements received.
9. An annual financial forward plan is developed to support the work of the organisation with monthly management accounts with clear profit and loss information produced to monitor implementation of the annual plan.
10. There is a review of fees for members, training events and accreditation of organisations. This review will set out the income available to support the structure and functions of the organisation within the annual plan.
11. A clear 3-to-5-year strategy is set by the Board as a matter of urgency. The plan should include implementation of the recommendations of the review.
12. An annual business plan is developed to set out the actions required each year for the implementation of the 3-to-5-year strategy.

The full report will be shared with the chairs of the ACAT committees and then discussed by the Trustees at their Away Day in July. Further membership engagement events are planned to enable feedback on the review. Jessie opened the room to questions.

The recommendation to elect more lay members/professionals to the Board offering specific expertise was well supported.

The importance of involving service users was highlighted. This had also been encouraged at the ACAT conference in Swansea in 2024. A selection of service users had been brought to together for consultation when forming the public engagement site. It is possible they may still be willing to participate.

Any feedback on the review may be sent to Maria Cross in the first instance.

All were in favour of the report.

6. Report from the Treasurer, the Financial Statements for year ended 31st July 2024, and the Report of the Trustees

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

Apologies had been received from Sue Yabsley, Treasurer. Stephen White attended to report on the financial year. There had been a drop in funds from activities, and substantial costs attributed to the development of the new website. There will be further costs associated with this although not as great.

A definite route for requesting funding is now in place. Each application will be carefully considered. ACAT's funds have gone down but hopefully will be recuperated.

The majority were in favour of the accounts and financial reports, with one abstention, and none against.

7. Training Report – NHS Commissioned Funded CAT Training

The report by Dawn Bennett, ACAT lead for NHS commissioned courses, was published in the AGM Booklet of Papers but was not read out at the meeting.

All were in favour of the report.

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.

Congratulations were offered to all those who had been accredited.

All were in favour of the report.

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

The report by Sally Bishop (Lay Chair) and Cal Nield (Interim Clinical Chair) was published in the AGM Booklet of Papers but was not read out at the meeting.

The majority were in favour of the report, with one abstention, and none against.

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.

The majority were in favour of the report, with one abstention, and none against.

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

The position has not been filled, and no report was available.

Jessie made a plea for a psychotherapist member to come forward if interested in the role.

12. Report from Reformulation's Editors

The report by Ceara Geoghegan, Claire Moran, Alison Jenaway and Carol Gregory was published in the AGM Booklet of Papers but was not read out at the meeting.

All were in favour of the report.

13. Report from ACAT's Trustee Representative to ICATA

The report by Rabhya Dewshi, Trustee, was published in the AGM Booklet of Papers but was not read out at the meeting.

The majority were in favour of the report, with one abstention, and none against.

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.

The majority were in favour of the report, with one abstention, and none against.

15. Resolutions

None had been put forward.

16. ACAT Board of Trustee

The Trustees had made the decision not to appoint any new trustees at this AGM.

Angela Coshland stood down as Co Vice Chair; Hayden Stothard will continue as Vice Chair.

Sue Yabsley stood down as Treasurer but will continue as a trustee.

Martin Payne stood down as Lay Trustee. Both Martin and Angela had been actively involved in the creation of the new website.

Rabhya Dewshi and Harriet Gamble stood down as trustees. Rabhya had not given notice of her intention to step down prior to the meeting.

Jay Dudley had stood down as a trustee in October 2024.

Thanks were offered to all.

Jessie encouraged anyone interested in the role of trustee, or in joining the Ethics or EDI Committees, or becoming further involved with ACAT in other ways, to contact Maria Cross in the first instance.

The next UKCP Organisational Member Review (OMR) is scheduled for February 2026. Dawn Bennett, Dawn Bagwell-Cox (Interim Lead for ACAT Practitioner Training), Jessie Emilion, and Hilary Beard will be involved, supported by ACAT's UKCP External Moderator, Rozmin Mukhi.

17. Any other business

None

18. Date of the next Annual General Meeting 2026

The date and venue of the next AGM are to be finalised.

The AGM closed at 1pm.

Chair of ACAT Annual Report 2026 | Jessie Emilion

Welcome, and thank you all for joining us for the 2026 AGM. It has been an exciting year, lots happening and I have much to share with you.

I begin with the successful launch of the new website earlier this year. This was a major piece of work for ACAT and, as many of you know, has spanned the last four years. One of the biggest challenges was extricating ourselves from the previous provider and securing the remaining membership data without any legal complications. At times, it required considerable patience and perseverance. There were moments when we had to hold our nerve, but we got there.

My thanks go to the members of the Website Working Group. Their professionalism and sensitive handling of the challenges enabled this smooth transition. This project has also been one of our major expenditures over the last few years, costing approximately £109,754, including specialist and administrative support. The Trustees involved in this work have contributed countless hours, generously giving up so much of their time ensuring the task was completed on schedule. I, and we as a Board, are deeply appreciative of their commitment.

As many of you know, the ACAT organisational review was completed in March 2025. This was an important piece of work at a crucial stage in ACAT's development. The review was carried out by external organisational consultant Fran Bristow, whom we commissioned to help us reflect on ACAT's structure, roles, processes, and finances in light of significant growth in training and the wider social, political, and economic changes since ACAT's inception 40 years ago. Thanks to the Trustee group and to Tim Sheard for supporting Fran throughout the review. Of the 12 recommendations made—advisory in nature—the Board agreed to proceed with some of the recommendations in the best interests of ACAT.

We especially want to warmly acknowledge the members who joined the membership engagement events. Your thoughtful reflections and honest dialogues helped shape our thinking as we moved forward with the recruitment of a CEO. Thanks to your input, we have now appointed Anne Phipps as CEO and Will Draper as Treasurer. Trustees have approved Will's appointment, and this decision will be ratified at the AGM.

My thanks also go to the Chairs and committee representatives who supported the CEO recruitment process. A special and heartfelt thank you to Stephen White, ACAT Company Secretary, whose experience, expertise, and steady guidance were invaluable throughout both appointments.

Since October 2025, we have held several membership engagement events. We hope these will continue, as they offer an excellent opportunity for members, especially those unable to attend conferences, to connect with us, contribute their views and help shape ACAT's future.

Over the past year, we have been finalising the roles, responsibilities, job descriptions, and contractual agreements for all lead roles and committee chairs. We now have clearer processes and parity around invoicing and administrative procedures. This work is ongoing.

With the appointment of the CEO and Treasurer, ACAT, as a charity, now has the opportunity to focus on fundraising, expanding bursaries, and developing activities that support the membership as a whole. However, several internal operational tasks and structures still require attention before we can fully move into this next phase. The future looks exciting.

As most of you know, Cal Neil stepped down as interim Clinical Chair of the Ethics Committee in the summer, and Jackie Edwards stepped into the role in November 2025. Sally continues in her role as

Lay Chair. We are grateful to the Chairs and members of the Ethics Committee for the vital work they do.

My heartfelt gratitude goes to Anne Benson, who has supported the Training Committee for the past 18 months as interim Chair. Deep appreciation also goes to the leads Dawn Bagwell Cox and Dawn Bennett, to the course directors, to Yvonne Stevens in her role as Vice Chair of Supervisor Training and Chair of the Exam Board, and to Adrian Leddy in his role as Chair of the Moderators.

A special mention must go to Dupe Adu White, who is stepping down after eight years as Chair of the EDIC. Dupe has worked tirelessly to ensure that EDI is not simply a topic in training, but a value embedded within the core of ACAT. I am hopeful and excited about the new voices emerging within the EDIC as they take on the mantle from Dupe.

There are still many important pieces of work underway. The Organisational Member Review (OMR) is progressing smoothly and is due in October. This review by the UKCP, conducted every five years, is required for UKCP accreditation of our psychotherapy programme (IRRAPT). It is a substantial undertaking, currently supported by Anne Phipps, Dawn Bennett, Anne Benson, Hilary Beard, Trustees, and our Administrators.

Another significant area of work is PSA registration, which I wrote about in the April Newsletter. A working group is exploring how ACAT practitioners can become PSA registered. If needed, we will consult the membership as this work progresses.

The CAT Skills Competency Framework, commissioned by ACAT, is now complete - a fantastic achievement and another marker of CAT's continued growth. Thanks to Glennys Parry and her team, the framework is now available on the UCL website.

Lastly, but certainly not least, we are fortunate to have such a dedicated administrative team—Maria, Louise, and Ali. They are the lynchpin of the organisation, quietly in the background supporting the membership, Trustees, and the public. Their contribution is invaluable. Thank you.

As I step down from the role of Chair, I feel privileged and honoured to have served in this position for the past three years. I have been fortunate to have had the support of, and work alongside, talented, honest, committed and compassionate CAT colleagues. I am also mindful and reflective of the losses in the CAT community over the last year. Personally, and professionally, it has been an interesting and meaningful journey, full of learning about self, others, and the dynamics of organisational culture and the internalised organisational values and voices.

Thank you all for your trust and support over the years.

Jessie Emilion | Chair of ACAT

The Annual Report and Unaudited Financial Statements for the Year Ended July 2025 are available as a separate document.

1 Financial Activities

The Statement of Financial Activities for the year shows a surplus of £34,289 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 £401,435 compared to £282,438 the previous year with costs of generating voluntary income increasing to £149,112 from £139,473 the previous year.

2 Balance Sheet

The charity's unrestricted reserves increased to £337,438 from £303,149 the previous year, these being held as:

General Fund £228,851

Unforeseen costs reserve £108,587

Trustees' Report provides details of the investment policy.

3 Key Events

ACAT Ltd was able to reclaim £20,411 under the Gift Aid Scheme.

4 Conclusion and looking forward

Income from charitable activities increased to £356,326 this year compared to £254,419 the previous year.

I report that the Charity's total income from all sources, after underlying costs, gave rise to a surplus of £13,878 compared with a deficit of £69,342 the previous year.

This surplus, adjusted for the amount received under the Gift Aid Scheme, increased the Reserves of Unrestricted Funds by £34,289.

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.

It was decided not to transfer a further amount from the General Fund to the Unforeseen costs reserve this year.

Stephen White | Company Secretary

ACAT Training Committee Annual Report 2026 | Anne Benson

This is my first Annual Report for the AGM. I have taken the role of interim chair since February 2025. This is following Liz Fawkes and Dawn Bennett standing down as chair and vice chair of the committee, after many years of service. I would like to thank them for their invaluable contribution to the Training Committee (TC) and therefore ACAT over the years. Following these two key people standing down, members of the committee are currently in the process of reviewing the structure of TC. Hopefully this will be in place in the next month or so.

The work of the committee has continued throughout the year. Training programmes across the country run from strength to strength. So much work goes in from so many people to make these programmes the rich learning experiences they are. Huge thanks to all those involved, course directors, administrators, tutors, seminar leaders, guest speakers, markers, moderators, supervisors and of course the trainees. Feedback from the programmes remains consistently positive. Many report that their CAT programme provides an oasis of developmental space in a turbulent world. And of course, the CAT community continues to build because of these programmes.

The NHSE funded programmes began in three centres in 2023 with a fourth starting in the South West in 2024. These programmes have significantly expanded the number of training places available for CAT across the country. Along with all our other CAT programmes these are tremendously successful. The NHSE has now issued intention to tender notices for the next round of funding. Programmes in this round will start in 2027. Health Education and Improvement Wales (HEIW) have recently invited tenders for the provision of CAT training. They propose funding five places / health board in Wales. Fingers crossed that tenders will be successful and we will have funded places in Wales. This is very positive for CAT and a recognition of the value and efficacy of CAT by the NHS.

In addition to the practitioner and psychotherapy programmes, other CAT programmes are running. Several universities offer a one-year foundation programme as part of their doctorate training programmes for clinical psychologists. There is also increasing interest in CAT skills programmes and the application of CAT in non-clinical, non-mental health settings e.g. for supporting and developing leadership practices, team working and organisational understanding.

Much work continues to increase access to supervision. This is vitally important as the number of training places increases. The work includes, looking at provision across the country, encouraging more people to become supervisors and looking at different ways of providing and funding supervisor training. Through the new website we are also looking at increasing the visibility of those supervisors who are already qualified.

In conjunction with the Exam Board and the moderating group, the regular work of the TC continues monitoring standards, ensuring consistency across programmes and adapting and refining programmes in the light of changing contexts and new developments. In the last months these have included discussions around how to effectively involve Experts by Experience in training programmes, the importance of embedding equality, diversity and inclusion (EDI) throughout all aspects of training i.e. recruitment, content, marking, moderation. The EDI committee have been meeting with the moderator's group to share ideas about this. The implications of Artificial Intelligence (AI) in training are also on the agenda – a subgroup of the TC has developed guidance around this, and course directors are sharing their experiences of this rapidly emerging field. A further subgroup is looking at the diversity of clients required for practitioner and psychotherapy accreditation. ACAT accreditation enables those qualified to work with a wide range of clients, thus diversity in training is crucial. There is an argument that many 'specialist' services already work with a diverse range of clients and it can be difficult for people to access clients in different services. The group will report back to TC with recommendations in the coming months.

Work is currently underway to explore routes through which ACAT can become a Professional Standards Authority (PSA) accredited organisation. This is in the context of some NHS Trusts making this a requirement for certain roles. Again, a significant piece of work which will hopefully bear fruit in the next months.

A final piece of work occupying many on the TC as well as the wider organisation is the upcoming Organisation Member Review (OMR). This is the five- yearly process undertaken by the UKCP to ensure that ACAT's psychotherapy programme meets the necessary standards and that ACAT as an organisation has the necessary infrastructure, policies and practices in place to support and govern the training programmes. The OMR review takes place in October 2026.

Hopefully this report gives a flavour of the breadth and depth of the work of the training committee. As I said at the beginning this requires a vast amount of time, passion and commitment on the part of the many people involved. Thanks to you

Anne Benson | Interim Chair of the Training Committee

ACAT Examination Board Annual Report 2026 | Yvonne Stevens

I am pleased to report on another successful year of the Exam Board. The Exam Board has overall responsibility for the membership of ACAT, and we work to ensure that our members adhere to standards of competence in their clinical practice, which serves to protect clients and services 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 assessment of competence more permanently. As with all training and education establishments, we need to consider the challenges and benefits that generative AI presents for CAT training courses and assessment of therapeutic competence, there is much work to be done here.

You will have noticed some of the changes we have made to guidelines have become permanent and were perhaps overdue enabling the simplification of administrative and accreditation processes. 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. The Trustees, Rhona Brown, Maria, Ali and Louise in the ACAT Office have worked hard and with great enthusiasm to implement the new ACAT website, improving access to CAT resources and training course application and accreditation forms for trainees and course directors.

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.

We are pleased to see many trainee supervisors on the Modular Supervisor Training Programme reaching completion and seeking accreditation. The programme includes the 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 and the Supervision Competence Framework. 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 CAT Practitioner Trainings currently being run and funded in all seven NHSE regions.

Alison Jenaway has completed her first year as the ACAT UKCP Reaccreditation Assessor; we are grateful for her meticulous work on behalf of ACAT Psychotherapists who are also registered with 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 2025 audit. Paula has reported that 18 practitioners and 2 psychotherapists passed the 2025 audit, 5 have requested to be deferred. I am so grateful to Alison and Paula in helping to ensure that our members keep the required standards.

The total current membership of ACAT (including Friends, Non-practising and Retired members) continues to grow. Over the past twelve months we have accredited 82 CAT Practitioners, 6

Psychotherapists and 23 Supervisors and awarded 9 Foundation Certificates and 14 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 2025-26 a total of 9 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 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 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 2025 to March 2026

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

Supervisor

Anne Benson
Amy Thomson
Amy Wicksteed
Aoife Martin
Caroline Clarke
Ceara Geoghegan
David Hibberd
Dawn Peerbhoy
Emma Hodges
Harriet Heal
Jennie Larsson
Jess Daniels (Watkins)
Jonathan Lyons
Kate Grace
Lorraine Welch
Mark Dawson
Michael Napier
Nicola Begum
Nicola Kemp
Rebecca Chalmers-Wood
Rebecca Lamb
Sarah Sandles
Sharon Howden

Skills

Alice Maskery
Amber Plummer
Anthony Henderson
David Taylor
Elle Moss
Julia Harrison
Katie Taylor
Kelly Turner
Kirsty Macleod
Lee Goffett
Lisa Corless
Mel Crookall
Raquel Diez-Aries
Rebecca Barr

Practitioner

Angela Corcoran
Adrian Harasemiuc
Ali Wates
Alison Robertson
Amber Simler
Amy Povey
Becky Jenkin
Benjamin Green
Camilla Follows
Caoimhe McGeehan
Christine Cobley
Christopher Cartwright
Ciara Thomas
Daniel Meron
Dee Gabriel
Ellen Revell
Emily Hazell
Emma Mullin
Felix Clay
Frances Irwin
Francine Ruckledge
Gabby Le Geyt
Gayle Robinson
Gemma O'Brien
Greg Stocks
Harvey Brown
Jane Younger
Janet Keefe
Jannine Dowling
Jemma Chambers
Jessica McCarrick
Johanna Gledhill
Jose Mediavilla
Joseph Cleasby
Julia Betancour-Roth
Kate Fillingham
Katy Hughes
Kelly Vincent
Kezia Jones

Practitioner continued

Kirsty Lally
Laura Day
Laura Dovey
Liam Jones
Lisa Jones
Lisa Maltman
Liz Gilley
Lucie Thomas
Lynda Meina
Mairead Hughes
Marie Thomas
Michelle Marsh
Mirella Hopper
Natalie Lowe
Nina Melunsky
Olivia McCaw
Paul Matthews
Paul Matthews
Paula Hall
Rachael Line
Rachel Phoenix (Chevill)
Rebecca Knight
Rebecca McElroy
Rebecca Rose
Riannon Greig
Rob Woodhouse
Sade Sowemimo
Samuel (Sam) Taylor
Sarah Copp
Sarah Cottam
Sarah Jones
Shevaun Carter
Simi Pereira
Stephanie Davis Le Brun
Stuart d'Arch Smith
Sue McLaughlin
Suzanne Heffernan
Suzanne Nicholas
Tina Howard

Practitioner continued

Victoria Turkington
Walter Lenz
Wendy Brown
Zina Muftin

Psychotherapist

Elizabeth Haycock
Hayden Stothard
Jane Churchill
Kathryn Ford
Pamela Jameson
Paul Johanson

Foundation

Alice Thompson
Aneta Hamilton
Emily Brown
Hannah Hambury Young
James Southwood
Laura Scott-Lowe
Lauren Rooney
Natalie Brown-Kennedy
Sophie Darroch

ACAT Ethics Annual Report 2026 | Sally Bishop and Jackie Edwards

The Ethics Committee has continued over the past year to focus on strengthening and refining its processes and procedures, with the aim of ensuring that concerns and complaints are handled consistently, fairly, and with clarity for everyone involved. Building on previous work reviewing the ACAT Code of Ethics and Complaints and Concerns Procedure, we are pleased to report that a draft Whistleblowing Policy has now been produced, and we hope that this will be developed in collaboration with the Trustees and will shortly be circulated for feedback and comment.

This has also been a year of change within the Committee itself. We welcomed Jackie Edwards into the role of Clinical Chair of Ethics and are very grateful for the experience, thoughtfulness, and steady leadership she brings to the position. We are also delighted to welcome Anna Spencer as a new member of the Committee and look forward to her contribution to the work ahead.

Recruitment and succession planning remain important areas of focus for us. Like many committees, maintaining a balance of continuity alongside fresh perspectives is an ongoing challenge, and we continue to encourage both clinical and lay members to consider becoming involved. We were especially pleased that our presence at the ACAT Conference generated interest from a number of potential new clinical members, and we hope those conversations will continue to develop over the coming year.

The Committee has continued to support members and the wider organisation through a range of ethical queries, concerns, and complaints. This year our work has also been helped considerably by the introduction of a new IT system, skilfully implemented by Hayden Stothard, which has improved the management and organisation of our processes and communications.

As always, we remain aware of the changing professional environment in which therapists practise. Questions relating to technology, online working, and AI continue to evolve and bring new ethical considerations with them. These areas remain part of our ongoing discussions as we consider how best to support safe, thoughtful, and ethically grounded practice within ACAT. We are extremely lucky to have Cal Neild on the committee, with her strong expertise in the area of AI in therapy, who continues to keep us informed and up to date. We remain mindful of the need to assess and potentially to address these issues with the wider association in the coming year.

We will continue to contribute updates through the ACAT newsletter and remain keen to encourage wider engagement with ethics across the organisation, including among trainees and newer members of the profession.

Finally, we would like to thank all members of the Ethics Committee for the care, time, and judgement they bring to this work, often alongside many other professional commitments. We are also deeply grateful to Maria Cross and the ACAT office team for their continued support, without which the work of the Committee would simply not be possible.

Sally Bishop | Lay Chair of Ethics and Jackie Edwards | Clinical Chair of Ethics

ACAT EDI Committee Annual Report 2026 | Dupe Adu-White

As you will know from the last newsletter, I am stepping down as chair of the Equality, Diversity, and Inclusion Committee (EDIC). Therefore, this will be my last AGM report as the EDIC Chair. I am pleased there has been interest in taking on the baton, and hopefully I will be able to announce this at the June ACAT conference.

Although there will be a change to the chair, this does not move away from the continued work of the EDIC. I have had the privilege of being able to work with a committee who have been compassionate and supportive in the development of EDI across ACAT, as well as with my role as chair. Over the years people have given up their free time and made themselves available to ensure EDI is integral in CAT training, research, clinical work, and ethos. Thank you, Hilary Brown who started this process, Julie Lloyd, Rhona Brown, Lawrence Welch, Angela Coshland, Krystina Jacobs, Jane Cawdron, Lorraine Welch, Salome Mare-Walsh, and Louise McCurdy.

I am grateful for this and the many people outside of the committee who have been and are supportive in promoting EDI across ACAT. Included in this is Jessie Emilion whom I would like to say a big thank you to. I have found working with and learning from her invaluable, both as a friend of EDIC and chair of ACAT.

Over the past year we have been working on how we can broaden the support to ACAT members in the current socio-political and environmental climate, and with this in mind, and as requested, we have held another 'Open Space Real Talk', which we are hoping to facilitate around three times a year.

The informal and confidential support system offered by EDIC, relating to any struggles or concerns members may have about discrimination within ACAT is also 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 via chair.edic@acat.org.uk (please put 'EDI 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.

We continue to look at ways we can support members around EDI within their clinical and training practice. So, we continue to welcome feedback, and suggestions on how we can further develop EDI across all areas of ACAT, as well as recruit more members to the committee, to help enable this. If people are interested in joining the committee, you can send an expression of interest, and request an informal chat, to the EDIC Chair via the email chair.edic@acat.org.uk

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

Agenda item 11

ACAT's Representatives to HIPC/UKCP Annual Report 2026 | Mary Wilson-Verrall and Sarah Huish

Mary Wilson-Verrall and Sarah Huish have both agreed to represent ACAT as part of the UKCP Humanistic Integrative Psychotherapy College (HIPC) and were supported by Jessie Emillion at their first meeting on 28/7/25. Post UKCP organisational consultation.

UKCP current work streams are based around the Statutory Regulatory Framework, mental health familiarising guidance, HIPC supervision standards of education, training and practice for supervision and EDI and BIDE discussion and sharing.

It has been agreed that UKCP is now minded to support the introduction of some form of statutory regulation for psychotherapists and psychotherapeutic counsellors. It's important to stress that no specific model of regulation has yet been decided. The next phase of work will focus on exploring potential models. A recommendation will be brought to the Board for consideration.

The regulatory framework will explore if SETs are compliant with the SCoPEd Framework: <https://www.pcpb.org.uk/wp-content/uploads/2025/04/SCoPEd-Framework-January-2022-amended-2025.pdf>

The next piece of work has been around the Mental Health Familiarisation Guidance (MHFG) which is currently being used for this academic year. Hillary Beard has implemented changes required to accommodate this within the IRRAPT course. Another workstream has been exploring the standards of education training and practice for supervision. Yvonne Stevens has already made changes to ACAT's supervision training to accommodate this, and ACAT is already an HIPC UKCP approved supervision training provider.

Jessie Emillion has been part of the Coalition (including UKCP and BACP) for Inclusion and Anti Oppressive Practice commissioned, and they developed the: *Race is complicated: a toolkit for psychological therapies training* to increase diversity in the counselling, psychotherapy and psychology professions by challenging the whole sector to be more inclusive:

<https://www.psychotherapy.org.uk/news/race-is-complicated-toolkit/>

This came to the training committee in 2023/24 and all ACAT course directors were informed of the tool and many have now completed the training. This was a great resource and can be on demand (re-accessed as needed).

TADF Training and Consultancy for Helping Professionals, Training Providers, and Organisations is also for anyone who wants improvements in the mental health profession (access, inclusion, quality experience, and improved outcomes) for all and especially for those who have been historically or situationally marginalized because of their socio-economic status, race, religion, ethnicity, trans, sexual and gender identity, neurodivergence, disability, mental health, language, citizenship, and class: <https://tadf.co.uk/>

UKCP Organisational Members Review (UKCP OMR)

This review takes place every 5 years to ensure ACAT meets the standards for UKCP membership. This review is to ensure ACAT continues to meet UKCP's quality framework as training and accrediting organisations. Dawn Bennett has been leading on this for a number of reviews in her role on the Training Committee. Dawn has been supporting a working group that are leading on the review for 2026 with the aim to hand this over for future reviews. The group is made up of trustees, our new chief

executive officer, course director of IRRAPT, and a course director from the practitioner training. This year with the updates to the website we have been able to streamline the document, which is made up of different sections and questions that need responding to including evidence documentation. We now have used where possible links to the ACAT website to help provide evidence to the necessary documentation, which will make future reviews easier. The date of the UKCP OMR will be 24th September 2026 and they will visit (on-line) IRRAPT during the June residential.

Professional Standards Authority (PSA)

The Training Committee have raised significant concerns regarding CAT practitioners that do not have a core profession or do not come under a recognised PSA regulating body such as BCAP or UKCP. They will no longer be able to offer therapy within the NHS. This has been raised with the Board of Trustees. Suggestions have been put to ACAT on how we can pursue registration for our CAT practitioners to be registered via UKCP. Jessie Emilion has set up a working group to lead on this, and the first meeting of the working group was scheduled for 11th May 2026.

Due to unforeseen personal reasons Sarah has needed to step away from this role and ACAT will be looking to identify a new representative to work alongside Mary.

Mary Wilson-Verrall and Sarah Huish | ACAT's Representatives to HIPC/UKCP

Agenda item 12

Reformulation Annual Report 2026 | Ceara Geoghegan, Claire Moran Alison Jenaway, Carol Gregory, Susie Black

In the past year Reformulation continues to benefit from input and support from several volunteers bringing different skills and expertise to all aspects of the editing process. We meet regularly to share ideas for upcoming issues and offer updates on how the articles we are responsible for editing are coming along.

Ceara Geoghegan and Claire Moran continue to take on overall responsibility for the journal, gaining hands on experience thanks to a steady production flow in the role of lead editors. Alison Jenaway and Carol Gregory continue to contribute as assistant editors, where their support is requested. We also continue to benefit from additional assistance from Susie Black, who offers a bridge between Reformulation and the Board of Trustees. Susie has also been offering her help with encouraging potential writers to make contributions as well as editing too. We also owe gratitude to Alison Marfell who continues to assist with final checks and liaising with the printers, balancing many other demands of ACAT and elsewhere!

We continue to curate journal content congruent with our aim of elevating many voices, sharing different perspectives and unique adaptations. One way we have showcased this recently is by drawing attention to areas where Cognitive Analytic Therapy is embarking on new ground.

We appreciate the expressions of interest for articles from ACAT's membership. The variety of articles and specialisms contribute to the diversity and variety of information in each issue. We thank all who have contributed this past year and encourage the ACAT community to continue to put their thoughts on paper. We continue to be available to offer guidance and constructive feedback on initial drafts, in keeping with deadlines for the Winter (end of September) and Summer (end of April) issues.

As always, we are open to discussing potential opportunities to join the editorial team too. If you are interested, you are welcome to email us at: Reformulation.journal@acat.org.uk and we can take it from there.

Ceara Geoghegan, Claire Moran, Alison Jenaway, Carol Gregory, Susie Black | Editors of Reformulation

Agenda item 13

ICATA Annual Report 2026 | Situation Vacant

A report was not available at the time of publication.

Agenda item 14

Report on Data Protection Compliance 2026 | Niyati Walia

This report provides an overview of ACAT's current data protection framework, with a particular focus on the status of key documentation and any relevant developments. It highlights updates, areas of progress, and considerations arising from data protection risks, including any identified data breaches or incidents, and how these have been addressed to strengthen compliance and governance.

ACAT has established a comprehensive suite of data protection documents to support compliance with UK GDPR, the Data Protection Act 2018, and related regulations. These documents collectively ensure responsible data handling, accountability, and risk management across the organisation.

Core Policies

ACAT maintains key policies that define its approach to data protection. The Data Protection Policy outlines principles, lawful bases, and staff responsibilities when handling personal data. The Retention Policy specifies how long different types of records are kept and ensures timely and secure disposal. The Breach Management Policy sets out procedures for identifying, reporting, and responding to data breaches in line with regulatory requirements. The Subject Access Request (SAR) Policy provides guidance on responding to individuals exercising their right of access within statutory deadlines.

Compliance Documents

Supporting these policies are operational compliance records. The Privacy Notice is ACAT's primary public-facing document, explaining how and why personal data is processed and outlining data subject rights. The Record of Processing Activities (ROPA) maps all processing activities, including lawful bases, data sharing, and retention periods. The Appropriate Policy Document underpins the lawful processing of special category data. Additionally, the Activities, Incidents and Risk Log tracks breaches, SARs, and compliance issues to ensure oversight and timely responses.

Templates and Assessment Tools

ACAT has structured templates to support compliant data practices. These include Data Sharing Agreements (controller-to-controller), Data Processing Agreements (controller-to-processor), Legitimate Interest Assessments (LIAs), Data Protection Impact Assessments (DPIAs), and Transfer Risk Assessments (TRAs). These tools help evaluate risks, define responsibilities, and ensure lawful processing.

Guidance Materials

Practical guidance is provided on key areas such as the use of artificial intelligence, social media, and conducting DPIAs and LIAs, supporting consistent application of policies.

Data breaches and incidents

Data breaches are incidents wherein personal data held by the organisation is in possession of unauthorised individuals. These leaks can be internal or external. The severity of the breach depends

on the risks to the rights and freedoms of data subjects involved. Other incidents can involve the exercising of rights by data subjects such as erasures, rectifications, subject access requests.

In the 2025-2026 period, no breaches were reported in ACAT that required escalation to the ICO. In conclusion, ACAT is well positioned to continue strengthening its data protection framework through the ongoing development and refinement of its policies, documentation, and practices. We look forward to working collaboratively to build on the existing foundations and to support continued compliance and best practice. We also welcome the opportunity to work with the new CEO, Anne Phipps, and understand that, as part of her role, she will be reviewing the organisation's GDPR documentation. This provides a valuable opportunity to ensure that all materials remain up to date, aligned with current and new regulatory expectations (under the Data Use and Access Act 2025) and reflective of ACAT's operational needs going forward.

Niyati Walia | Data Protection Officer, Hope & May

Agenda item 15 Resolutions

None received.

Agenda item 16

Elections to the ACAT Board of Trustees 2026

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 seven trustees

Jessie Emilion – Chair

Hayden Stothard – Vice Chair

Anne Benson

Susie Black

Karen Shannon

Sue Yabsley

Will Draper – Acting Treasurer (lay)

Jessie Emilion will step down as Chair and will be standing for election as a trustee.

Anne Benson is standing for election as Chair of ACAT.

Sue Yabsley will step down as a trustee and will not be standing for re-election.

Simon Vearnals stepped down as a lay trustee in March 2026 and will not be standing for re-election.

Will Draper was co-opted by the Board and will be standing for election as Treasurer (lay).

At this AGM there are two vacancies for trustee with office: Chair of ACAT and Treasurer.

There are seven vacancies for trustees without office.

Two trustees may be lay people.

The following nominations have been received for election by the membership to the Board:

1. Anne Benson (Trustee) standing for election as Chair of ACAT, a trustee with office.

Nominated by Jessie Emilion.

My involvement with CAT began with my Practitioner training in 2007, although I was around Guys and St Thomas' in the 1980s and CAT piqued my curiosity then. I completed the IRRAPT programme in 2016 and recently qualified as a supervisor in 2025. I joined the board as a trustee in July 2024. For the last year I have been interim chair of the training committee. I have been a member of the ethics committee and was one of the founder members of the Equality and Diversity committee. I have a small private practice as a CAT psychotherapist, and I run a supervision group.

Alongside my clinical work, I work 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 around organisational change primarily is with the NHS and social care systems, although I have significant experience of working with voluntary and corporate sector organisations. This experience and understanding of organisational life and its associated dynamics is something I can usefully bring to the role of ACAT chair.

ACAT is at an exciting time and a time of change with the expansion of CAT trainings across the country and an ever-increasing interest in the application of CAT in a variety of settings. We are also in challenging socio-political times with increasingly polarised political positioning, rising demands on a stretched health and social care system and many people struggling to make ends meet and feeling disenfranchised and demoralised. It feels important in such a challenging and autocratic context that ACAT continues to hold true to its values. Those of creating compassionate spaces for dialogue, valuing creativity and different perspectives and remaining accessible and inclusive with a commitment to social justice. These are the values that drew me to CAT and continue to motivate me. As a leader I take a collaborative approach. I like to work to bring people together with their different experiences, expertise and enthusiasms to promote discussion and generate the best ideas. I also believe in clarity around role, purpose and task, and the need for clear systems and processes to enable us to work together to create a rich and sustaining community for our members.

Issues I feel are important for ACAT to pay attention to in the coming months include developing our strategy, budget and business plan for the next few years, clarifying roles and our internal communication and organisational processes, continuing work around Professional Standards Authority (PSA) accreditation and exploring ways in which members can connect around issues of value and importance to them, i.e. build and strengthen our membership community. If I were elected, I would work with relevant others within ACAT to address these issues, be that the Board, the CEO, Council of Management, the different committees and the wider membership community.

I live in Leicester with my partner Deborah. I have a stepdaughter, daughter in law and two young granddaughters in Todmorden and a stepson in London. Lots of travelling up and down the M1. We have an allotment which suffers slightly from benign neglect but continues to produce fruit and vegetables for us. I love being outdoors, so holidays are often walking, with proper attention given to good food, good conversation and a good book.

It would be an honour to serve as chair of ACAT. My involvement with ACAT to date has meant working alongside many great people, learning along the way. I would like this to continue and feel I have a contribution to make.

2. Will Draper, standing for election as ACAT Treasurer, a lay trustee with office

Nominated by Stephen White.

Will Draper has been co-opted as Acting Treasurer by the Trustees and is looking to be formally elected by the membership at this AGM.

3. Caroline Greenwood Dower, standing for election as a trustee without office

Nominated by Alison Jenaway.

I have been a member of the ACAT community since 1999, after first encountering ACAT through a strategy project initiated by the then Board in 1997. ACAT and now ICATA are important professional communities for me and the CAT model is at the heart of my integrative psychotherapy practice, supervision and trainings. I am delighted that the Strategy is being refreshed, clarified and enacted. I feel that this is an exciting moment for CAT. There is potential for further flourishing in the model's varied settings and applications. This is a moment when I have the time and space to contribute – which I seek to do here as both a CAT Trustee and in my contribution to the development of the International Journal. I bring experience from practice, supervision, training and research in universities, the NHS and in private practice, wider experience as a Trustee in education and arts organisations and a professional background in strategy, finance and organisational development. I hope to be part of the next stage of ACAT's development in its dual role of governance and community development, and to restore the role of the Board of Trustees as oversight of appropriately staffed and remunerated operational roles.

4. Deborah Russell-Carroll, standing for election as a trustee without office

Nominated by Hilary Beard.

I have worked as a Principal Psychologist Manager in the Irish Health Service for over thirty years. I was clinically and operationally responsible for the work of over fifty psychologists in the Dublin South Central area of Ireland spanning, mental health, primary care and disability psychology services. I am currently a Chartered Member of the Psychologist Society of Ireland (PSI).

I completed my practitioner training in CAT in 2004, psychotherapy training in 2007 and supervisor training in 2008. Previous roles in CAT include Chair of the Irish Association of CAT (ICAT), Executive member of the International Cognitive Analytic Therapy Association (ICATA) as well as Chair of the Training and Standards Committee in ICATA. I have been a trainer and marker in CAT skills courses as well as both level one and level two practitioner training in India, Malta and the U.K.

My primary interest is in the area of the dialogical self particularly in the area of Abuse and Trauma.

5. Dupe Adu-White, standing for election as a trustee without office

Nominated by Jessie Emilion.

I have worked within the NHS as a registered mental health nurse and a CAT practitioner / accredited CAT psychotherapist for almost 25 years, in total, 20 years of this has been as both a mental health nurse and CAT practitioner / psychotherapist - how time flies! I am an accredited CAT supervisor and until June 2026, for around 8 years, I have had the privilege of being the ACAT Equality, Diversity, and Inclusion Committee (EDIC) Chairperson. Within the NHS most of my experience has involved working in senior roles in specialist areas such as eating disorders; community mental health services; personality disorder services; working psychologically with long-term conditions (LTC); and psychiatric forensic services. And currently work as a Principal CAT Psychotherapist within psychological services with the NHS. This has allowed me to work collaboratively with a wide range of diverse groups; gain a wealth of knowledge, experience and skills in assessing risk; formulating care plans which offer a mode of treatment; developing services; and being a positive role model for working with a variety of complex conditions; as well as gain extensive experience of managing and supervising a diverse range of staff.

Within my ACAT EDIC chair role, my activities have involved, with my colleagues, the Black History Month events, continuing to improve EDI within training and across ACAT, and teaching around EDI. I feel these experiences and knowledge will be valuable to the role of a trustee, as I also hold some of the history and culture of CAT development, innovation and practice, and take great pride in being able to support continued development of CAT practice especially within the political and societal make up of today's world.

6. Jane Churchill, standing for election as a trustee without office

Nominated by Stephen White.

I am currently working as a CAT Psychotherapist in Somerset Foundation Trust, having recently graduated from the IRRAPT course. The training experience in CAT is the best training I have ever done, and I find it such fulfilling work. I am very motivated to work with ACAT to further develop its standing in the psychotherapy community. I am particularly interested in the current discussion around CAT practitioner training and how this can have recognition within the Scope Ed framework.

I have worked in other sectors prior to training in CAT and working in the NHS; ten years in Further and Special Education, and fourteen years as a Civil and Family Mediator. In this sector I worked for a few years as a freelancer, three years as a director of a large South West based limited company and four years as a partner of a smaller practice. I later trained as an integrative psychotherapeutic counsellor and delivered counselling in a community low-cost service as well as to private clients. I hope this breadth of experience is valuable and that I can contribute something useful as a trustee with ACAT.

7. Jessie Emilion, standing for election as a trustee without office

Nominated by Sue Yabsley.

I joined the CAT community in 2002, qualifying as a CAT psychotherapist and supervisor in 2008. Since then, I have contributed to CAT training and development for over two decades. For more than ten years, until 2020, I was the seminar leader for the Oxford, North London and St Thomas's Practitioner Programmes. I continue to lecture and teach CAT nationally and internationally, including in the UK, India, Qatar and Malta.

Although CAT has evolved on many levels the fundamental core values and beliefs based on the importance of our early life, history, social context, collaboration, inclusivity and relationships still remains at its centre. It's these values I am drawn to as they sit right in my heart, ground me professionally.

As an Asian woman who has lived and worked in the UK for over 30 years across the NHS and the third sector, I bring broad, diverse and intersectional experience. These experiences equip me to support, collaborate, lead and navigate the complex social contexts in which psychotherapy is situated. My areas of expertise include working with the Global Majority, and addressing power, privilege, disparity and inequality across organisations, systems and the wider psychological therapy profession.

I have held several national leadership roles in equality, diversity and inclusion. As former Co-Chair of the UKCP HIPC EDI Committee (2021–22) and now a member of the HIPC EDI Working Group, I played a central role in developing EDI training guidance for psychotherapy. I also contributed to the UKCP EDI Task Force, helping shape the UKCP EDI Strategy.

Within BACP, as a member of the EDI Task and Finish Group (2020–25, 2025–28), I have contributed to EDI strategy development and supported the embedding of the BACP BAME Mentoring and Leadership Programme. I also represent BACP on the Coalition for Inclusion and Anti-Oppressive Practice, which is developing an EDI toolkit for counselling and psychotherapy trainers.

In 2025 I was elected as a Vice President of BACP, a key role through which I promote the counselling and psychotherapy profession across statutory sectors, commissioning and policy makers.

Since 1997, I have held a range of NHS roles, including Comprehensive Counselling & Psychotherapy Service Manager, interpreter, advocate and counsellor. Clinically, I have worked across primary care, secondary care and inpatient services. I am currently Consultant Psychotherapist and Mood and Personality Psychology and Psychotherapy Lead in Southwark, South London & Maudsley NHS Foundation Trust. These clinical, managerial and leadership experiences — and the transferable skills they bring — are what I offer ACAT as a trustee.

I was elected Chair of ACAT in 2023, an honour and responsibility I approached with integrity and clarity. During my term, I worked alongside dedicated CAT colleagues to promote CAT and strengthen ACAT as an organisation. Like all leadership roles, it brought both challenges and rewards, offering valuable insights into organisational culture and processes. ACAT has undergone significant developments; a new website, recruitment of a CEO, appointment of a lay treasurer, clarity around roles, parity around contracts to name a few. Exciting times ahead for ACAT with CAT being recognised widely as a relational model, with more expansion of CAT trainings nationally and internationally. I am grateful for the support I received from members and colleagues throughout my term.

I am standing for the role of Trustee to support the incoming Chair as they settle into the role. My predecessor offered me this support when I became Chair in 2023, and it proved invaluable. I would be honoured to offer the same continuity, stability and collaborative leadership to ACAT at this important moment in its development and change.

8. Scott Ankkrett, standing for election as a trustee without office

Nominated by Stephen White.

I am a clinical psychologist, CAT practitioner, and incoming supervisor currently working within a tier 3 CAMHS service. After using CAT within adult mental health and stroke rehabilitation, I am passionate about CAT for young people. Developing the CAT provision within our service and demonstrating its helpfulness has been a priority of mine. This has supported the development of adolescent-centred CAT resources, quality improvement projects, and a recent publication of all available evidence for CAT within CAM HS populations. My hope of being a trustee is to support the developing reach of CAT across ages and systems, and to hold the voice of young people in future CAT innovation and training. I feel energised in response to the prospect of giving back to ACAT, and to the future of CAT.

9. Stuart Smith, standing for election as a trustee without office

Nominated by Stephen White.

I'm Stuart and I'm in the process of qualifying as a CAT psychotherapist. I'm a psychologist by background and I currently work as a principal clinical psychologist within the NHS in the Southwest in adult mental health. I enjoy the breadth of adult mental health and the flexibility and creativity of how CAT can be applied to different challenges. I have experience in specialist areas such as drugs and alcohol and persistent pain, and over the years I've developed a strong interest in how relational thinking and practice can influence and shape systems of care.

During the psychotherapy training I've developed a keen interest in the way social and cultural views about groups get re-enacted within individual relationships and shape ways of relating both individually and systemically. For me the CAT community has been one of the most sustaining and nurturing parts of my development as a therapist and see ACAT as a structure that supports and sustains that community. My hope is to find ways to continue the ongoing working with spreading awareness and interest in CAT. Along with inspiring a passion for CAT in the way that my teachers and mentors have done for me.

ACAT Statistics

(at time of compilation)

Membership

Trainees	353
Practitioners	784
Psychotherapists	112
Retired	18
Friends	23
Private Practitioner Listings	314
Private Supervisor Listings	85

Events April 2025 to March 2026

Number of introductory courses	4
Number of delegates on introductory courses	84
Number of CPD courses run by ACAT	3
Number of delegates on these ACAT courses	42
Trainers & Supervisors Event delegates (March 2026 residential)	27
Number of Relational Skills in CAT Supervision course	1
Number of delegates on Relational Skills in CAT Supervision course	10
Number of CPD courses run by local groups with booking through ACAT	0
Number of delegates on the courses	N/A
ACAT bespoke course	0