

BSCAH COUNCIL MINUTES 16<sup>th</sup> May 2015 12.30pm

Royal Over-Seas League, Green Park, London

Present: Les Brann (President), Grahame Smith (Chairman), Ann Williamson (Hon Treasurer), Peter Naish (Chair Ac & Ac), Jane Boissiere, Mike Capek, David Kraft.

- 1) Apologies for absence from David Houghton, Zoita Mandila, Caron Moores (acting Hon Sec), Jean Rogerson and Charlotte Davies.

- 2) Minutes of previous meeting

Proposed as correct AW, seconded PN – carried.

- 3) Matters arising:

The new BSCAH leaflet is awaiting the new information from Midlands regarding the Diploma before going to press.

Latest IAPT figures on website are from 2012 and show that significant work was undertaken with 60% of referrals and of these 45% 'recovered'. So with mild to moderate symptoms only 27% received benefit.

**Ann** to approach Balens for advertising material for the new website.

Peter will put a link on our website to the Psychosomatic conference in Glasgow.

- 4) Chairman's address – None

- 5) Matters arising from Reports

**Hon Secretary – Ann** to send DK the role requirements for Hon Sec as he might have some younger members of the Branch who might be prepared to do the job.

**Les** to approach Kathryn Woodward first to determine whether she is prepared to take on the Hon Sec role.

**Grahame** will do the National Secretary's appraisal.

We should go ahead with cancelling the premium telephone number now the mobile number has been distributed to relevant organisations.

**Hon Treasurer** – it was decided to reinvest £30,000 in Julian Hodge Bank as we need around £20,000 for the website.

The cost of PayPal was discussed and this will be kept under review.

The accounts were accepted and signed off by LB and GS.

**Academic and Accreditation Sub-Committee** – Council agreed that decisions taken by Ac & Ac could be made on a majority basis. Membership applications need only come to Council if a majority decision cannot be reached.

Les and Peter are working on a research proposal and are hoping to set up a Research & Development group. **Peter** is to approach Prof Leslie Walker to see if he would be interested in joining this. They are intending to write a grant application for their proposal to NIHR and others. They will also write an article in the Newsletter. (**Les/Peter**) Outcome measures to be used were mentioned such as GAD7, PHQ9, BDI, and MYMOP.

Ac & Ac also like Mike's Research proposal 2 (1 is similar to that proposed above) and it was felt that this would be suitable as a Master's level student project. It was suggested that sponsorship might be obtained from MIND or Rethink.

**Communications Officer** – Jane gave a review of activities undertaken over the last year.

The one day workshops were discussed. **Ann** to send GS the Pain workshop flyer electronically. It was suggested that Pain teams could approach pharmaceutical companies to sponsor these. **Ann** is also going to explore pursuing RCGP Accreditation for the workshop and/or Foundation training.

There was discussion as to whether we should use a company to get e-mail and/or postal addresses of GP surgeries. No decision made at this time but this could be something we wish to pursue in the future.

David K has U-tube clips on his website and this might be something we could explore doing with the new BSCAH website. Ann stated that we intended to embed our GPTV slot in the new website.

There was mention of CICs (Community Interest Companies) and this also may be something we need to explore in the future so that we are able to pay members to run workshops etc if we are unable to get sufficient numbers to do so on a voluntary basis with the honorarium of £200 a day.

The GPTV programme looks promising especially as we can suggest members to be interviewed on their uses of hypnosis within their respective fields. Peter, Ann, Charlotte, Les, and Eamonn Coveney are already 'on board'. It was also suggested that some past trainees might be interviewed to give their opinion on the Foundation training and Diploma.

Jane needs some administrative assistance, preferably based in the London area and will develop this as a proposal. It would be great if a younger member with marketing and/or media experience would be prepared to help and a request will be sent around the membership and a bit put in the next Newsletter. If there are no offers by the next Council meeting then we will look towards employing a paid assistant. Mike will send Jane some forms that might help us determine the skills needed (**Jane/Ann**).

**Development Officer** – It was decided to review the Essay competition next year if we do not get a higher number of entries. It was also suggested that it might be more suitably directed at Trainees rather than students.

**Mike, Ann and Peter** are to complete the BSCAH response to the Mental Health Taskforce initiative and get National Office to e-mail it tomorrow morning, Sunday.

**Ethical officer** - nothing to report

**ESH/ISH officer** - Ann reported that ESH 2017 was on track with a telephone conference scheduled for next week followed by a face to face meeting in Glasgow at the joint conference. It was agreed that a limited company should be set up for the conference and that Ann and Cath

should be the Directors. Council was asked to think about whom we could approach for sponsorship and a couple of speakers who might prove a draw that we could book early and advertise on the preliminary flyer. HRH was suggested.

Applications for ESH membership – No 1 was not received and the attachment No 4 could not be opened. BSCAH would approve the applications from BAHH and IMHETO. Whilst we note the length of training for Ericsons's Baltic Society for Clinical and Experimental Hypnosis we are a little concerned by the inclusion of social sciences such as economics, political science, and demography in their eligibility criteria. We would hope to have confirmation that membership is only allowed post training in which case we would give our approval.

**Website** – Web link sent in e-mail from Consort. It was suggested that comments should be sent to **Ann** for collating and forwarding to Consort by the end of next week.

**Ann** to check the SomCom contract to see if there was a required period of notice of cancellation.

**CH & IT** – Peter reported that most of the submissions for CH &IT were from Europe and many needed a lot of editing to improve the English. It is averaging at two issues a year at present.

**Newsletter** – nothing to report

- 6) **Annual conference 2016** – After discussion it was decided that Sleep Disorders would be a more popular topic in the present mental health context than performance enhancement. Neil Stanley was mentioned as someone who could talk on sleep physiology and the effects of sleep deprivation. It was agreed that we should have one day of talks from academic researchers (paid) and Diploma students and one day of advanced workshops as well as one day with paid speakers on the chosen topic.

It was decided that couples attending the conference should be given a 50% discount on one of their conference fees.

- 7) **AGM 2015** – if not quorate we will still hold the AGM but decisions will not be able to be made. No motions have been received to date.
- 8) **Future developments** – Midlands policy request. IOC guidelines need to be checked (**Ann**). **Grahame and Ann** will liaise to write a formal financial and information governance policy as we don't actually have this in writing at present.
- 9) **AOB** - David K discussed open access publishing where people pay to publish but then it is viewed for free and wondered whether this would be suitable for CH&IT. Peter thought that contributors would not pay to publish. It was also suggested that we should PDFs of past published papers on the website (?Members only) (**Peter/David K**)

- 10) **Date of next meeting** - Saturday 17<sup>th</sup> October 2015