



# ANZACATA

The Australian, New Zealand and Asian  
Creative Arts Therapies Association



annual  
report  
2020

**ANZACATA**

Australian, New Zealand and Asian  
Creative Arts Therapies Association

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# 1. ANZACATA Statement of Purpose and Values

In 2020, the Board of ANZACATA reviewed its mission, aims and objectives and while maintaining its adherence to the spirit of those aims and objectives, it also wrote a simple statement of purpose and it prepared an accompanying statement of its values.

## ANZACATA Statement of Purpose

The Association exists to support, serve and advocate for its members and to uphold and enhance industry standards and professionalism.

## ANZACATA Statement of Values

The Association values:

- Creative expression as a human right
- Arts as central to the therapeutic process
- Embracing diversity and connection
- Promotion of wellbeing and enhancing human potential
- Ethical decision making and respectful communication
- Arts based research
- Working safely and ethically



*Creative Gathering 2019 Brisbane Symposium. Image credit: K. Dempsey*

## 2. ANZACATA Strategic Priorities

In 2020 the Board of ANZACATA undertook a review of the existing 2018 strategic priorities and found them to be still relevant and appropriate.

STRATEGIC PRIORITIES	OBJECTIVES
Organisational Sustainability	Maintain a sustainable organisation that is adequately resourced and accountable to its members
Government Relations & Advocacy	Be the voice for members and the profession and partner with governments to drive policy and shape the current and future direction of creative arts therapies
Professional Standards	Enable and support our members to uphold professional and ethical standards to foster trust amongst those that use creative arts therapy services
Member & Stakeholders engagement and communications	Collaborate with our members and proactively build relationships with professional organisations and key stakeholders to promote our profession
Professional Development	Inspire a culture of lifelong learning for creative arts therapists and provide our members with accessible and relevant professional development and learning opportunities of a high standard to meet their professional practice needs now and in the future.



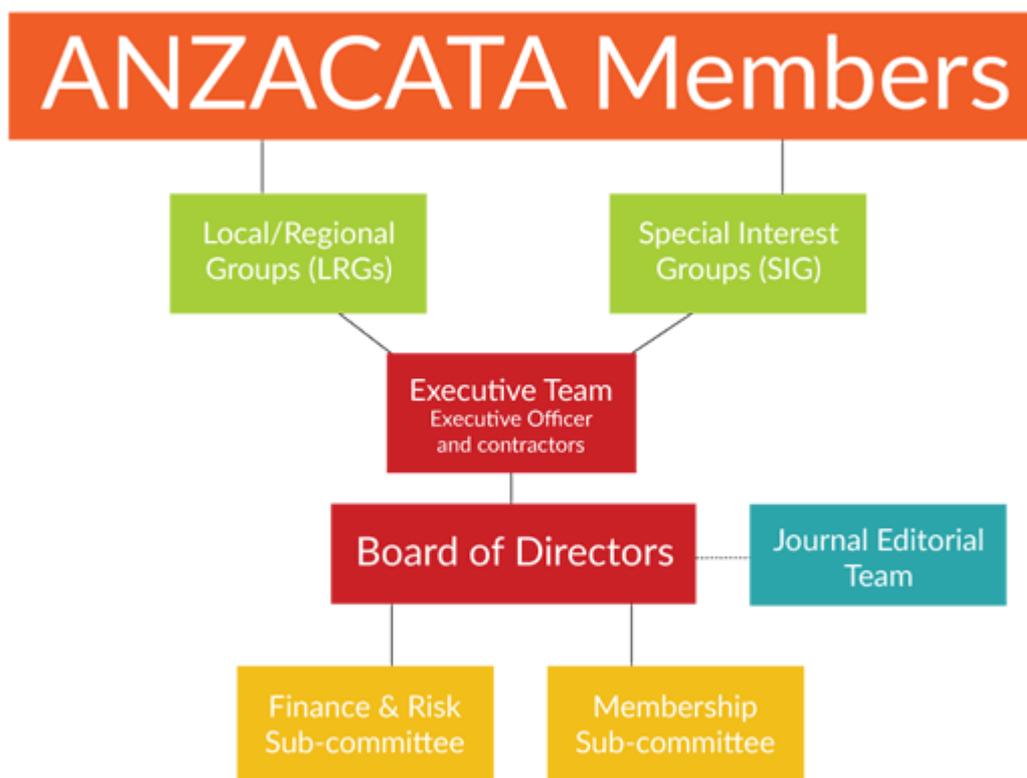
Image credit: A. Morgan

### 3. Governance and Structure

In the second half of 2019, the Board of ANZACATA undertook a review of its requirements to undertake its governance role diligently and this process included an audit of its skills. It was determined that the Board needed further skills in governance, finance and company law and it was noted that the Board had no member located in Asia. The Board agreed subsequently to appoint a co-opted member with expertise in governance and financial matters and after advertising and interviewing, it welcomed Christine Fitzherbert to fill this role in May 2020.

Also, in late 2019 and into 2020, the Board reviewed its rather complex organisational structure in favour of a simpler design. It changed the name of its member groups from 'College' to 'Special Interest Group' and it developed terms of reference for both Special Interest Groups and Local and Regional groups. The new names better reflected the purpose and activities of both local groups and special interest groups which arose from members getting together around common interests or creative arts therapy modalities. Both SIGs and LRGs are eligible for grants to help them offer events for members. The most active SIGs have been the Supervision SIG, which has worked during 2020 to develop a pathway towards recognition of ANZACATA members as supervisors of other members and the Education SIG, which is now reviewing how courses are recognised by ANZACATA as appropriate training for members.

A significant change to the governance of the Association occurred in early 2020: the ANZACATA peer reviewed Journal moved its home to Western Sydney University. The University now both houses the Journal and undertook its production in 2020 with a grant from ANZACATA. The Board agreed to allow a change of name for the Journal from ANZJAT to JoCAT (Journal of Creative Arts Therapies) and for the journal to be open access and online with its own website.



## 4. Report from the Chairperson of the Board of ANZACATA

As Chairperson of the ANZACATA Board I would firstly like to acknowledge and pay my respects to the traditional custodians of the land where I speak from, the Wurrundjeri peoples of the Kulin Nation. As an organisation with members in Australia, New Zealand, and Asia, I also acknowledge the first nations peoples across the places we meet and work on. I pay our respects to them, their cultures and their Elders past and present.

From July 2019 to the present, the Association stabilised its membership numbers and the Board concentrated on both improving its financial oversight, increasing its governance skills and reviewing all the policy documents it has in place – many of which were inherited from ANZATA prior to the creation of the new Company in 2018.

As noted elsewhere in this Report, the Association simplified its structure, co-opted a new Board member, produced a comprehensive budget for how it would spend money in the best interests of members and reviewed many policy documents including Continuing Professional Development, Supervision and the pathway process, a new social media policy and simplifying membership levels.

The Board is used to working online as we are all in different time zones, states and countries. It was disappointing that we could not hold a symposium or any other larger face-to-face event in 2020 due to COVID-19, but every cloud has a silver lining, as we offered many more events and activities for members online during the year. We learned that while it is helpful to meet face-to-face and that sharing physical space with one another can reduce the isolation members can feel, that with members spread across four countries and very wide geographic spaces, online can work very well to inform us, keep us connected and help us to continue to learn from each other across the globe.

In 2019, the Board of ANZACATA embarked on a review of its requirements to undertake its governance role diligently and this process included an audit of its skills. It was determined that the Board needed further skills in governance, finance and company law and it was noted that the Board had no member located in Asia. The Board agreed subsequently to appoint a co-opted member with expertise in governance and financial matters and after advertising and interviewing, it welcomed Christine Fitzherbert to fill this role in May 2020. Christine has been on many Boards in the not-for-profit sector and has been a senior manager of two large hospital systems. She is experienced in strategic planning, governance, financial oversight and legal and industrial relations matters. Her most recent Board experience is on government appointed Boards. She is an AICD (Australian Institute of Company Directors) graduate and has done further study with AICD taking out a Diploma in Finance (specifically for Board members). She has a Master of Business. Christine brings a wealth of experience and has already been invaluable to the Board.

In March 2020 we farewelled Amanda Woodford, who left the Board to focus on completing her professional doctorate and to fill the casual vacancy we welcomed Joanna To. Joanna is an Arts Therapist in Hong Kong and before re-training as a therapist, she held senior positions in marketing and communications in large companies in the Asia-Pacific region. She brings her considerable skills in communications to the Board.

In early 2020, the Board decided to create two sub-committees and all Board members serve on one or the others of these. They are the Finance and Risk Sub-Committee of the Board and the Membership Sub-Committee of the Board. They each meet monthly and allow the Board itself to meet bi-monthly examining strategic directions more effectively and leaving detailed discussion of financial and membership related issues to the Sub-Committees (which report back to the full Board).

2020 was a difficult year, that brought many challenges to our members. It was a unique situation where creative arts therapists experienced the pandemic in real time as their clients were navigating their own mental health in response to COVID-19's uncertainty and isolation. Practitioners utilised telehealth to remain connected with their clients as face-to-face sessions were suspended for several months. Our education providers were required to adapt to training

online and to be responsive to students; and flexible to the evolving therapeutic practices of online telehealth. During COVID-19 ANZACATA was guided and updated by the Australian Chief Allied Health Officer via our membership of AHPA (Australian Allied Health Professionals). This membership gave us the opportunity to meet the Australian Federal Health Minister Hon. Greg Hunt earlier in the year. ANZACATA's advocacy throughout the year also gave us the opportunity to meet with senior advisors to the then Victorian Minister for Mental Health, the Hon. Martin Foley.

ANZACATA has been ably supported in its work by our Executive Officer, Dr. Kate Dempsey and the small team of part time contractors we have in place to undertake the work of ANZACATA. We are grateful for the support she gives us to undertake our governance work, providing detailed, timely and clear Board Reports and strategic direction papers for our consideration. Our Executive Team is diligent and committed to the tasks, be it making the website responsive or providing the figures to assisting us with reviewing our finances.

I thank the current members of the Board in volunteering their time and expertise in the development and progression of the association which has undergone a number of changes since I have been chairperson. I reflect on the leadership from New Zealand's Prime Minister Jacinda Ardern which was inspiring; leading with compassion in challenging times.

You will read in this Report, all that we have accomplished together in what has turned out to be a difficult and turbulent time in 2019-2020. We will be conducting a member survey to glean what you, our members, see as the top priorities for the association in 2021. We look forward to offering even more events and activities and advocacy on your behalf in 2021.



A handwritten signature in black ink, appearing to read 'Amy McKay'.

Amy McKay  
ANZACATA Board Chairperson

## 5. Report from the Executive Officer of ANZACATA

I have now completed a full 16 months in the role of Executive Officer. We have seen many changes in the past year, and I look forward to implementing even more improvements next year. I want to focus more on advocacy in 2021, but there have been many challenges this year which have meant I have focussed more in 2019/2020 on improving the website, Board governance expertise, offering more online activities for members, improving member benefit, dealing with a whole new executive team, improving documentation for ANZACATA and increasing engagement with members.

### Events

In September more than 150 of us met in Brisbane at the lovely University of Queensland Campus at St Lucia for our Symposium. I want to thank all those who attended, the marvellous presenters, staff at UQ (especially Jane O'Sullivan), the local Queensland volunteers coordinated by Lynn Clayton and Lisa Duggan and students who were a great help. A special thanks to our own in-house organisers Amanda Levey and Vic Segedin, who put together a great event. We also supported many creative events as part of Aotearoa Creative Therapies Week across New Zealand in September 2020.



*Welcome to country and opening ceremony at the Symposium at UQ. Image credit: K.Dempsey*

In February 2020, we offered a 'travelling roadshow' event for members, where professional member Dr Carla van Laar offered an art therapy first aid workshop in several cities in Australia. Members donated some of their cost to attend to help bushfire ravaged towns in Australia, raising \$1000. ANZACATA added a further \$1000 to the cause. We received Stars of Hope from the USA and gave them to the fire ravaged towns of Cobargo and Mallacoota, along with a \$1000 donation to each town, on behalf of members.



*Stars of Hope from the USA on display at Mallacoota and Cobargo (courtesy R. Bryant and J. Meaker)*

I had planned to offer more events online in 2020 as it is the easiest way to involve the most members, but then COVID-19 restrictions hit us all and we had to offer all further events online.

We prepared a comprehensive document called a *Guide to Telehealth* and added this to the member area of the website to help members transition to online consultations. I am proud to say we got this document ready (with the help of Susan Keller) within 2 weeks of most areas going into lockdown. We were one of the first mental health associations to offer a Guide such as this and access to it has been requested many times since by researchers and universities. It is considered best practice in the field.

We also offered recorded videos on evidence bases for grief and bereavement counselling and on running your business (all can be used as CPD for members at their own pace). In addition, we put up 3 videos where members and others told their stories. These included member Conny Weyrich who spoke on dealing with COVID, member Jody Thomson who described her art therapy PhD and Nuala Dent who showed how artwork helped her thinking in her PhD.

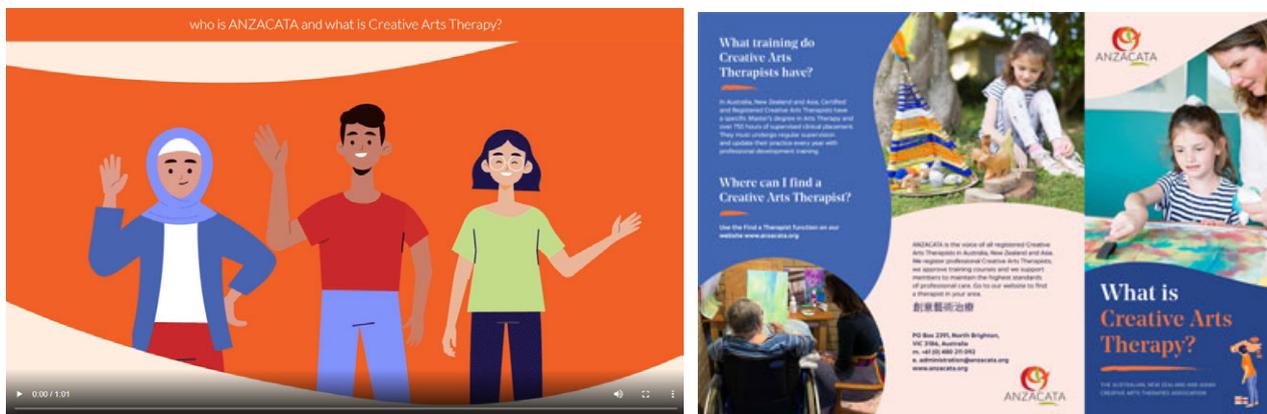
We created a closed Facebook group for all members of ANZACATA and from October 2019 to the present it has steadily grown to a total of 267 members. In the coming year, we will focus on our Instagram account too and add content for members there.

The COVID restrictions paradoxically led to increased opportunities to connect as members could attend overseas conferences held online, speakers offered their expertise for free and we all learned to get used to zoom meetings. This led to us making our monthly e-news a feature of the work of the Executive Team and we listed as many free or online CPD opportunities for members to check out as we possibly could. Readership of the monthly e-news increased from an average of 43% to 48%.

## Website Functionality

In the past year, the Executive Team has worked hard on improving the functionality of the website. We have made it responsive (can be viewed on a phone or tablet), we have added many more resources for members and updated policies. We added the *Guide to Telehealth*, new resources on NDIS (thanks to member Alisoun Neville). We offered special logos for approved supervisors and professional members to use.

We created a free short animated video for members to download and use on their own websites, which explains in simple terms what creative arts therapy is and we updated and simplified the ANZACATA brochure for download. Our resources page had over 850 unique views during the year and the animated video was shared across social media to more than 4,400 people with over 1,500 unique views.



*Images from our short video and our new brochure*

We collapsed the 9 different membership categories to 5 categories, making renewal and joining so much easier. This took considerable work to implement, but it was definitely worth the trouble. We have left the membership category names the same but will seek feedback from members about any preferred names for the categories of 'professional' and 'tier level'.

A large piece of work we undertook was to update and improve the functionality of the Find-a-Therapist Directory, where professional members may advertise their business to the public. I want to acknowledge the work of Susan Keller and Michelle Spence in making the Find-a-Therapist function better. This Directory is the second most visited page (after the home page) and so it is important that it functions correctly.

We updated the CPD and supervision policies and procedures and created a new template for members to use to record their supervision and CPD hours. We offered many more CPD opportunities in both our monthly e-news, on the website and in social media.

We introduced a Jobs Board in the members only area of the website and it has proved a popular page. The numbers of people visiting our website and our Facebook page have steadily climbed over the year as we offer greater benefit.

Finally, I offered twice weekly then weekly zoom catch up with members as COVID restrictions came to us. I did this from March 2020 until September 2020 and met many members this way and built connections with a few regular attenders too.

## Advocacy

A key element of building success for members is the advocacy work ANZACATA undertakes. In 2019/2020 we have engaged with the NDIA (National Disability Insurance Agency) in Australia, advocating for Arts Therapists to be recognised and supported as professional therapists, we have worked closely with AHPA (Allied Health Professionals Association) in Australia and Allied Health Aotearoa to have the voice of non-regulated allied health professions included in government policies and documentation. We have put forward our views to the National Mental Health Commission and other consultative opportunities throughout the year, in particular as advice regarding COVID restrictions occurred for each of our four jurisdictions. AHPA supports ANZACATA (and other non-regulated professionals) to help decision makers to understand that mental health and allied health professionals encompass more than simply the regulated professions (psychologists, occupational therapists, mental health nurses and social workers).

I have created a document called *Roadmap to Recognition* and the Board and the Executive Team will work on implementing this document in 2021. It outlines the steps which the Association will take to begin the process of having creative arts therapy more widely known, understood and respected outside of ANZACATA.

ANZACATA has also made connections with its sister associations in the UK (BAAT) and Canada (CATA) and in Asia (IACASE). And it has joined the Health and Climate Action Alliance. All these connections allow ANZACATA to be better known and respected outside our own borders.

## Membership Renewal Changes

A key element of our achievements this past year has been the decision to (1) keep membership costs the same as 2018 and 2019 (2) allow members two full months free and to renew later in October 2020 due to the impacts of COVID, (3) offer an extension of insurance at no extra cost and (4) we provided a Member Benefit document to explain to members just what they receive for their membership fees. Our insurance company was so impressed with our forward thinking plan that they too agreed to allow coverage for all members with insurance for two extra months at no additional cost. Although this occurred in the 2020/2021 financial year, we planned this in the current year and our plans bore fruit. We achieved a 100% return of members to renew their membership and the Executive Team is justly proud of this achievement during a very difficult year. Next year we will 'sync' the membership renewal year with the Australian Financial year so that our finances, membership and budgets align.

## Executive Team Changes

In July 2019, we farewelled our long standing administration contractor, Ms Sandy Eager. We employed Susan Keller (temporarily) to get us through the membership renewal period and in September 2019, long standing contractor Vic Segedin also stepped back from her duties (Vic stayed on to co-ordinate the production of the Journal). These changes meant we advertised and selected a new Executive Team of contractors. Amena Ziard became our administration contractor, Michelle Spence our IT and Comms contractor and we contracted Gail Richards as a bookkeeper. We did not renew the contract with accounting firm BlueRock thus saving considerable funds. The Executive Team was just beginning to get to know each other and the work, when COVID hit and we were all in lockdown. The Team has worked tirelessly for members without having once seen each other in the same room in over 12 months. Vic is now employed by Western Sydney University to co-ordinate the production of the Journal, with a service agreement provided to the

University to house, create and promote the Journal on our behalf under the direction of Editor in Chief Associate Professor Sheridan Linnell. A new logo, name and website will be established later in 2020 for the Journal.

I am enormously proud of how well we have worked together for members in the past 12 months and I want to thank Amena, Michelle and Gail for their commitment and generosity in helping to make ANZACATA even better.

Finally, I want to extend my sincere thanks to our wonderful members, the Board, but most especially to our Chairperson Amy McKay. Amy has been a lifeline to me as I learned the complexities of the Association. She has been an invaluable 'on-call' support and has put in an enormous amount of her own time (for no pay) to help me with the many questions I raise with her.

I look forward to an even better year for ANZACATA in 2021.



A handwritten signature in black ink, appearing to be 'KD' with a long horizontal line extending to the right.

Kate Dempsey  
ANZACATA Executive Officer

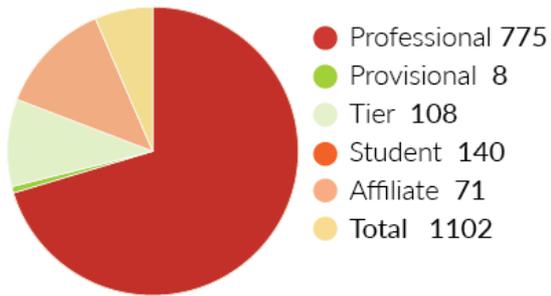
# 6. Membership Report

How the member numbers stacked up (as at 31 July 2020)

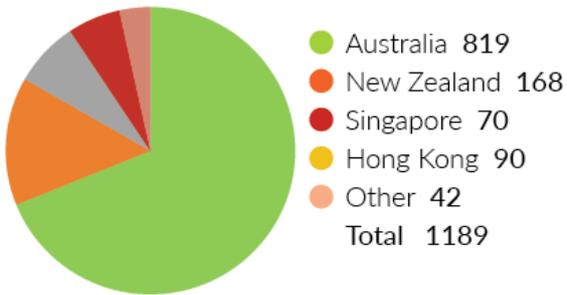
Member numbers **1102**

Active Members

by member level

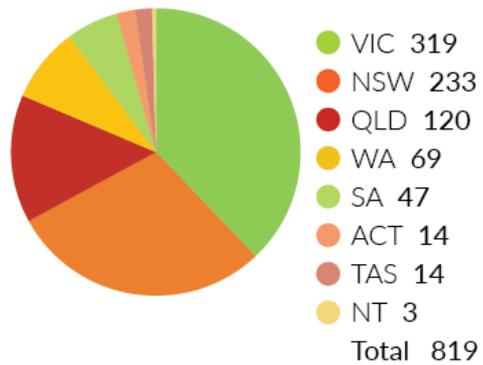


by country



China 7 UK 6 USA 4 Indonesia 4 Thailand 3  
Malaysia 3 India 2 Japan 2 Brunei 1 Italy 1  
Philippines 1 Sri Lanka 1 UAE 1 Canada 1 Vietnam 1

by australian state



## 7. Activities and Achievements

Membership numbers have been stable between 2018/2019 and 2019/2020 and the Association is now beginning to measure engagement and interaction that members make with their association and this will be helpful to gauge each year how the organisation is tracking to support members in the way they prefer.

Following the Symposium in Brisbane in September 2019, ANZACATA moved from offering one annual meeting held over 3 days to determining it would offer a range of smaller events that would be replicated in several major cities and to offering events online to encourage greater participation by members from all regions.

This plan began with the **Art Therapy First Aid Workshop** which was offered in Brisbane, Melbourne and Sydney in February/March 2019 and which attracted more than 45 members in those 3 cities. More such activities were planned until COVID-19 hit all areas and we were only able to offer events online.

We offered **recorded videos** for members to access on our website, starting with a 90 minute video from Christopher Hall of the Australian Centre for Grief and Bereavement, who detailed the latest research findings on the most efficacious grief interventions. We followed this with an interview with a PhD graduate, who while not an Arts Therapist was able to say how she used art in her process. These videos are available in the members only area of the website and during 2020 570 members accessed them.



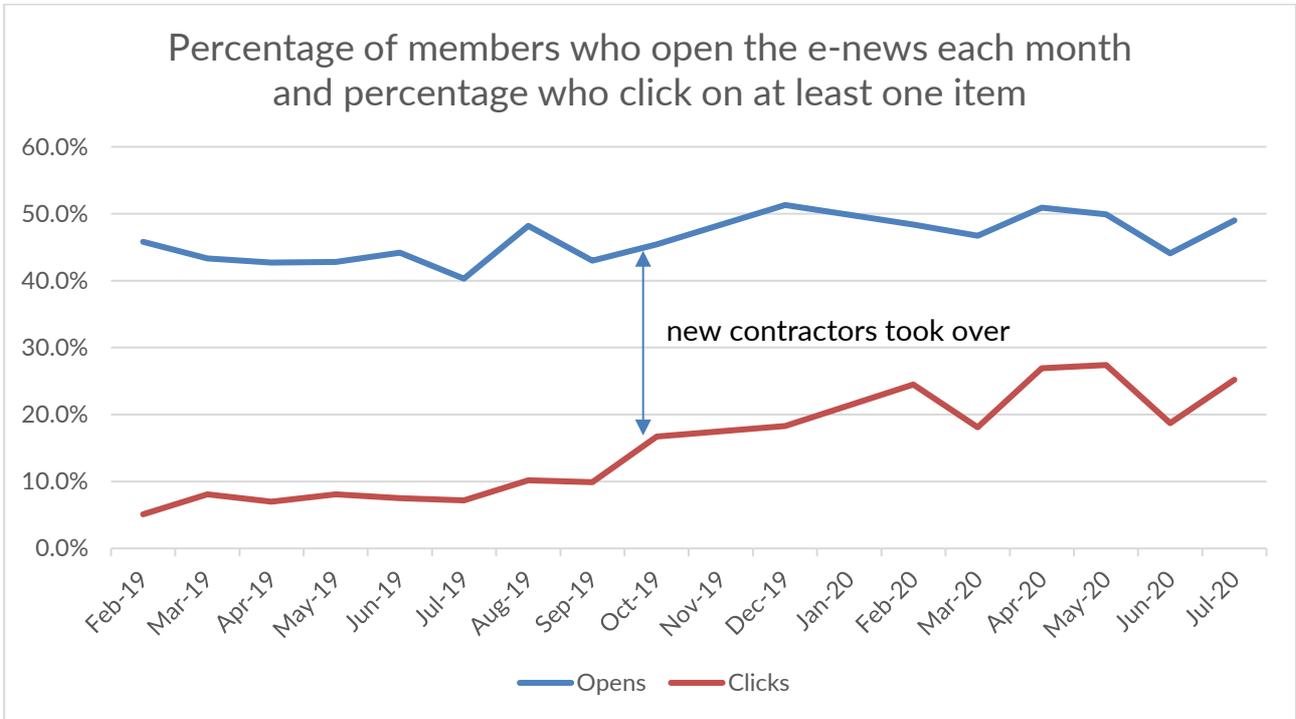
*Art Therapy First Aid Workshop  
Image credit: Carla van Laar*

Then we offered **live webinars** and these were all well attended and several were sold out. Professor Ephrat Huss generously agreed to offer a free webinar with members and 99 people signed up for this event. In total in 2020 we offered over 15 events and more than 380 members attended the various online events.

We created a **new brochure** for members to download and placed it in the 'resources' area of the website for members only. This page had over 500 unique views. We also created a 50 second **animated video** and put that on our website home page and on social media. It was by far our most popular creation reaching over 4,000 people on social media. Our **members only Facebook group** grew steadily to include 200 members by the middle of 2020. We also created a new social media policy, since our activity and presence on social media has been growing in 2020.

We worked with member Alisoun Neville to update the NDIS information in the members only area of our website, as this was out-of-date. We offered an Expression of Interest process to members to help us update this information and Alisoun was successful and we created 3 separate website pages on **NDIS**. These pages have been viewed around 100 times.

We spent considerable time updating and simplifying the website and thereby adding value to members. We created a **Jobs Board** which is updated weekly and which has proved very popular with members, having over 500 unique visitors to that page. We added many more items of interest to the **monthly e-news** and were able to increase its open and click through rate, but it is stubbornly still opened by around 50% of the membership (increased from an average of 44%). The number of members opening and reading at least one item has steadily grown from a level of around 10% to close to 20% of those who open the e-news.



We have more than 500 people who follow our **Facebook Page** and we now do one post every week on that page. We find items of interest to Creative Arts Therapists from around the world. We reach the total followers with each post and we gather on average between 150-180 likes of the posts with generally around 30 clicks or shares of our posts each month. The table shows the places that our Facebook page followers come from.

The animated video was the exception reaching nearly 4000 people with over 500 engagements (likes) and 42 shares of the video. The video was far and away the most popular thing we created in 2019/2020.

More than 130,000 people have come to visit **our website** in the past six months. We started using Google Analytics to track this in January 2020. The chart below shows which pages the public visits most often.

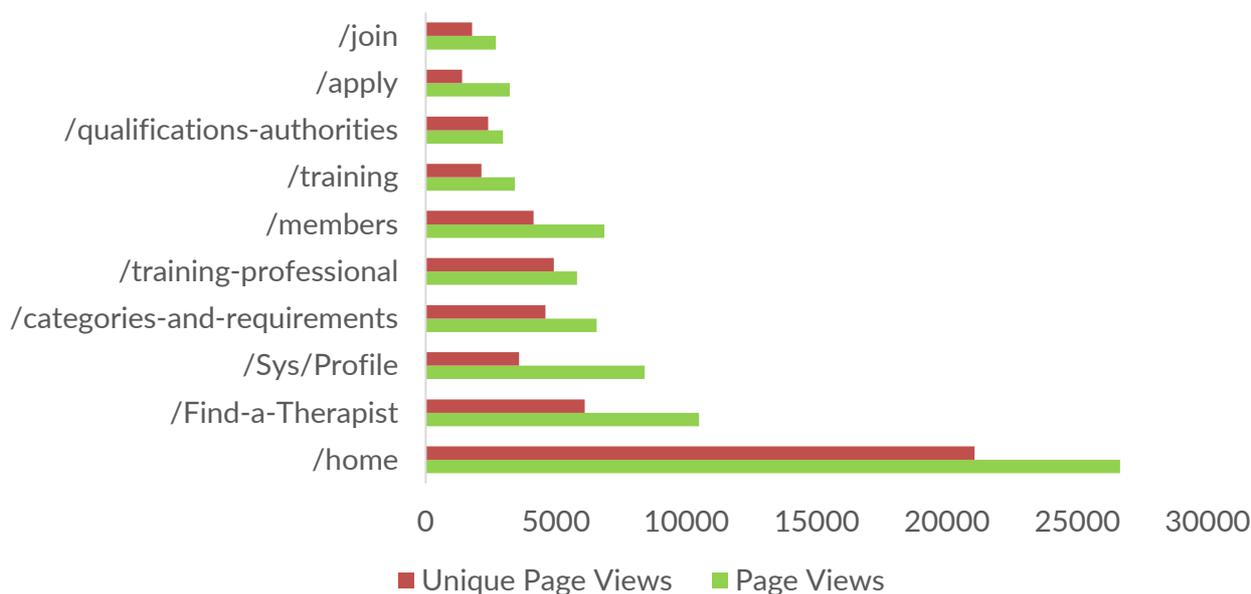
**< Audience insights**

**Top locations**  
People who like your Page are in these locations. These numbers are estimates.

Towns/Cities	Countries
Melbourne, VIC, Australia	154
Brisbane, QLD, Australia	72
Sydney, NSW, Australia	66
Perth, WA, Australia	36
Auckland, New Zealand	23
Adelaide, SA, Australia	20
Gold Coast, QLD, Australia	15
Canberra, ACT, Australia	14
Hong Kong, Hong Kong	10
Singapore, Singapore	9

## top 10 pageviews

**Pageviews** are defined as the total number of times the piece of content was viewed during a given period of time. **Unique Pageviews** represent an aggregate of **pageviews** generated by the same user during the same session (i.e. the number of sessions during which that page was viewed one or more times)



We offered funding for local and regional groups and also for special interest groups. Several took up the funding to purchase zoom licences so they could keep meeting online. Some groups struggled to overcome the restrictions caused by COVID-19. Below are reports of activities by local groups, in what was a very difficult year.

### Western Australia ANZACATA Group

Although the WA ANZACATA Regional Group's planned program of 2020 PD and networking events was interrupted by the COVID-19 restrictions, we were still able to deliver a modified version to our WA ANZACATA members. When feeling uncertain and isolated after being forced to work from home, ANZACATA graciously funded the purchase of a one year Zoom Professional subscription, which the WA Regional Group committee used to stay connected via several meetings and to host a supportive meet-up for members in July with the theme of "Staying Creative during COVID". After restrictions eased in WA, we were able to present an in-person PD workshop by Noongar Art Therapist Dianne Jackson, who shared some traditional basket weaving skills passed to her by Martu women of the Western Desert. This was a very well attended event with a deeply felt appreciation of the joy and privilege of being able to create in a group. To finish the year we have a Spring Networking Breakfast event planned for Sunday 22nd November which will be attended by 21 people. Sadly, we have recently farewelled two of the committee's longstanding members, Manuela Macri and Jen Jamieson, who we thank for their always creative contributions and strong commitment to supporting ANZACATA's WA members. Emma Gibbs

### Adelaide Arts Therapists Collective

The Adelaide Arts Therapists Collective have maintained 6 weekly face to face meetings in several members' art therapy studio spaces this past year. We saw value in investing our funding in a guest; Michelle Byrne, whom delivered a PD session on Sound therapy. Michelle gave us a session encompassing her training, tools, methodologies, resources, application of her skill set and an experiential Sound Bath. We also learned about Drama therapy from one of our members across 2

sessions. Our meetings were predominantly utilised for peer supervision, creative reflection and sharing information on local PD opportunities. Our group numbers went from 6 to 5 during the year. We enjoy having a closed and trusted circle of professional practitioners whom support one another and have an in depth understanding of each other's professional challenges and approaches to working with clients. Claire McKee



Adelaide Arts Therapists Collective. Image credit: Michelle Byrne from her website [www.shantisound.com.au](http://www.shantisound.com.au)

## The Blue Mountains Nepean Arts Therapy Regional Group

The Blue Mountains Nepean Arts Therapy Regional Group of ANZACATA was established on 13 December 2013, covering the geographic area from Penrith to Lithgow. Founding members were: Sue Wildman; Wendy Tsai; Liz Rummery; Josephine Pretorius; Patricia Parish; Sheridan Linnell; Edwina Keene; Faizah Kaye; Toni Jessop; Gina Harrowell; Jane Gover; Louise Fox; Amanda Evans; Jo Davies; Annette Coulter.

For the past seven years we have met regularly, alternating a week-day business meeting in the evening with a weekend studio afternoon and a combined meeting with the Sydney group on occasion. Locally we have taken part in the Health and Wellbeing Expo and in October 2018 we held an art exhibition promoting and educating the community about art therapy practice.

I am sad to announce that our regional group has decided to discontinue. I wish to acknowledge a number of active members who have either held committee positions or volunteered their time for the BMNATRG: Tracy Allen; Toni Jessop; Gina Harrowell; Liz Rummery; Edwina Keene; Katrina Hawke; Jane Gover; Louise Fox; Jo Davies; Amber Lewis-Rosman; Mandy Evans; Sue Wildman; Mishy Rowan; Nicole Luhrs.

We also thank ANZACATA for the regional support offered to us over these seven years. Our members plan to support the Sydney Regional Group in future. Annette Coulter

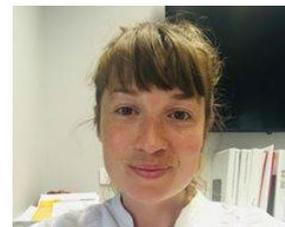
## Melbourne Art Therapy

We decided just after stage 4 restrictions were imposed to put our professional development in hiatus for the remainder of the year, so no events were undertaken. We discussed this a couple of months ago and would really appreciate the opportunity to continue where we left off next year, either remotely or hopefully face to face. We had some exciting speakers engaged, and I'm sure they would be happy to present next year given the opportunity. The funds will be used next year. Robyn and Jackie.

## Network for exploring creativity in therapy through the arts (NECTA dramatherapy interest group)

This has been a very strange year for us all. We were excited to receive \$500 from ANZACATA to help us with our webinars and face to face meetings this year. Unfortunately, a live collaboration was denied to us until the end of the year because of COVID restrictions in Sydney.

In February this year Amanda Cross from Darwin, ran a webinar on Joanna Jaaniste's research work on dramatherapy with people with dementia. In August our treasurer, Kitty Saleh, ran a webinar with Michaela Burtenshaw Dramatherapist at Muddy Puddles, a children's service on the South Coast, NSW and Nickie Djapouras and Margie Bourne who work in a Forensic Mental Health facility in Sydney. All of the presentations were extremely informative, engaging and well-supported.



Michaela Burtenshaw



Coloured Cloths.  
Courtesy J. Jaaniste

After nearly a year of attempting to meet each other face to face and being hindered by COVID-19 restrictions, we finally had a small meeting of committee members for our AGM on 25<sup>th</sup> October with a small professional development element run by Kitty. We are grateful for ANZACATA's financial help and look forward to more frequent meetings next year. We are planning to invite Vanitha Chandraseragam, Malaysian pioneer of dramatherapy, to present in a webinar early in 2021. Joanna Jaaniste

## Sydney Area Arts Therapists (SaAT) report July 2019-June 2020

Between July 2019-June 2020 SaAT has continued to meet on a (mostly) monthly basis for professional development and networking meetings. This year's challenges have seen us miss a meeting in March and then move online to Zoom gatherings in April during lockdown which brought about some change to attendance. SaAT welcomed members from the Blue Mountains and Nepean regional group which has closed. Our group has transitioned well into online professional development however we do miss the networking aspects of face to face meetings. We farewelled Liz from the SaAT committee and welcomed 2 new committee members: Jenny and Madeleine.

Discussion topics for our gatherings included crisis and recovery- art therapy and the bushfire response; moving online; working with ASD and intellectual disability populations using art therapy and dramatherapy; planning for Mental Health Month; Casement reading group;

Presentations by members included national identity, working as an art therapist with the immigrant community; art therapy in schools; working with the NDIS; art therapy with adolescents (x2); a paper presentation on art therapy in public health; 3 art therapists presenting at Glebe Town Hall on their work as art therapists in aged care.

Liz Fitzgerald



Sally Swain presenting her work. Image courtesy of Liz Fitzgerald

## 8. Treasurer's Statement

This is my second full year of taking on the Treasurer's role for ANZACATA. It has been a busy 12 months since I last reported to members in September 2019. Since that time, we have parted ways with our accounting firm, BlueRock and developed our capacity for in-house bookkeeping, thus allowing a cost saving to the Association.

In October 2019, we contracted Ms Gail Richards (8 hours a week) to undertake our bookkeeping and we hired Lark Accounting in March 2020 (after gaining three independent quotes) to assist her as required.

We ended the financial year with a surplus of \$71,000 which has been put back into additional events and resources for members. This surplus was due in no small part to the severing of our contract with BlueRock and employing a bookkeeper. This change led to significant savings and included receiving a refund of \$15,000 in GST payable from the Australian Tax Office and moving ANZACATA to a 'special purpose company' with ASIC. These savings were thanks to the diligent work of our bookkeeper, Gail Richards.

We created a Financial and Risk Sub Committee of the Board which has met monthly from the middle of 2020. I Chair this Sub-Committee and it allows us to give very close consideration to all matters regarding your membership fees and how we can use them to benefit members the most. We have a very detailed budget for the financial year and all spending occurs within the parameters of this budget.

Other changes to our financial position include housing the Journal with Western Sydney University and giving them a grant (via a service agreement with ANZACATA) to prepare the Journal for members. We also opened a new account to transfer funds to other countries in our membership. This account offers significant savings when we need to pay contractors or suppliers in foreign currencies. We ceased our phone service provider and purchased a mobile phone thus saving at least \$1,000 and we closed the storage facility in Sydney (special thanks to member Annette Coulter for sorting through its contents).

We had no conference or symposium in 2020 (due to COVID) and the statements note the cost to the Association of around \$37,000 to put on the Brisbane Symposium. We are looking at more cost effective means of offering these face-to-face events in 2020/2021.

We have contracted Kevin Jessop, Chartered Accountant to review our full year financial statements (as required by ASIC) and his report is included in this Annual Report.

The Company is solvent and able to pay its debts as they fall due.



A handwritten signature in black ink, appearing to read 'Nyrelle Bade'.

Nyrelle Bade  
ANZACATA Treasurer

## 9. Independent Reviewer's Statement

### a) Independent reviewers report

#### **To the Members of Australian, New Zealand and Asian Creative Arts Therapies Association Ltd**

#### **Report on the financial report**

I have reviewed the accompanying financial report of Australian, New Zealand and Asian Creative Arts Therapies Association Ltd (the "company"), which comprises the balance sheet as at 30 June 2020, the income statement, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the Board's report.

#### **The Board's responsibility for the financial report**

The Board of the company is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards – Reduced Disclosure Requirements and the *Corporations Act 2001*. The Board determines that the internal control is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

#### **Auditor's responsibility**

My responsibility is to express a conclusion on the financial report based on my review. I have conducted my review in accordance with the auditing standard on review engagements ASRE 2410/ASRE2415 in order to state whether, on the basis of the procedures described, anything has come to my attention that causes me to believe that the report is not presented fairly, in all material respects, in accordance with the *Corporations Act 2001*. As the auditor of the association, ASRE 2410/ASRE2415 requires that I comply with the ethical requirements relevant to the audit of the financial report.

A review of a financial report consists of making enquiries, primarily of persons responsible for financial and accounting matters, and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable me to obtain assurance that I would become aware of all significant matters that might be identified in an audit. Accordingly, I do not express an audit opinion

#### **Independence**

In conducting my review, I have complied with the independence requirements of the Australian professional ethical pronouncements.

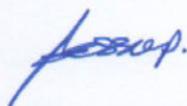
#### **Conclusion**

Based on my review, which is not an audit, I have not become aware of any matter that makes me believe that the financial report of the company is not in accordance with the *Corporations Act 2001* including:

- (1) Giving a true and fair view of the company's financial position as at 30 June 2020 and of its performance for the year ended on that date: and
- (2) Complying with Australian Accounting Standards as referred to in Note 1 to the financial statements.

#### **Basis of accounting and restriction on distribution**

Without modifying my opinion, I draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Australian, New Zealand and Asian Creative Arts Therapies Association Ltd to meet the requirements of the *Corporations Act 2001*. As a result of this the report may not be suitable for another purpose.



KEVIN JESSUP

Chartered Accountant

Balwyn North

22nd November 2020

b) Independence declaration

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**Kevin Jessup, CA**  
**Public Accountant**

ABN 68 917 135 024

44 Walnut Road

Balwyn North 3104

Email: [kjessupacctg@gmail.com](mailto:kjessupacctg@gmail.com)

Mobile: 0407 545 288

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*Liability limited by a scheme approved under Professional Standards Legislation*

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**Reviewer's Independence Declaration**

As reviewer for the review of the financial report of Australian, New Zealand and Asian Creative Arts Therapies Association Ltd for the year ended 30 June 2020, I declare that to the best of my knowledge and belief, there have been no contravention of:

1. The reviewer independence requirements of Australian professional accounting bodies; and
2. Any applicable code of professional conduct in relation to the review.



KEVIN JESSUP

CHARTERED ACCOUNTANT

## 10. Board Members

### Board Directors Meetings (July 2019 - June 2020)

	DIRECTORS' MEETINGS	
	Number eligible to attend	Number Attended
Amanda Levey	8	8
Amy McKay	8	8
Jennifer Jamieson	8	8
Nyrelle Bade	8	8
Stacey Bush	8	8
Christine Fitzherbert	1	1
Amanda Woodford	4	3

Following a review of Board skills and priorities a decision was taken appoint a co-opted Board member with expertise in governance, legal and finance matters. This decision was taken at the December 2019 meeting. Advertisement across three platforms were conducted over December, January and again in February.

Christine Fitzherbert was selected from 6 candidates to the co-opted position and approved at the Board meeting of April 5th 2020. Christine's first meeting was May 31st 2020.

Amanda Woodford resigned in March 2020 due to study commitments. Amanda was a committee member of ANZATA from August 2017, joining the executive team as Vice President of ANZATA in December 2017 until June 2018. Amanda has been a board member of ANZACATA from June 2018.

A casual vacancy was advertised and the only applicant was Joanna To. She joined the Board in June 2020 after being accepted (unopposed) at the May 31st 2020 Board meeting. Her first meeting was July 26th 2020.

In 2019 the Board met monthly and in June 2020 a decision was taken to introduce two formal sub-committees of the Board and for the Board to meet bi-monthly. In the financial year 2019-2020, there were 8 meetings of the Board.

### Current Board membership (at July 2020) is

Amy McKay (Chair)

Amanda Levey

Jennifer Jamieson

Nyrelle Bade

Stacey Bush

Christine Fitzherbert

Joanna To

## 11. Financial Statements

AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD  
ABN: 63072954388  
STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 30 JUNE 2020

	Note	2020 \$	2019 \$
Revenue	2	406,061	350,272
Operating Expenses		(334,989)	(344,134)
<b>Current year surplus before income tax</b>		71,072	6,139
Income Tax Expense		-	-
<b>Net current year surplus</b>		<u>71,072</u>	<u>6,139</u>
<b>Other comprehensive income</b>		-	-
<b>Total comprehensive income for the year, net of tax</b>		<u>71,072</u>	<u>6,139</u>
Total comprehensive income attributable to members of the entity		<u>71,072</u>	<u>6,139</u>

AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD

ABN: 63072954388

STATEMENT OF CHANGES IN EQUITY  
FOR THE YEAR ENDED 30 JUNE 2020

	2020	2019
	\$	\$
Retained Earnings from prior years	165,966	159,827
Current Earnings - Profit/(Loss)	71,072	6,139
<b>Total Equity</b>	<u>237,038</u>	<u>165,966</u>

**AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD**  
**ABN: 63072954388**  
**STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2020**

	Note	2020 \$	2019 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	4	227,058	171,594
Accounts receivable and other debtors	5	1,474	816
<b>TOTAL CURRENT ASSETS</b>		<b>228,532</b>	<b>172,410</b>
<b>NON-CURRENT ASSETS</b>			
<b>TOTAL NON-CURRENT ASSETS</b>		-	-
<b>TOTAL ASSETS</b>		<b>228,532</b>	<b>172,410</b>
 <b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Accounts payable and other payables	6	4,127	8,988
Current tax liabilities	7	(12,633)	(2,543)
<b>TOTAL CURRENT LIABILITIES</b>		<b>(8,506)</b>	<b>6,445</b>
<b>NON-CURRENT LIABILITIES</b>			
<b>TOTAL NON-CURRENT LIABILITIES</b>		-	-
<b>TOTAL LIABILITIES</b>		<b>(8,506)</b>	<b>6,445</b>
<b>NET ASSETS</b>		<b>237,038</b>	<b>165,965</b>
 <b>EQUITY</b>			
Retained surplus		237,038	165,965
<b>TOTAL EQUITY</b>		<b>237,038</b>	<b>165,965</b>

The accompanying notes form part of these financial statements

AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD

ABN: 63072954388

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2020

	Note	2020 \$	2019 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Contributions (members) received		360,250	285,762
Receipts from member events		43,028	56,959
Sundry receipts		1,983	6,023
Payments to suppliers and employees		(350,597)	(344,135)
Interest received		800	1,530
Net cash provided by/(used in) operating activities		<u>55,464</u>	<u>6,139</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Proceeds from sale of property, plant & equipment		-	-
Purchase of property, plant & equipment		-	-
Net cash provided by/(used in) investing activities		<u>-</u>	<u>-</u>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
Payment of borrowings		-	-
Proceeds from borrowings		-	-
Net cash provided by/(used in) financing activities		<u>-</u>	<u>-</u>
Net increase/(decrease) in cash held		55,464	5,139
Cash and equivalents at beginning of financial year		<u>171,594</u>	<u>166,455</u>
Cash and equivalents at end of financial year		<u>227,058</u>	<u>171,594</u>

**Note 1**                      **Summary of Significant Accounting Policies**

**Basis of Preparation**

Australian, New Zealand and Asian Creative Arts Therapies Association Ltd applies Australian Accounting Standards - Reduced Disclosure Requirements as set out in AASB 1053: *Application of Tiers of Australian Accounting Standards*.

The financial statements are general purpose financial statements that have been prepared in accordance with Australian Accounting Standards - Reduced Disclosure Requirements of the Australian Accounting Standards Board (AASB) and the Companies Act 2001. The company is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards.

Australian Accounting Standards set out accounting policies that the AASB has concluded would result in financial statements containing relevant and reliable information about transactions, events and conditions. Material accounting policies adopted in the preparation of financial statements are presented below and have been consistently applied unless stated otherwise.

The financial statements, except for cash flow information, have been prepared on an accrual basis and are based on historical costs, modified, where applicable, by the measurement of fair value of selected non-current assets, financial assets and financial liabilities. The amounts presented in the financial statements have been rounded to the nearest dollar.

**Accounting policies**

**(i) Income Tax**

The company has self assessed as a not-for-profit (NFP) entity and has concluded to be an exempt entity for income tax purposes in 2020 financial year. Therefore no current or deferred income tax liabilities in accordance with AASB 112: *Income Taxes* have arisen during the financial year.

**(ii) Cash on Hand**

Cash on hand includes cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities for three months or less, and bank overdrafts.

**(iii) Accounts Receivable and Other Debtors**

Accounts receivable and other debtors include amounts due from members as well as amounts receivable from customers for goods sold in the ordinary course of business. Receivables expected to be collected within 12 months of the end of the reporting period are classified as current assets. All other receivables are classified as non-current assets.

**(iv) Revenue and Other Income**

Non-reciprocal membership revenue is recognised on the profit and loss when the company obtains control of the membership and it is probable that the economic benefits gained from the membership will flow to the company and the amount of the membership can be measured reliably.

**(v) Goods and Services Tax (GST)**

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST is not recoverable from the Australian Taxation Office (ATO).

Receivable and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

Cash flows are presented on a gross basis. The GST components of cash flows arising from investing and financing activities which are recoverable from, or payable to, the ATO are presented as operating cash flows included in receipts from customers or payments to suppliers.

**(vi) Comparative Figures**

When required by Accounting Standards, comparative figures have been adjusted to conform to changes in presentation for the current financial year.

**(vii) Accounts Payable and Other Payables**

Accounts payable and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the company during the reporting period that remain unpaid. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability.

**The following accounting standards are not applicable to the company in the 2020 Financial Year:**

- AASB 102 - *Inventories*
- AASB 13 - *Fair Value Measurement*
- AASB 116 - *Property, Plant & Equipment*
- AASB 16 - *Leases*
- AASB 9 - *Financial Instruments*
- AASB 136 - *Impairment of Assets*
- AASB - 119 - *Employee Benefits*
- AASB - 123 - *Borrowing Costs*
- AASB - 137 - *Provisions, Contingent Liabilities and Contingent Assets*

AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD

ABN: 63072954388

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2020

**Note 2 Revenue and Other Income**

	2020	2019
Sales Revenue	\$	\$
Advertising	120	150
ANZJAT Income	1,813	409
Conference Fees	34,391	40,318
Membership Fees	354,212	285,763
Miscellaneous	6,088	5,461
Member Events/Workshops/Webinars	8,637	16,641
	<u>405,261</u>	<u>348,742</u>
Other Income		
Interest	800	1,530
<b>Total Income</b>	<b><u>406,061</u></b>	<b><u>350,272</u></b>

**Note 3 Key Management Personnel Compensation**

The total remuneration paid to key management personnel (KMP) of the company during the year is as follows:

	2020	2019
	\$	\$
Key Management Personnel Compensation	<u>84,984</u>	<u>45,765</u>

**Note 4 Cash and Cash Equivalents**

	2020	2019
	\$	\$
Cash at Bank - Unrestricted	<u>227,058</u>	<u>171,594</u>
	<u>227,058</u>	<u>171,594</u>

Reconciliation of cash

Cash at the end of the financial year as shown in the statement of cash flows is reconciled to items in the statement of financial position as follows:

Cash and cash equivalents	<u>227,058</u>	<u>171,594</u>
	<u>227,058</u>	<u>171,594</u>

**AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD**  
**ABN: 63072954388**  
**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2020**

**Note 5 Accounts Receivable and Other Debtors**

	2020	2019
CURRENT	<b>\$</b>	<b>\$</b>
Other Debtors	1,475	816
	1,475	816

**Note 6 Accounts Payable and Other Payables**

	2020	2019
CURRENT	<b>\$</b>	<b>\$</b>
Member Overpayments	284	-
Accounts Payable	3,844	8,988
	4,128	8,988

**Collateral pledged**

No collateral has been pledged for any of the accounts payable and other payable balances. The average credit period on accounts and other payables is two months and no interest is payable on outstanding balances.

**Note 7 Tax**

	2020	2019
CURRENT	<b>\$</b>	<b>\$</b>
Income Tax Payable	-	-
GST	(12,633)	(2,543)
	(12,633)	(2,543)

**Note 8 Events after the Reporting Period**

The board is not aware of any significant events since the end of the reporting period.

**Note 9 Related Party Transactions**

There were no related party transactions throughout the year. Transactions between the company and all external parties are on normal commercial terms and at arms length.

**Note 10 Company Details**

The registered office of the company is:  
 Australian, New Zealand and Asian Creative Arts Therapies Association Ltd  
 Suite 302, 12 Cato Street, HAWTHORN EAST VIC 3122

The principal place of business is:  
 Australian, New Zealand and Asian Creative Arts Therapies Association Ltd  
 P.O. Box 2391, BRIGHTON NORTH VIC 3186

AUSTRALIAN, NEW ZEALAND AND ASIAN CREATIVE ARTS THERAPIES ASSOCIATION LTD

ABN: 63072954388

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2020

	2020	2019
	\$	\$
<b>INCOME</b>		
Membership Fees	354,212	285,763
Interest Earned	800	1,530
ANZJAT Income	1,813	409
Advertising Revenue	120	150
Conference/Symposium Participants Fees	34,391	40,318
Member Events/Workshops/Webinars	8,637	16,641
Miscellaneous	6,088	5,462
	<u>406,061</u>	<u>350,273</u>
<b>EXPENDITURE</b>		
<b>Accounting/Bookkeeping Fees</b>		
External Consultants	13,072	16,873
Internal - Contract Bookkeeper	13,246	13,647
Bad Debts Written Off	150	2,943
ASIC lodgement Fees	110	1,449
	<u>26,578</u>	<u>34,912</u>
<b>Banking Fees</b>		
Bank & Merchant Fees	239	147
Foreign Exchange Costs & Transferwise Fees	1,922	4,031
	<u>2,161</u>	<u>4,178</u>
<b>Board Expenses</b>		
Board Meetings: Travel, Meals & Other Expenses	1,706	3,345
Board Recruitment	280	-
	<u>1,986</u>	<u>3,345</u>
<b>IT/Comms/Website Expenses</b>		
Website Subscription	2,866	3,689
Website Advice	2,296	7,292
Jot Forms	120	-
Stripe Fees	8,424	8,086
O365 Subscription	2,870	860
Digital/Comms Contractor	29,303	23,542
	<u>45,879</u>	<u>43,469</u>
<b>Administration Expenses</b>		
Member Admin Contractor	41,114	42,840
Executive Officer	84,174	44,458
Staff Training	828	-
Staff Recruitment	1,935	8,500
Staff Travel, Meals and Other Expenses	1,630	8,409
Other Contractor Expenses	474	-
Legal Fees	-	4,142
Silent Partner/Telephone	1,448	1,156
	<u>131,603</u>	<u>109,505</u>

<b>General Office Expenses</b>		
Postage	315	1,785
Printing	1,671	581
Stationery	-	3,172
Storage	880	1,389
	<u>2,866</u>	<u>6,927</u>
<b>Membership Subscriptions</b>		
AHANZ	471	433
AHPA	2,680	2,680
	<u>3,151</u>	<u>3,113</u>
<b>Insurance</b>		
AON	1,788	1,734
BMS	53,457	23,212
	<u>55,245</u>	<u>24,946</u>
<b>Member Events</b>		
Grants to Colleges & CAT Groups	2,210	3,727
Costs of providing Member Events/Workshops/Webinars	10,924	-
Symposium Expenditure	36,936	65,988
Other Conference Sundry Expenses	(2,378)	-
	<u>47,692</u>	<u>69,715</u>
<b>ANZJAT - Journal Expenses</b>		
ANZJAT: Admin/Co-ordination	3,799	2,828
ANZJAT: Editing/Proofing/Design	5,455	13,897
ANZJAT: Printing & Postage	291	27,300
	<u>9,545</u>	<u>44,025</u>
<b>Special Projects/Other</b>		
Website Improvements	5,033	-
Website Videos	2,200	-
Scope of Practice Document	1,050	-
	<u>8,283</u>	<u>-</u>
	<u><b>334,989</b></u>	<u><b>344,135</b></u>
Current Year Surplus before income tax	71,072	6,138
Income Tax Expense	-	-
<b>Current Year Surplus after income tax</b>	<u><b>71,072</b></u>	<u><b>6,138</b></u>