

Minutes of a Meeting to Discuss the Formation of the Scottish Hypnotherapy Foundation held at Mannerston Holdings on Saturday 27th March 2010

Present:

John Lawrence, Jo Goss, Rae Jenson, Gordon Kerr, Liz McConnell, Susanne McMahon, Tam Munro,

Apologies:

Tom Cottrell, Lynnzie Stirling, Kay Strang

The meeting commenced at 2.15pm.

Item 1. Minutes of Previous Meeting.

The Minutes of the Meeting held on Saturday 23rd January 2010 were accepted as a true record.

Item 2. Ongoing Actions.

a. Web site home page.

Rae is currently working on the web site home page. She has also investigated available domain names. Unfortunately all domain names with SHF have already been taken. However, the names 'Scottish Therapy' and 'Scottish-Therapy' were both available, and the suffixes .com, .co.uk, and .org were available for both domain names. Rae proposed that we purchase both domain names with all these three suffixes. The estimated cost of doing so was £60. The proposal was agreed unanimously.

Action: Rae to purchase the domain names Scottish Therapy and Scottish-Therapy with all three suffixes.

b. Personal Brain

Gordon gave an excellent presentation demonstrating the Personal Brain and explaining how it could be incorporated into our web site. This system would allow us to store an enormous amount of information in a variety of formats including audio, video, HTML, newsfeeds, PDF documents etc.

Benefits of the Personal Brain include:

- The provision of both open and private data bases
- Provision of multi-media storage at no additional cost
- The provision of distance learning courses
- A means of raising funds by providing a paid service
- Provision of an academic resource (e.g. reference books, research catalogues, medical and psychological references, and complementary therapy references)

It is not essential for individuals to install Personal Brain on their computers in order to be able to browse brains (whether private or public). However, should members wish to contribute to the SHF Brain they would need to download one of the packages. The cost of the package varies according to the level of complexity required. However, a free version is available, and can be downloaded from

www.webbrain.com. This version would allow individuals to download the information contained, but not to add any new material. Those using a paid package would be able to add items to this area of the site, which would encourage reciprocity and would allow those who wish to do so to make a contribution, whether concerning viewpoint, experience or expertise. It would, however, be important to ensure that nothing is inserted that might be in breach of the Code of Ethics or be in breach of copyright.

This is an excellent system, and all agreed that it will be of great benefit as a part of our website. John thanked Gordon for all his hard work on this project, and for his excellent presentation.

c. Psychotropic medicine.

Gordon gave a most informative presentation on psychotropic medicine. Although there are several guidelines available on how to define and diagnose depression (e.g. DSM IV and DSM IV) all have flaws, and none are definitive.

For us as therapists it is important to know what medications a client has been prescribed, what side-effects they might have, and how this might affect the hypnotherapy process. Furthermore, some medications may suggest the possibility of contra-indications. For example, some medications prescribed for depression have anti-convulsion properties, which might indicate that the client has borderline epilepsy.

John thanked Gordon for this further excellent presentation. It was suggested that this might be a very useful subject for CPD, and that a presentation on the topic could be made to members of the SHF in the future.

d. Lottery Funding.

i. Sources of training and mediation.

Discussion was deferred for a further meeting.

ii. Criteria for application for a lottery grant.

John has been investigating the types of Lottery funding available, and the criteria for applying for such grants. It would appear that we would be eligible to apply for a BIG Lottery grant.

Whilst the full details of BIG Lottery funding in Scotland (in relation to mental health) are not yet available, a similar programme is available in Northern Ireland (Healthy Minds NI), and it would appear from this that we would meet all the necessary criteria.

In accordance with the Healthy Mind NI Guidance Notes, to qualify for a grant projects must meet one or more of the following programme priorities:

- Support activities that promote mental health and well-being
- Support projects from organisations that work directly with people with mental health and well-being issues
- Raise awareness of mental health and well-being issues

Voluntary and community organisations may apply for such grants. Such organisations include:

- Registered or unregistered charities
- Co-operatives
- Friendly societies
- Industrial and provident societies
- Companies that are not-for-profit organisations
- Unincorporated associations

Criteria include:

- Equality principles:
 - Promoting accessibility
 - Equality and equal opportunity
 - Reducing disadvantage and exclusion

It was unanimously agreed that we should not offer free services but rather subsidised services, as these tend to be counter-productive for clients, who attach less value to such free services.

Values include:

- Fairness
- Strategic direction
- Involving people
- Innovation
- Enabling
- Additional to services offered by the NHS

Programme outcomes have four main themes:

- Adult mental health
- Older people in isolation
- Alcohol and its effects on families
- Life changes and transitions

It was agreed that the SHF meets all the above criteria. Furthermore, by incorporating CORE into our practice we would have a means of measuring therapeutic outcomes, so would be in a position to offer evidence-based proof of the efficacy of hypnosis. (See the Minutes of the SHF Meeting held on 31st October 2009).

It was agreed that the terminology from this document from the Healthy Minds NI document could be used as guidance when preparing our application for a BIG Lottery Grant. (A copy in PDF format is provided in PDF format as a separate attachment. It can also be downloaded from www.biglotteryfund.org.uk.)

It was noted that Scotland has a devolved health service, so it is essential that we have interface with the Scottish Health Service.

iii. Associate membership

It was decided that we should also offer free Associate Membership to anybody interested in and supportive of our aims and objectives. This would include GPs and other health professionals. Such members would receive all emails and newsletters, but would not have access to the Members' area of the website. Nor would they be entitled to vote at meetings. It was considered that this would be another 'selling point' when applying for grants. Tam agreed to incorporate this into the Constitution (see item viii, page 5 - Draft Constitution').

It was agreed that as the group has little experience of funding applications this would be undertaken as a group action.

iv. Additional sources of funding.

John also discussed the role of CPD in providing additional funds for the SHF. It was agreed that a proportion of the amount raised through CPD courses should be allocated to the SHF account. The first of these is a two-day course on Inner Child Therapy, which will be given by Costa Lambrias in Linlithgow in August.

v. Salisbury Centre.

Tam hopes to become a Trustee of the Salisbury Centre, and has created a booklet containing ideas and information on funding. The SHF would be welcome to have a copy of this.

vi. Co-operative Bank Account.

Jo had forwarded a brief to all members prior to the meeting detailing the benefits of the Co-operative Bank's Community Directplus Account. The brief was discussed, and it was agreed unanimously that we should open up such an account as soon as possible. Four members have agreed to act as nominated signatories, and it was agreed that any two signatories would be required to sign cheques or give instructions to the Bank.

The four designated signatories are: Susanne, Rae, Tam and Jo. It was agreed that Susanne and Tam would access the account through the Bank's branches in Edinburgh and Glasgow respectively. Jo would arrange for herself and Rae to use the Bank's Post Office banking facility. Jo also agreed to investigate the application requirements.

(Secretary's note: This action has been completed, and details and a copy of the application form were forwarded to all members of the group on 29th March 2010 for comments.)

vii. Contributions from Group Members

Group members have generously agreed to make a donation to the SHF in order to obtain sufficient funds to open a bank account as soon as possible. Jo has agreed to co-ordinate this, and one donation has already been received. All donations will be forwarded to the Co-operative Bank along with the application form (see previous paragraph).

viii. Draft Constitution.

Tam has amended the Draft Constitution as agreed at the Meeting of 23rd January 2010. In addition he has divided Object 1 into two separate objects for greater clarity.

In view of the decision concerning Associate Membership (item iii, page 4) it would now be required to add a further clause to Item 9 – Membership. John has proposed the following:

‘Associate membership is available to all persons interested in and supportive of the aims and objectives of the Scottish Hypnotherapy Foundation. It does not impose the qualification criteria of full membership. It allows full and free access to the public information held in the Associate members’ portion of the SHF website’.

Comments are invited from members of the group, and Tam is requested to incorporate the new clause in the Final Draft. Once the Draft Constitution has been amended Tam agreed to speak to OSCR for comments, and to obtain approval to operate as a charity organisation. Once this has been approved it will be possible to ratify the constitution.

Actions:

1. Tam to investigate the available sources of training in mediation for hypnotherapists and psychotherapists, and to determine whether qualifications obtained in England would be recognised in Scotland.
2. Tam to provide a copy of the Salisbury Centre booklet.
3. Jo to contact The Co-operative bank concerning application procedure for a Community Directplus Account, and forward the information to all for comments and discussions (*completed*), and to co-ordinate the application procedure.
4. Jo to arrange for herself and Rae to be able to make use of the Bank’s Post Office banking facilities.
5. Tam to amend the Draft Constitution as detailed in Item 2(viii), and to forward to all group members for comments.
6. Tam to submit the Final Draft Constitution to OSCR for advice and approval of Charity status as detailed in Item 2(viii) prior to ratification at the next meeting.

Item 3. Any Other Business

Liz provided information concerning the organisation ‘Voluntary Health Scotland’ (VHS). We could join this as an organisation, and individuals may also join. Details of the organisation can be found at www.vhscotland.org.uk.

Liz has contacts within this organisation, and she believed they might be willing to look at our Draft Constitution and provide advice. She agreed to approach the VHS on our behalf.

Action: Liz to contact the VHS for advice on our Draft Constitution.

Item 5. Date of Next Meeting.

The next meeting will be held at Mannerston Holdings from 2-5pm on Saturday 15th May 2010.

The meeting closed at 5.15pm.