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GROUP FOUNDATION
FOR ADVANCING MENTAL HEALTH
INTERNATIONAL BOARD FOR
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FOR IMMEDIATE RELEASE

GROUP FOUNDATION FOR ADVANCING MENTAL HEALTH AWARDS RESEARCH GRANT TO STUDY GROUP THERAPY FOR BINGE-EATING DISORDER

NEW YORK, April 26, 2016 – The Group Foundation for Advancing Mental Health announced that it has awarded a research grant this year to study group therapy for binge-eating disorder.

Principal investigator Giorgio Tasca, Ph.D., Director of Research, Eating Disorders Program at University of Ottawa and The Ottawa Hospital, along with Co-Investigators, Michelle Presniak, Ph.D., Robert Hill, M.A. and Nancy Mcquaid, Ph.D., has been funded for “Rating Defense Mechanisms From Adult Attachment Interviews: A Randomized Control Trial of Group Therapy for Binge-Eating Disorder.” This study will look to demonstrate that group psychotherapy treatment can improve defense mechanisms and decrease binge-eating, resulting in improved patient outcomes. It builds upon previous research that showed changes in defensive functioning in patients with binge-eating disorder (BED) across sessions of group psychotherapy.

“The Group Foundation, as part of its mission to help change lives through group psychotherapy, is pleased to be able to support this valuable research study by Dr. Tasca,” said Karen S. Travis, LCSW, BCD, CGP, FAGPA, Chairwoman of the Group Foundation. “He has tremendous potential to demonstrate ways to improve day to day lives of those who suffer from binge-eating disorder.”

The Group Foundation for Advancing Mental Health annually supports research projects designed to broaden the available body of knowledge in evidence-based group psychotherapy clinical practice. For more information on research projects supported by the Group Foundation and grant opportunities, please contact Diane Feirman, CAE, at (212) 477-2677 or via e-mail at dfeirman@agpa.org or visit our website at www.agpa.org.

About AGPA and the Group Foundation

The American Group Psychotherapy Association is the foremost professional association dedicated to the field of group psychotherapy, operating through a tri-partite structure: AGPA, a professional and educational organization; the Group Foundation for Advancing Mental Health, its philanthropic arm; and the International Board for Certification of Group Psychotherapists, a standard setting and certifying

body. This multidisciplinary association has approximately 2,500 members, including psychiatrists, psychologists, social workers, nurses, clinical mental health counselors, marriage and family therapists, pastoral counselors and creative arts therapists, many of whom have been recognized as specialists through the Certified Group Psychotherapist credential. The association has 26 local and regional societies located across the country. Its members are experienced mental health professionals who lead psychotherapy groups and various non-clinical groups. Many are organizational specialists who work with businesses, not-for-profit organizations, communities and other "natural" groups to help them improve their functioning.

The Group Foundation for Advancing Mental Health is a philanthropic organization that is committed to the fact that "Groups Change Lives" and believes in the power of group interventions to improve people's quality of life. The Group Foundation supports group psychotherapy education, research, training, and information dissemination for the benefit of the public and professional communities. Among the Foundation's most vital roles is the recognition of excellence, promise, and vision by honoring those individuals and groups who have demonstrated these qualities with awards and scholarships.

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