



25 East 21<sup>st</sup> Street, 6<sup>th</sup> Floor, New York, NY 10010

(877) 668-AGPA (2472)

[www.agpa.org](http://www.agpa.org)

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Media Contact:

Diane C. Feirman, CAE

(877) 668-AGPA (2472)

[dfeirman@agpa.org](mailto:dfeirman@agpa.org)

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## FOR IMMEDIATE RELEASE

### GROUP PSYCHOTHERAPY FEATURED ON NPR AFFILIATE WFPL IN LOUISVILLE, KY “STATE OF AFFAIRS” RADIO PROGRAM

**NEW YORK, Sept. 8, 2010** - American Group Psychotherapy Association Members and Members of the Board of the National Registry of Certified Group Psychotherapists Drs. Judith Coche´ and Tony Sheppard were guests on WFPL Radio’s “State of Affairs” in Louisville, KY on Monday, August 16 for a one hour program titled “Is Group Therapy Effective?”

The program presented group therapy as a respected and effective treatment choice, and provided a forum for Drs. Coche´ and Sheppard to discuss a variety of issues, including what is group therapy, who benefits from it, and how to find a qualified group therapist. The full program is available for listening at <http://www.wfpl.org/2010/08/13/is-group-therapy-effective/>

“Integral to the missions of AGPA and the Registry is the dissemination of information on the effectiveness of group psychotherapy as well as on standards of practice,” said Sherrie Smith, CSW-R, CGP, FAGPA, Chairwoman of the Registry. “This program provided a valuable service in helping to educate the public on this effective treatment modality.”

AGPA and the Registry offer a variety of resources on their website at [www.agpa.org](http://www.agpa.org) to assist the public in obtaining group therapy services. An online directory of Certified Group Psychotherapists (CGPs) provides access to specially trained group therapists, searchable by city/state, zip code and/or type of group. The search options help a person find a therapist(s) in their area who works with the appropriate population (multiple referrals are often available). The designation of CGP insures that the therapists selected have met nationally accepted criteria of education, training and experience in group psychotherapy. A confidential contact can then be made by telephone or e-mail directly to the therapist(s). The site also contains general information for the consumer who is interested in joining a group, including what happens in a group, who can benefit, and answers to other frequently asked questions. This information is also available in a printed pamphlet “Group Works” available free of charge through the Association office.

For more information on the benefits and effectiveness of group interventions, or if you are interested in spotlighting group psychotherapy in a print, audio, visual or internet based media piece, please contact Diane Feirman, CAE, at (212) 877-668-AGPA (2472) or via e-mail at [dfeirman@agpa.org](mailto:dfeirman@agpa.org).

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### ***About AGPA***

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 Psychotherapy Foundation, its philanthropic arm; and the National Registry of Certified Group Psychotherapists, a standard setting and certifying body. This multidisciplinary association has over 3,000 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 31 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.

### ***About the National Registry of Certified Group Psychotherapists***

The National Registry of Certified Group Psychotherapists is a standard setting and certifying body. The Registry is a multidisciplinary credentialing body composed of certified clinicians, including psychiatrists, psychologists, social workers, nurses, clinical mental health counselors, marriage and family therapists, pastoral counselors and creative arts therapists who are recognized as group specialists through the Certified Group Psychotherapist credential.

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