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FOR IMMEDIATE RELEASE

COURSES PROVIDE INTENSIVE TRAINING IN GROUP INTERVENTIONS AT THE AGPA ANNUAL TRAINING IN SAN DIEGO, CA, FEBRUARY 22-27, 2010

NEW YORK, Nov. 11, 2009— The American Group Psychotherapy Association's (AGPA) 67th Annual Training in San Diego, CA, Feb. 22-27, 2010 offers a unique opportunity for in-depth training on a variety of cutting-edge areas in the field of group psychotherapy. One- and two-day courses on specific areas provide an intensive experience for clinicians looking to gain expertise in particular topical areas.

“The unique needs of clients combined with limited time in today’s fast-paced world make it important for professionals to come away from trainings with in-depth knowledge,” said Connie Concannon, LCSW, CGP, FAGPA, AGPA President. “AGPA’s courses make this possible for the clinicians who attend our Annual Training.”

A sound basis in general group skills is essential to effectively work in this growing field of mental health treatment. The following courses are designed to provide overviews on groups in general:

- **Principles of Group Psychotherapy:** A keystone of group therapy education, this course is a must-attend for anyone who is planning on leading groups. It provides a basic understanding of the theory, principles and application of group work – and is the first step to becoming a Certified Group Psychotherapist.
- **Cognitive-Behavioral Group Therapy:** This course examines practical steps and skills for designing thematic-based CBT groups as well as explores a cutting-edge trend in CBT group therapy- to converge and integrate interpersonal, cognitive-behavioral and psychodynamic models.

In the past few years, we have seen tragic and traumatic experiences such as the terrorist attacks in Mumbai and other acts of violence around the globe, earthquakes in China and Italy, hurricanes in the United States, as well as the increasing needs of the active military and veterans returning from combat in the Middle East. Group therapists can respond to the needs of the public through the following course:

- **Using Groups for Trauma Intervention:** Using the AGPA publication, *Public Mental Health Service Delivery Protocols: Group Interventions for Disaster Preparedness and Response*, this course will teach techniques in working with specific populations following traumatic events, including individual

witnesses and survivors, first responders and military, organizations, children, adolescents and families, as well as self-care for helpers.

The increasing stressors of life, including the volatility of the national and global economies, can place strain on relationships already grappling with the ongoing challenges of relationships and family in the modern world; group leaders increasingly need skills to provide support to couples and will be helped by:

- **Couples Group Psychotherapy: A Training Course:** This course provides expertise for clinicians to start, build and develop couples groups.

Addressing issues of progress and feedback in groups, both from a self- and client-perspective, is critical. The following courses are designed to help clinicians in this arena:

- **Training in Group Psychotherapy Supervision:** Supervision is a critical ingredient in developing and maintaining psychotherapeutic skills, as well as a form of self-care. This course provides an understanding of the principles and application of group psychotherapy supervision.
- **AGPA's CORE-R Battery Toolkit: Learning About What is (Really) Happening in Your Group!:** Today's clinicians face the expectation that the effectiveness of the mental health treatment they provide will be documented by objectives, measures, and outcomes. This course provides clinicians with training in the utilization of psychometrically sound and empirically tested outcomes and process instruments that have been shown to be of value in the group literature – and provides the skills necessary for them to teach others.

These training courses are a highlight of the AGPA's 2010 Annual Training in San Diego, CA, February 22-27 at the Sheraton San Diego Hotel & Marina. Entitled "A New Decade: Sustaining Our World Through Groups" this meeting attracts more than 1,000 group therapists, researchers and scientists from around the world. Group therapists of all disciplines will gather to learn the most effective techniques in working with a variety of populations in groups, an increasingly utilized modality due to its effectiveness and cost-effectiveness, particularly in today's economic climate. The theme reflects the meeting's emphasis on the effects of well-functioning groups on our global society. For more information, contact AGPA at (877) 668-AGPA (2472) or visit www.agpa.org.

EDITOR'S NOTE: Media are invited to attend other select sessions of the AGPA 2010 Annual Training. To register, please send an e-mail request to dfeirman@agpa.org or call 877.668.2472.

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 approximately 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.