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FOR IMMEDIATE RELEASE

GROUP PSYCHOTHERAPY FEATURED AS AN EFFECTIVE AND COST-EFFECTIVE MODALITY IN APRIL 26, 2010 ISSUE OF *MENTAL HEALTH WEEKLY*

NEW YORK, May 17, 2010 – The April 26, 2010 issue of *Mental Health Weekly*, a newsletter providing information on issues affecting mental health administrators in the public, private, and not-for-profit arena, featured an article on group therapy entitled “Practitioners Tout Cost Effectiveness of Group Therapy.” The article focused on the value of group therapy in the current economic climate due to its clinical effectiveness coupled with its cost-effectiveness and efficiencies in treating increasingly large client caseloads. AGPA members Gary Burlingame, Ph.D., Les Greene, Ph.D., CGP, FAGPA and Cecil Rice, Ph.D., CGP, LFAGPA all provided information for this article and were quoted throughout.

“The effectiveness of group therapy is well documented by research and consumer feedback, yet a frequent deterrent to its use is a lack of confidence in leading groups due to minimal training,” said Jeffrey Kleinberg, Ph.D., CGP, FAGPA, AGPA President. “The AGPA has a number of resources, including distance-based learning and printed curricula, that can help increase the use of this valuable modality in all types of service settings.”

In addition to training and support resources for clinicians and organizations interested in implementing groups, the AGPA also provides on its website at www.agpa.org valuable information for consumers to introduce them to therapy groups, 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. Studies show that proper introduction of a potential client to group psychotherapy can increase their successful engagement in a group.

For more information on the benefits and effectiveness of group interventions, or for information on training and consultation on implementing groups, please contact Diane Feirman, CAE, at (212) 877-668-AGPA (2472) or via e-mail at dfeirman@agpa.org.

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.

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