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FOR IMMEDIATE RELEASE

GROUP PSYCHOTHERAPY FOUNDATION AWARDS TWO RESEARCH GRANTS TO STUDY GROUP THERAPY FOR BORDERLINE PERSONALITY DISORDER AND FOR POSTPARTUM DEPRESSION

NEW YORK, July 15, 2010 — The Group Psychotherapy Foundation announced that it has awarded two research grants this year to study the effectiveness of group therapy for borderline personality disorder and for postpartum depression.

Principal investigator Alexander Chapman, Ph.D. of Simon Fraser University in British Columbia Canada has received funding for “Group Therapy for Borderline Personality: An Examination of the Specificity of the Effects of Emotion Regulation Skills Training.” This project will examine the pathways of treatment change that most effectively address borderline personality disorder, which heavily taxes the mental health system with high percentages in the patient population and extensive treatment costs. This project is being jointly funded by the Group Psychotherapy Foundation and the Canadian Group Psychotherapy Foundation (supported by a generous contribution by the Jackman Foundation).

Principal investigator Kari Eddington, Ph.D. of the University of North Carolina at Greensboro has been funded for “Group Therapy For Postpartum Depression.” This project will examine the effectiveness of a combined treatment protocol that first targets depressive symptoms and then focuses on improving the quality of the mother-infant relationship. This dual approach seeks to address the connection shown in studies between maternal depression and poor parenting skills that have made postpartum depression a public concern that threatens the health and well-being of mothers and their children.

“The Group Psychotherapy Foundation is pleased to be able to support these valuable research studies by Drs. Chapman and Eddington” said Lisa Mahon, Ph.D., CGP, FAGPA, Chairwoman of the GPF. “They have tremendous potential to enhance clinical treatments for borderline personality disorder and postpartum depression, two serious public health concerns.”

The Group Psychotherapy Foundation 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 Foundation and grant opportunities, please contact Diane Feirman, CAE, at (212) 477-2677 or via e-mail at dfeirman@agpa.org.

About GPF and AGPA

The Group Psychotherapy Foundation 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 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.

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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