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**FOR IMMEDIATE RELEASE**

**COURSES PROVIDE INTENSIVE TRAINING IN GROUP INTERVENTIONS  
AT THE AGPA ANNUAL MEETING IN WASHINGTON DC, FEBRUARY 18-23, 2008**

**NEW YORK, Jan. 21, 2008**— The American Group Psychotherapy Association’s (AGPA) 65th Annual Meeting in Washington DC, Feb. 18-23, 2008 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.

“We are often looking to come away from a training with an in-depth knowledge of an area of interest,” said Elizabeth Knight, M.S.W., CGP, FAGPA, AGPA President. “AGPA’s training courses make this a viable option for the clinicians who attend our conference.”

In the past year, we have seen tragic and traumatic experiences such as the tragic shootings at Virginia Tech, the fires in California and the bridge collapse in Minnesota as well as the increasing needs of the active military and veterans returning from combat in the Middle East. Group therapists can respond to such 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.

We live in an increasingly diverse society and the groups clinicians lead are microcosms of the world in which their clients function; group leaders need to be aware of the dynamics inherent in diversity in order to maximize the positive effects of the group.

- **Within and Between: Multiple Minority Identities in a Rapidly Changing Cultural and Political Landscape:** This course will address empowering diversity within and between group members and leaders and addressing known, and unknown, differences including ethnicity, race, sexual orientation and physical disabilities.

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.

- **How Do You Know Your Groups are Working: A Toolkit for the Evidence-Based Group Therapist:** The current mental health climate has been called the age of accountability (Lambert & Ogles, 2004), with clinicians facing 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.

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.
- **Passion, Power and Playdoh: Learning the New AGPA Curriculum for Child Group Therapy:** This course provides a framework for group interventions for children, incorporating interpersonal neurobiology, child development principles and interpersonal psychotherapy.

These training courses are a highlight of the AGPA's 2008 Annual Meeting in Washington DC, Feb. 18-23 at the Hilton Washington Hotel. Entitled "Passion, Power and Politics: Dynamic Interplay in Groups," this meeting attracts more than 1,000 group therapists, researchers and scientists from around the United States. Group therapists of all disciplines will gather to learn the most effective techniques in working with a variety of populations and to further their professional development with this powerful and effective treatment modality. The theme, Passion, Power and Politics, reflects the meeting's emphasis on the dynamics that occur in groups, whether small or large, public or private, that can effect change on micro and macro levels. For more information, contact AGPA at (212) 477-2677 or visit [www.agpa.org](http://www.agpa.org).

EDITOR'S NOTE: Media are invited to attend other select sessions of the AGPA 2008 Annual Meeting. To register, please send an e-mail request to [dfeirman@agpa.org](mailto:dfeirman@agpa.org) or call 212.477.2677.

### ***About AGPA***

The American Group Psychotherapy Association is the oldest and largest 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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