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FOR IMMEDIATE RELEASE

GROUP PSYCHOTHERAPY EMERGES AS A COST-EFFECTIVE AND HIGHLY BENEFICIAL MENTAL HEALTH TREATMENT IN CHALLENGING ECONOMIC TIMES

NEW YORK, April 24, 2009 – An increasing number of people are turning to group therapy as an effective and cost-effective mental health treatment in challenging economic times. Recent news stories in *The Wall Street Journal* (“[No Joke: Group Therapy Offers Savings in Numbers](#),” March 24, 2009) and on Good Morning America (“[Need a Group Hug in Tough Times?](#),” April 20, 2009) have highlighted the benefits of this treatment modality for a wide range of needs and populations. Children, adolescents and adults can all successfully participate in groups for more acute needs such as depression, anxiety and addictions, as well as personal growth issues such as conflict management and relationship issues. The affordability of this treatment modality, the favorable effectiveness comparisons to individual treatment (equal or better outcomes), and its adaptability to real-world functioning in families, the workplace and communities due to the group setting make this a very attractive treatment option.

“The effectiveness of group therapy is well documented by research and consumer feedback,” said Connie Concannon, M.S.W., CGP, FAGPA, AGPA President. “The cost savings may be the impetus for more people to try this type of treatment and the quality of the experience and the outcomes rewards their choice.”

The American Group Psychotherapy Association (AGPA) offers a variety of resources on its website at 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, 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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