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AGPA RELEASES NEW TEACHING MANUAL: 
A GROUP THERAPIST’S GUIDE TO PROCESS ADDICTIONS

NEW YORK, April 25, 2014 – The American Group Psychotherapy Association announced the publication of a new teaching and participant manual entitled A Group Therapist’s Guide to Process Addictions, written by Shelley J. Korshak, M.D., CGP, Marcia Nickow, Psy.D., CADC, CGP and Barney Straus, LCSW, PCGC, CGP. This publication is designed to provide faculty and students with the materials and bibliographical resources necessary for didactic and experiential courses in the specialized skills necessary to understand and treat the full range of process addictions, including rage, self-injury, gambling, money, codependency, relationship, romance, sex, technology, work and religion.

This curriculum was developed to help mental health professionals who are using, or looking to use, groups as an effective treatment modality for process addictions, an increasingly prevalent yet understudied field. The publication is divided into the following five modules, which can be taught together or as stand-alone courses allowing for customized training experiences: Understanding Process Addictions; Recovery Principles and the Therapeutic Process; Group Psychotherapy and the Recovery Process; Specific Process Addictions; and Special Topics.

“Groups are a highly valuable treatment modality for process addictions,” said Les Greene, Ph.D., CGP, FAGPA, AGPA President. “This training manual, developed by three of the premier clinicians and teachers in the field, is a valuable resource for mental health professionals in public and private settings looking to improve the quality of care for this emerging population.”

Tony Sheppard, Psy.D., CGP, FAGPA, Chairman of the International Board for Certification of Group Psychotherapists added “As the standard setting body in the field of group psychotherapy, the Certification Board commends this important and timely publication which provides a benchmark of knowledge for therapists working with clients who struggle with these addictions.”

The authors are respected clinicians and trainers with extensive experience in this unique field.

Shelley J. Korshak, M.D., CGP, is Medical Director of Chicago Psychotherapy and Psychiatry and Lecturer for the Department of Psychiatry at the University of Chicago, Illinois. Dr. Korshak has been in private practice for over 30 years treating adults, adolescents, and children in individual, couple, family, and group psychotherapy.
She is Board Certified in Addiction Medicine, and her articles about addiction and recovery have appeared in *Alcoholism Monthly*, *GROUP: The Journal of the Eastern Group Psychotherapy Society*, and in the *Journal of Groups in Addiction & Recovery*. Her special interests include addiction medicine, Group Relations Conference theory and practice, and psychodrama. Her website is shelleykorshakmdpsychiatry.com.

Marcia Nickow, Psy.D., CADC, CGP, is a clinical psychologist in private practice at Working Sobriety, Chicago, Illinois. Specializing in treating chemical dependency, eating disorders, process addictions, trauma, and transgenerational trauma, she conducts individual, family, and group psychotherapy. Dr. Nickow runs 15 psychotherapy groups per week, including men’s, women’s, mixed-gender, and recovering professionals’ groups. Dr. Nickow is Consulting Psychologist and formerly Director of the clinical team at Timberline Knolls Residential Treatment Center. She travels nationwide, conducting experiential workshops with demonstration process groups to train psychotherapists and addictions professionals in group treatment of addictions, eating disorders and trauma. Dr. Nickow also is Adjunct Faculty in the Psy.D. Clinical Psychology Program and the Forensic Psychology Program at The Chicago School of Professional Psychology. Dr. Nickow has served as a Board Member of both the Illinois Group Psychotherapy Society and the Chicago Center for the Study of Groups and Organizations (CCSGO).

Barney Straus, LCSW, PCGC, CGP, is a psychotherapist in private practice. He works with individuals and groups recovering from addictions and compulsive behaviors. Mr. Straus is a Certified Problem and Compulsive Gambling Counselor in Illinois. He leads activity therapy programs at Working Sobriety, New Hope Recovery Center, and Compass Health Center, all in the Chicago, Illinois, area. Mr. Straus is also a part-time Faculty Member at Loyola University Chicago, School of Social Work, and at Roosevelt University, Department of Psychology. He has presented numerous workshops on combining team-building and group psychotherapy at conferences sponsored by the American Group Psychotherapy Association, the Illinois Association of Student Assistance Professionals, and the Illinois Group Psychotherapy Society, among others. He also designed and leads a daylong adventure therapy program called Recovery Adventure Day. Mr. Straus has had articles and book reviews published in the *International Journal of Group Psychotherapy* and the *Journal of Groups in Addiction and Recovery*.

To purchase this curriculum, please visit the AGPA Online Store via our website at [www.agpa.org](http://www.agpa.org). For more information on this publication and training opportunities, please contact Diane Feirman, CAE, at 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 Foundation for Advancing Mental Health, its philanthropic arm; and the International Board for Certification of Group Psychotherapists, a standard setting and certifying body. This multidisciplinary association has approximately 2,500 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 26 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.
About the International Board for Certification of Group Psychotherapists

The International Board for Certification of Group Psychotherapists is a standard setting and certifying body. This multidisciplinary credentialing body has certified over 1,500 clinicians, including psychiatrists, psychologists, social workers, nurses, clinical mental health counselors, marriage and family therapists, pastoral counselors and creative arts therapists who are recognized as group specialists through the Certified Group Psychotherapist credential.