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GROUP FOUNDATION
FOR ADVANCING MENTAL HEALTH
INTERNATIONAL BOARD FOR
CERTIFICATION OF GROUP
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FOR IMMEDIATE RELEASE

GROUP FOUNDATION FOR ADVANCING MENTAL HEALTH AWARDS RESEARCH GRANT TO STUDY GROUP THERAPY FOR TREATMENT OF PERFECTIONISM

NEW YORK, May 25, 2017 – The Group Foundation for Advancing Mental Health announced that it has awarded a research grant this year to study group therapy for treatment of perfectionism.

Principal investigator Paul L. Hewitt, Ph.D., Professor of Psychology at the University of British Columbia, along with Co-Investigator Dr. David Kealy has been funded for “A Randomized Control Trial of a Dynamic - Relational Group Treatment of Perfectionism.” This study will look to demonstrate that psychodynamic-relational group psychotherapy treatment can reduce perfectionistic behavior and the distress associated with it, including achievement, relationship and physical health problems. It builds upon previous research that demonstrated the effectiveness of this approach in a non-randomized control study.

“The Group Foundation, as part of its mission to help change lives through group psychotherapy, is pleased to be able to support this valuable research study by Dr. Hewitt,” said Karen S. Travis, LCSW, BCD, CGP, FAGPA, Chairwoman of the Group Foundation. “He has tremendous potential to demonstrate ways to improve day to day lives of those who suffer from the effects of perfectionism.”

The Group Foundation for Advancing Mental Health 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 Group Foundation and grant opportunities, please contact Diane Feirman, CAE, at (212) 477-2677 or via e-mail at dfeirman@agpa.org or visit our website at www.agpa.org.

About AGPA and the Group Foundation

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.

The Group Foundation for Advancing Mental Health 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 Group 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.

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