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## FOR IMMEDIATE RELEASE

### AGPA INCOMING PRESIDENT DR. BARRY HELFMANN TO DELIVER HIS PRESIDENTIAL ADDRESS “WHY AGPA” MARCH 2, 2018

**NEW YORK, February 13, 2018—** The American Group Psychotherapy Association’s (AGPA) **incoming President Barry Helfmann, PsyD, CGP, DFAGPA**, will deliver his Presidential Address at AGPA Connect in Houston, February 26-March 3, 2018. The address, taking place during the Anne and Ramon Alonso Presidential Plenary Session on Friday, March 2, is entitled “Why AGPA?” Dr. Helfmann will explore the main reasons group professionals connect to AGPA, including the benefits to practitioners and the importance of AGPA to healthcare and to patients. The presentation will highlight how group therapy is essential to the national healthcare scene, including the economic benefits of prevention rather than reaction, and the significant role AGPA plays as a multi-disciplinary group organization.

Dr. Helfmann is the Managing Partner of Short Hills Associates in Clinical Psychology. He is formerly Director of Professional Affairs of the New Jersey Psychological Association, Adjunct Assistant Professor of Psychiatry at University of Medicine and Dentistry of New Jersey and Consultant to Private Practices. He is a Distinguished Fellow of AGPA. He was awarded Psychologist of the Year and Lifetime Achievement Awards from the New Jersey Psychological Association (NJPA). He is past president of NJPA and the New Jersey Group Psychotherapy Society.

Dr. Helfmann believes that AGPA provides invaluable connections for group therapy practitioners. “I consider AGPA my professional home,” says Helfmann. “I hope to share how our connections to one another through AGPA tremendously benefit our practice, our patients and communities in general.”

Dr. Helfmann’s Presidential Address is a highlight of AGPA Connect 2018 in Houston. Entitled “The Healing Power of Groups in a Fragmented World,” this meeting attracts more than 1,000 group therapists, researchers and scientists from around the world. Group therapists of all disciplines will gather to learn the most effective techniques in working with a variety of populations in groups, an increasingly utilized modality due to its effectiveness and cost-effectiveness. The theme reflects the meeting’s emphasis on the power of groups to connect individuals, families and communities in meaningful ways to effect change on personal and societal levels. For more information, contact AGPA at (877) 668-AGPA (2472) or visit [www.agpa.org](http://www.agpa.org).

EDITOR'S NOTE: Media are invited to attend the Presidential Address as well as other select sessions of AGPA Connect 2018. To register, please send an e-mail request to [dfeirman@agpa.org](mailto:dfeirman@agpa.org) or call 212.477.2677.

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## 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 over 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 21 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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