



AMERICAN GROUP
PSYCHOTHERAPY ASSOCIATION
GROUP FOUNDATION
FOR ADVANCING MENTAL HEALTH
INTERNATIONAL BOARD FOR
CERTIFICATION OF GROUP
PSYCHOTHERAPISTS

25 East 21st Street
Sixth Floor
New York
New York 10010
877.668.AGPA (2472)
www.agpa.org

Media Contact:

Diane C. Feirman, CAE

877-668-AGPA (2472)

dfeirman@agpa.org

FOR IMMEDIATE RELEASE

GROUP PSYCHOTHERAPY FEATURED IN RECENT ARTICLES IN *PSYCHOLOGY TODAY* AND *BOTTOM LINE HEALTH*

NEW YORK, NY, January 31, 2019— Group psychotherapy has been receiving attention in the press recently for its value in treating a variety of mental health diagnoses. *Bottom Line Health* published an article “Considering Psychotherapy? Group Therapy Is Sometimes Better Than the Traditional Approach.” Based on an interview with AGPA President-Elect Molyn Leszcz, MD, FRCPC, CGP, DFAGPA, the article addresses in-depth how groups work, the different types of groups, the significant benefits of group therapy, as well how to find a group (including the American Group Psychotherapy Association as a source for Certified Group Psychotherapists). Read the full article [here](#).

Dr. Leszcz was also interviewed by Sean Grover, LCSW, for a *Psychology Today* consumer-focused article entitled “How to Choose the Best Group Therapy For You.” Dr. Leszcz answers key questions consumers may have about deciding on the right kind of group therapy for them personally, what makes group therapy different from individual therapy, what's the first step in choosing a therapy group and more. Read the full article [here](#).

“Educating the public and clinicians on group therapy is integral to the mission of the AGPA,” said Eleanor F. Counselman, Ed.D., CGP, LFAGPA, AGPA President. “Group psychotherapy has been shown to be as effective as individual psychotherapy to treat many of the diagnoses people typically present in mental health treatment settings. It shows promise for making a meaningful impact on the public health crises facing us today, as it allows for the treatment of more people with effective, evidence-based interventions that are also cost-effective.”

For more information on group psychotherapy’s effectiveness please visit the AGPA website on [Evidence Based Practice in Group Psychotherapy](#). You can also contact us at (212) 477-2677 or via email at dfeirman@agpa.org.

About AGPA

The American Group Psychotherapy Association (AGPA) 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. AGPA represents over 2,000 mental health professional members including psychologists, psychiatrists, and social workers, as well as mental health, family, and pastoral counselors, many of whom have been recognized as specialists through the Certified Group Psychotherapist credential. 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 association also has 21 local and regional societies located across the country.

AGPA is committed to supporting the dignity and psychological safety of every individual without discrimination regarding race, ethnicity, gender, religion, sex, age, or disability. Central to our mission is a belief in the power of groups to treat mental illness, heal the scars from traumatic events, and enhance the well-being of adults and children in their families, schools, corporate settings, and communities.

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