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FOR IMMEDIATE RELEASE

AGPA INCOMING PRESIDENT DR. GARY BURLINGAME TO DELIVER HIS PRESIDENTIAL ADDRESS “THE FUTURE OF GROUP THERAPY IS BRIGHT!” MARCH 4, 2022

NEW YORK, February 1, 2022 – The American Group Psychotherapy Association’s (AGPA) incoming President Gary M. Burlingame, PhD, CGP, DFAGPA, will deliver his Presidential Address at Virtual AGPA Connect on Friday, March 4, 2022 as part of the Three-Day Conference portion of the annual meeting. The address, taking place during the Anne and Ramon Alonso Presidential Plenary Session, is entitled “The Future of Group Therapy is Bright!” Dr. Burlingame will discuss his career-long search for the properties of effective group treatment, exploring how the power of a therapeutic group relationship is essential to creating safety and effective engagement in the therapeutic here-and-now process. The presentation will also focus on the three flows of compassion-focused therapy (self-compassion, compassion for others and receiving compassion from others) as building blocks for the relationship resilience needed to handle difficult group moments. The presentation will give testament to how evidence-based group treatment creates a promising future for group therapy.

Dr. Gary Burlingame is Professor and Chair of the Psychology Department at Brigham Young University. He is affiliated with the clinical psychology doctoral program, where he teaches group psychotherapy and co-leads BYU’s Consortium for Group Psychotherapy Research and Practice. His clinical settings include the Utah State Psychiatric Hospital and BYU CAPS. Dr. Burlingame’s scholarly work on small group treatments and measurement have produced over 70 books, technical manuals and chapters, and over 160 articles. He’s received national (American Psychological Association; American Group Psychotherapy Association) and international (German College of Psychosomatic Medicine) recognition for his training and scholarship, including being a Distinguished Fellow of AGPA.

Dr. Burlingame’s Presidential Address is a highlight of Virtual AGPA Connect 2022, AGPA’s second annual conference held virtually. Entitled “Uniting through Groups: Pathways to Understanding and Inclusion,” 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. Comments from attendees of Virtual AGPA Connect 2021 were overwhelmingly positive as to the richness of the new virtual experience, promising another exciting opportunity this year for group psychotherapists of diverse backgrounds. The theme of this year’s conference reflects the desire to deepen

group practitioners' capacities to promote understanding and inclusion in group work. For more information, contact AGPA at (212) 297-2190 or visit www.agpa.org.

EDITOR'S NOTE: Media are invited to attend the Presidential Address as well as other select sessions of Virtual AGPA Connect 2022. To register, please send an e-mail request to dfeirman@agpa.org or call (212) 297-2190.

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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