
Media Contact:
Diane C. Feirman, CAE
(212) 477-2677
dfeirman@agpa.org

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AMERICAN GROUP PSYCHOTHERAPY ASSOCIATION MAKES AVAILABLE RESOURCES FOR MANAGING MENTAL HEALTH DURING COVID-19

NEW YORK, May 23, 2020— COVID-19 is a physical disease but the stress of living in and responding to a pandemic can also have immediate and long term adverse mental health effects. The American Group Psychotherapy Association (AGPA) has made available resources for medical and mental health providers as well as the public-at-large to cope with the challenges personally, and to help family and colleagues.

- [Self-Care and Mental Health](#): For those who are providing support to others during challenging times, including health care workers, it is important to practice self-care. This section includes a wide variety of resources (including articles, webinars and podcasts) on self-care and care for colleagues, team resilience in a pandemic, stress reduction for medical and mental health professionals, a ‘Shelter in Place Daily Routine,’ tips for managing stress and anxiety and links to additional resources.
- [Family Resilience](#): Parents and Caregivers want to be able to help children and adolescents during these times and it can be hard to know how to best do this. This section includes a video on how to speak to kids during a shared traumatic experience, a podcast on fostering resilience through the parent-child connection, links to materials to help young children and families talk about their experiences and feelings related to COVID-19 and the need to stay at home, and additional resources from experts in the field.
- [Telehealth Resources](#): Mental Health Professionals are transitioning their practices online in order to continue to support their clients. Find resources on how to conduct online therapy, including groups online, in this section. This information can also be useful for those interested in obtaining mental health services and are concerned about the effectiveness of virtual options.

“These web sections are an example of the valuable resources provided to clinicians and the public by AGPA,” said Molyn Leszcz, MD, FRCPC, CGP, DFAGPA, AGPA President. “During these challenging times our work as group therapists has never been more important and is a powerful and effective way to support psychological well-being, morale and coping.”

AGPA continues to offer events and resources to professionals and the public. Many of the past webinars have been recorded and made free and available to the public. Visit the AGPA CE Center [here](#) to view upcoming events and on-demand recordings.

For more information on these and other group therapy resources, contact AGPA at (212) 477-2677 or visit our website at www.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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