

## CGP—Why Me?

A long, long time ago (in what seems like a galaxy far, far away), I was a newly minted Ph.D. and was sitting in the office of a very senior colleague whose walls were almost wallpapered by framed certificates. I guessed he was a credentials junkie, and I swore then and there that I'd never become one. Over the years I have obtained credentials, but have been selective, and on more than one occasion have resisted the importuning of a friend or colleague to apply for this or that status. Mostly I have pursued those credentials that either are practically useful or that support standards that make sense to me. I have the CGP (Certified Group Psychotherapist). Let me tell you why.

The CGP says to colleagues that the holder has attained a level of fluency in the idiom of group psychotherapy by formal study and by practical experience. The requirements for the CGP include participation in a minimum of twelve hours of class study in group psychotherapy theory and practice, 300 hours of group psychotherapy experience as a leader or co-leader of a psychotherapy group, and at least 75 hours of group or individual supervision of group psychotherapy. So one who possesses the CGP is identifiable as having a reasonable basis for claiming to know his/her way around the contemporary practice of group psychotherapy.

AGPA acknowledges the CGP by making it the qualification for inclusion in the online registry that is used for making referrals for group psychotherapy services. Further, it is the credential required to be able to run groups in any of the grant programs administered by AGPA. In so doing, AGPA recognizes that the person holding the CGP has met national standards for providing group psychotherapy services. The recognition of the CGP extends beyond AGPA. It is recognized by consumers and employers, and by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO), the major accrediting body of U.S. hospitals.

By joining the over 3000 CGP's you'll be supporting the efforts of the CGP board in advancing the practice and standards of practice and education for group psychotherapy, and identifying yourself as a trained and qualified group psychotherapist.

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