



**The term “*focus*” should be used to describe opportunities in areas of training which are not recognized specialties. Training programs should strive to provide explicit explanations of the type of training provided in these non-specialty areas.

Group Psychology and Group Psychotherapy E & T Taxonomy was approved by CoS Board of Directors on 11- 05-2022. CoS will request an updated Taxonomy for CoS review and approval one year prior to Group Psychology and Group Psychotherapy’s next petition for renewal of specialty recognition by the Commission for Recognition of Specialties and Subsidiaries in Professional Psychology (CRSSPP). The updated Taxonomy will be due at end of 2023.

Common Definitions and Criteria Across All Recognized Specialties
Clarifications to help recognized specialties use the APA-Taxonomy* in a consistent manner

- Broad and general training forms the core of education and training in health service psychology. Programs are accredited by the American Psychological Association or Canadian Psychological Association. Programs integrate the broad and general training with those educational and training activities related to recognized specialties as determined by the specialty and described in a specialty taxonomy. In addition, each specialty will have education and training guidelines consistent with its specialty area. Specialty training may be acquired at the doctoral, doctoral internship, postdoctoral, or postlicensure stages as defined by the specialty.
- By definition, postdoctoral education and training is a Major Area of Study in a specialty recognized by the Commission for the Recognition of Specialties and Subspecialties in Professional Psychology (CRSSPP) and requires that 80% or more of time be spent in the specialty area. At the postdoctoral training stage, as per above, it is recognized that training in the Major Area of Study will be consistent with the education and training guidelines set forth by the specialty.
- A course is typically defined as 3 semester-credit hours (or equivalent) in a health service psychology training program accredited by the American Psychological Association (APA) or the Canadian Psychological Association (CPA).
- A practicum is typically defined as the equivalent of one academic year (e.g., 9 months, in semester or quarter systems) consisting of supervised training for at least 8 hours per week, or its equivalent, with at least 50% of time in the provision of clinical services.
- Consistent with what is described in CoA *Standards of Accreditation*, supervision should be provided by persons with competencies in the specialty demonstrated by appropriate training, credentials, and qualifications for training in the specialty as defined by the specialty.
- Additional training experiences can also include, but are not limited to, research experiences, lab meetings, brown bags, lecture/colloquia series, and grand rounds, as defined by the specialty.
- For definitions of continuing education (CE) and continuing professional development (CPD) see the APA [Quality Professional Development and Continuing Education Resolution](#). A continuing education (CE) course is defined as an organized program by the American

Psychological Association or Canadian Psychological Association, a State Psychological Association, or other major provider of CE (e.g., Society of Behavioral Medicine).

* Taxonomy; www.apa.org/ed/graduate/specialize/taxonomy.pdf

Specialty Specific Definitions and Criteria

Use superscripts in table entries above to reference footnotes provide in this section which expand upon or clarify table entries as needed.

¹Group Psychology and Group Psychotherapy Course = Must have content congruent with Group Specialty Council's Practice Guidelines (<https://www.apadivisions.org/division-49/leadership/committees/group-specialty>; to be superseded by finalized and/or published versions). While courses are typically 3 credit hours, a course series (e.g., an advanced clinical seminar encompassing 1 credit hour for each of four semesters) would serve as equivalent. In addition, doctoral programs with Major Area of Study or Emphasis in GPGP are strongly encouraged to infuse group content across applicable courses when possible (e.g., multicultural courses should include information on group dynamics, social psychology should cover group behavior, research methods should include study design for evaluating groups, professional issues and ethics should cover content related to groups). Instructor must be engaged in GPGP practice and/or research.

²GPGP Practicum = Must have at least 50% acquired through direct clinical hours, supervision, and support activities directly related to leading group psychotherapy/consultation (e.g., leading group psychotherapy with clinical contact, preparing and debriefing group therapy immediately before and after, providing peer consultation of group therapy, program development and evaluation, direct contact with individual group members in relation to group, supervision of group, and/or participating in an experiential training group) or direct consultation to an organization and/or organizational development.

³Group Psychology and Group Psychotherapy Project = Completion of capstone paper, dissertation, publication, and/or equivalent work product in the area of group psychology and group psychotherapy. Can include empirical research, qualitative analyses, comprehensive literature reviews or literature critique/analysis, or extended case study/small-n design. Programs must have at least one faculty member whose area of expertise is in group psychology and group psychotherapy, and students entering this program would have the opportunity to have this faculty member chair or serve on the project committee.

⁴Supervised Experience = 50% must be acquired through direct clinical hours and supervision (e.g, leading group psychotherapy with clinical contact, preparing and debriefing group therapy immediately before and after, providing peer consultation of group therapy, program development and evaluation, direct contact with individual group members in relation to group, supervision of group, and/or participating in an experiential training group) or direct consultation to an organization and/or organizational development. The remaining supervised experience can be acquired through indirect GPGP experiences such as seminar attendance, interdisciplinary team participation, readings, and research may count as part of the supervised experience for doctoral students, interns & postdoctoral fellows. Primary supervisor must be a psychologist with expertise in the specialty

as evidenced by holding a credential (e.g., Board Certified in GPGP by the American Board of Professional Psychology, Certified Group Psychotherapist) or equivalent experience.

⁵CE Coursework = Continuing education must be approved by APA or other related accrediting organization (e.g., CPA, MCE) or another major group psychology or group psychotherapy organization (e.g., AGPA, ASGW, SIOP).

⁶Unsupervised Experience = Must include 100% experience leading group psychotherapy with clinical contact or direct consultation to an organization. Supervised experience supersedes unsupervised experience and can be used to count toward this requirement once the required amount of supervised experience is met.

⁷Experiential Training = It is strongly recommended that experiential training be integrated into coursework, practica, supervision, and/or CEs.

Examples of Program Descriptors for Each Stage of Training

Doctoral

Group Psychology and Psychotherapy Specialty – Major Area of Study

The Counseling Psychology PhD program at Brigham Young University provides ample opportunity for students to obtain group specialty training as a Major Area of Study. This program requires two group therapy courses, including (1) Group Counseling and Intervention and (2) Advanced Theory of Group Counseling. As part of their coursework, students obtain both experiential (e.g., participation in a mock group) and didactic training. At least two of the annual practicum offerings each year provide experience in group therapy. For example, one offered practica is at BYU Counseling and Psychological Services (CAPS), which enables students to co-lead a general process group and/or topic-specific groups. At this practicum site, students meet with co-leaders before and/or after group sessions as well as attend weekly group consultation meetings with faculty to discuss questions and issues related to groups. Students have opportunities to engage in group therapy research (e.g., participation in the Consortium for Group Research and Practice—C-GRP), through which students may present at conferences, publish articles, complete dissertations, and so on.

Doctoral internship

Group Psychology and Psychotherapy Specialty - Emphasis

University of North Florida Counseling Center internship program provides an emphasis in Group Psychology and Group Psychotherapy as a Major Area of Study. Interns co-facilitate at least one process-focused therapy group each semester and have an option to co-facilitate additional psychoeducational and support groups. Interns are provided group psychology and group psychotherapy didactic seminars throughout their year of training. Group facilitators meeting offers an avenue to learn from other facilitators and counts as an additional hour of group supervision. Additional activities include conducting an orientation for new group members and debriefing with a co-facilitator. Furthermore, throughout their training interns maintain a caseload of individual clients, conduct outreach, administer psychological tests, and engage in other service deliveries activities.

Postdoctoral residency

Group Psychology and Psychotherapy Specialty – Major Area of Study

The PRACTICE at UNLV offers a postdoctoral fellowship in Group Psychology and Group Psychotherapy as a Major Area of Study. Postdoctoral fellows are supervised by group therapy specialists and their training occurs primarily within the clinic's group psychotherapy program. The multi-faceted group program consists of process groups and skills groups based on research-supported treatments like Cognitive Behavioral Therapy and Dialectical Behavior Therapy. The Fellow will co-facilitate an interpersonal process group with an advanced, independent clinician. They will also co-lead and provide supervision to predoctoral practicum students in 5-7 groups per week. They will assist with program development and oversight, pre-group preparation and coordination, and case rounds with a group focus. In addition to co-facilitating groups, the Fellow will also maintain a very small caseload of individual clients and supervision of graduate student clinicians.

Post- licensure training

Group Psychology and Psychotherapy Specialty – Major Area of Study

The Adelphi University's two-year postgraduate Group Psychotherapy training program provides post-licensure major area of study through didactic and experiential course work, clinical supervision, and personal group therapy. The program requires candidates to commit to two 6-hour meetings per month of didactic and experiential coursework. In addition, candidates commit to gaining experience leading groups and they participate in both group supervision and individual supervision. Candidates also engage in their own personal group psychotherapy.