



Spring Virtual Workshop and Annual Meeting

June 6, 2026, 9:00AM – 12:15PM Eastern Time

CE Workshop: 9:00AM – 11:10AM

Annual Meeting: 11:15AM – 12:15PM

Online Group Psychotherapy with Adolescents--A Roadmap

2 CE credits for Psychologists, Social Workers,
Marriage & Family Therapists, & Professional Counselors

The advent of telehealth services for adolescents in the early 2000s represents one of the most significant shifts in pediatric mental health delivery. And while precise figures are not fully known, multiple studies since 2022 confirm that online therapy has become a significant and widely used option for many teens and their parents seeking mental healthcare since the outset of the COVID pandemic. This evolution has profoundly reshaped the landscape of group therapy with adolescents. Drawing from the presenter's chapter of the same title from the soon to be published *Adolescent Group Psychotherapy: Chaos, Wonder and the Basics* (Routledge), this two-hour online workshop will explore best practices and evolving trends in conducting therapy groups with teens online. Content will include an overview of the range of online therapy groups currently available, practical guidelines and suggested modifications when moving from in-office groups to online, and an opportunity for participants to share their experiences.

Thomas K. Hurster MSS LCSW CGP AGPA-F has been providing counseling and therapy services to youth and their families for over 45 years. He is a clinical supervisor at Benchmark School in Media, PA, a nationally recognized school for children with language-based learning disabilities and executive functioning difficulties. Additionally, he is a full-time adjunct professor of clinical social work at the Bryn Mawr College Graduate School of Social Work and Social Research; he annually teaches Clinical Social Work Practice with Children and Adolescents, Group Treatment, and School Social Work. Since 1982, he has also had a private psychotherapy practice with youth and their families, and as part of this practice has been conducting 2-3 ongoing psychotherapy groups for adolescents since 1988. A Fellow in the American Group Psychotherapy Association, he was the international co-chair of the AGPA's Child and Adolescent Special Interest Group for 15 years and has served on the board of the Philadelphia Area Group Psychotherapy Society since 2008. Tom is a 2025 Harold S. Bernard Group Psychotherapy Training Award recipient, an award given annually by the International Board for Certification of Group Psychotherapists to individuals, programs, or institutes that make an outstanding contribution to group psychotherapy education and training.

Tom also received training through the Yale University Child Study Institute in the SPACE (Supportive Parenting for Anxious Childhood Experiences) method of helping anxious children by working with their parents. For the last five years, he has been conducting SPACE parenting groups at Benchmark School and works with individual families as part of his private practice in Bryn Mawr.



Presented by Thomas Hurster, MSS, LCSW, CGP, AGPA-F

Learning Objectives:

- Attendees will be able to list and explain three reasons to consider conducting groups for adolescents online based on the current literature.
- Attendees will be able to recognize and to strategically address the challenges found to be unique to conducting groups online with youth.
- Attendees will be able to describe the different genres of online games currently being used in online group therapy with youth.

Spring Virtual Workshop and Annual Meeting

June 6, 2026, 9:00AM – 12:15PM Eastern Time

CE Workshop: 9:00AM – 11:10AM

Annual Meeting: 11:15AM – 12:15PM

Online Group Psychotherapy with Adolescents--A Roadmap

2 CE credits for Psychologists, Social Workers,
Marriage & Family Therapists, & Professional Counselors

REGISTRATION INFORMATION

ALL attendees MUST register on our website: <https://www.pagps.org/>. Payment will be accepted via credit card and PayPal, as well as by paper check. All checks can be made out to PAGPS and mailed to the following address: 632 N 2nd St, Unit #590, Philadelphia, PA 19123.

- \$75 member
- \$100 non-member, no CEs
- \$130 non-member, with CEs
- \$25 student rate
- PAGPS Equity Rate is available – please see our website for details.

The link for the Zoom meeting will be sent via email the day before the event.

NO ONE WILL BE ADMITTED WITHOUT HAVING REGISTERED

PLEASE DO NOT SHARE THE PASSWORD FOR THE ZOOM LINK WITH ANYONE

Please contact PAGPSGROUP@gmail.com with any questions.

Sign in will begin at 8:30AM, welcome and introductions at 8:45AM. Because we are issuing CEs, you must be present for the full two hours with your video feed on, beginning promptly at 9:00AM. There will be a 10-minute break in the middle of the CE event and a 5-minute break following the CE event before the annual meeting begins.

ABOUT PAGPS CONTINUING EDUCATION

PAGPS offerings are designed for mental health professionals and deal with topics that are usually underrepresented in graduate training programs and/or that provide additional, advanced, and newly emerging perspectives on group therapy theory, research, and practice. This program is intended for mental health professionals at a post-graduate level. This program, when attended in its entirety, is available for 2 continuing education credits. The Philadelphia Area Group Psychotherapy Society (PAGPS) is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content. PAGPS is also approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers, marriage & family therapists, and professional counselors.

Attendees can also receive 2 credits toward re-certification for the National Registry of Certified Group Psychotherapists (CGP). PAGPS is committed to accessibility and non-discrimination in its continuing education activities and will conduct its activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. To arrange accommodations for special needs, please contact us at pagpsgroup@gmail.com.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenting organizations, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

The Philadelphia Area Group Psychotherapy Society ([pagps.org](http://www.pagps.org)), an affiliate of the American Group Psychotherapy Association (<http://www.agpa.org>), provides a forum for the exchange of ideas, theories, studies, research, information, and experience in group psychotherapy. Members come from all over the Philadelphia region, including the city of Philadelphia as well as surrounding areas in Pennsylvania, New Jersey, and Delaware. Members may list their groups on the PAGPS website. For more information about joining PAGPS or renewing your membership, please visit our website at www.pagps.org, or e-mail us at pagpsgroup@gmail.com.