

Sample Student Paper

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

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1

student title page, 2.3

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

A majority of Americans experience stress in their daily lives (American Psychological Association, 2022). Thus, an important goal of psychological research is to evaluate techniques that promote stress reduction and relaxation. Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McNelis & Lister, 2009). Guided imagery aids individuals in connecting their internal and external experiences, allowing them, for example, to feel calmer internally because they practice thinking about calming images. Progressive muscle relaxation involves diaphragmatic breathing and the lowering and relaxing of 16 major muscle groups together. These behaviors lead individuals to a more relaxed state (Quasthoff, 1998; Sudhakar, 2008). Guided imagery and progressive muscle relaxation are both cognitive behavioral techniques (Yalom & Lenzen, 2005) in which individuals focus on the relationship among thoughts, emotions, and behaviors (White, 2006).

Group psychotherapy effectively promotes positive treatment outcomes in patients in a cost-effective way. Its efficacy is in part attributable to variables unique to the group experience of therapy as compared with individual psychotherapy (Bennett, 1994; Yalom & Lenzen, 2005). That is, the group format helps participants feel supported and better understand their common struggles. At the same time, interactions with group members provide social support and models of positive behavior (Yalom & Lenzen, 2005). Thus, it is useful to examine how stress reduction and relaxation can be enhanced in a group context.

The purpose of this literature review is to examine the research base on guided imagery and progressive muscle relaxation in group psychotherapy contexts. It provides a synthesis of both guided imagery and progressive muscle relaxation, including theoretical foundations and historical context. Next, I examine guided imagery and progressive muscle relaxation as used in their own as well as in combination as part of group psychotherapy (see Butler et al., 1994, for more). Throughout the review, I

2

paper title, 2.4, 2.27, Table 2.1, Figure 2.4

group author, 9.1.1

parenthetical citation of a work with two authors, 8.17

italics to highlight a key term, 6.22

parenthetical citation of a work with one author, 8.17

repeated citation needed, 8.1

use of first person, 4.16

narrative citation in parenthetical running text, 8.11

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### **Table of Contents Example Of An Annotated Paper**

1. Understanding the eBook Example Of An Annotated Paper
  - The Rise of Digital Reading Example Of An Annotated Paper
  - Advantages of eBooks Over Traditional Books
2. Identifying Example Of An Annotated Paper
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Example Of An Annotated Paper
  - User-Friendly Interface
4. Exploring eBook Recommendations from Example Of An Annotated Paper

- Personalized Recommendations
  - Example Of An Annotated Paper User Reviews and Ratings
  - Example Of An Annotated Paper and Bestseller Lists
5. Accessing Example Of An Annotated Paper Free and Paid eBooks
    - Example Of An Annotated Paper Public Domain eBooks
    - Example Of An Annotated Paper eBook Subscription Services
    - Example Of An Annotated Paper Budget-Friendly Options
  6. Navigating Example Of An Annotated Paper eBook Formats
    - ePub, PDF, MOBI, and More
    - Example Of An Annotated Paper Compatibility with Devices
    - Example Of An Annotated Paper Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Example Of An Annotated Paper
    - Highlighting and Note-Taking Example Of An Annotated Paper
    - Interactive Elements Example Of An Annotated Paper
  8. Staying Engaged with Example Of An Annotated Paper
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Example Of An Annotated Paper
  9. Balancing eBooks and Physical Books Example Of An Annotated Paper
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Example Of An Annotated Paper
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Example Of An Annotated Paper
    - Setting Reading Goals Example Of An Annotated Paper
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Example Of An Annotated Paper

- Fact-Checking eBook Content of Example Of An Annotated Paper
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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