APA 7ᵗʰ Ed. Quick Guide

*This guide was created to highlight some of the more common types of citation and formatting examples. For the full authoritative guide, please refer to the *Publication Manual of the American Psychological Association (*7ᵗʰ Ed.).

Step 1: Evaluate your sources. Is this information you feel confident using in your work?

Step 2: Listed below are some of the ways you can incorporate a source into your work and the rules to keep in mind

Step 3: Find the example that best fits your source on the following pages to create your citation. If you cannot find an example that matches your source, refer to the *Publication Manual of the American Psychological Association* (7ᵗʰ Ed), [American Psychological Association website](#), or [APA Style Central](#).

Citing a source generally

- *Example:* In a recent study of reaction times (Walker, 2000)…

Direct quotations (see manual section 8.25, p. 270)

- When quoting the exact words used in a piece of the source, put the quoted words in quotation marks and include the author, year of publication and page number(s) in your in-text citation.
- *Example:* Since "positive emotions are both at an end" (Myers, 2000, p. 5).

Direct quotations – no page number available (see manual section 8.28, p.273)

- Use paragraph numbers. If not available, use the heading. Use the timestamp for audiovisual sources.
  Example: Since "positive emotions are both at an end" (New child vaccine, 2001, para. 4).
  Example: People make "sweeping inferences and judgments from body language" (Cuddy, 2012, 2:12).

Paraphrasing (see manual section 8.23, p.269)

- Rewriting a piece of the source in your own words.
- While not required, including a page number is encouraged to help readers locate the relevant passage
- *Example:* The results of Myers' (2000) study indicate that work life balance is very important for promoting mental health (p.78).

Secondary citations (see manual section 8.6, p. 258)

- Use secondary citations as your last choice. See library staff for assistance in locating original works.
- List the secondary source (where you actually read it) in the reference list. Name the original work in the in-text citation and give a citation for the secondary source
- *In-text example:* Allport's diary… (as cited in Donovan, 2006)…
  Reference list example: Donovan, B. (2006). *White slave crusades: Race, gender, and anti-vice activism, 1887-1917*. Chicago: University of Illinois Press.

Block quotations (see manual section 8.27, p.272)

- Any direct quotations of 40 words or more
- Start a new line. Double space and indent the whole block 0.5 inch from the left margin. Do not enclose the quote in quotation marks.
- At the end of the block quotation, cite the quoted source and the page or paragraph number in parentheses as you would a typical in-text citation, except *after* the final punctuation mark.

Journal Articles and Other Periodicals	
Basic elements of a periodical in-text citation:	Basic elements of a periodical reference list entry:

(Author, Date)		Author, A.A. (Date). Title of article. *Title of Periodical*, *Volume*(Issue), page numbers. DOI or URL
	In text citation	Reference List
Single author	(Author, Year)	Author, A. A. (Year). Title of article. *Title of Periodical, Volume*(Issue if available), pp-pp. https://doi.org/xx-xxxxxxxxx
	(Klimoski, 2009).	Klimoski, R.S. (2009). The ADA and the hiring process in organizations. *Consulting Psychology Journal: Practice and Research, 45*(2), 10-36.
	Note: DOIs are now formatted the same as URLs. The label "DOI:" is no longer necessary.	
Two authors	(Author & Author, Year).	Author, A.A., & Author, B.B. (Year). Title of article. *Title of Periodical*, *Volume*(Issue if available), pp-pp. https://doi.org/xx-xxxxxxxxx
	(McCauley & Christiansen, 2019)	McCauley, S.M., & Christiansen, M.H. (2019). Language learning as language use: A cross-linguistic model of child language development. *Psychological Review*, *126*(1), 1-51. https://doi.org/10.1027/rev0000126
Three or more authors	(Author et al., Year).	Author, A. A., Author B. B., & Author, C. C. (Year). Title of article. *Title of Periodical*, *Volume*(Issue if available), pp-pp. https://doi.org/xx-xxxxxxxxx
	(Herbst-Damm et al., 2005).	Herbst-Damm, K. L., Bell., M., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology, 24*(1), 225-229. https://doi.org/10.1037/0278-133.24.2.225
Journal article – print version or DOI not available	(Author, Year).	Author. (Year). Title of article. *Title of Journal*, *Volume*(Issue if avail.), pp-pp.
	(Anderson, 2018)	Anderson, M. (2018). Getting consistent with consequences. *Educational Leadership*, 76(1), 26-33.
	Note: Journal articles that do not have a DOI and which were *not* retrieved from an academic research database should include the article URL in place of the DOI.	
Journal article – advanced publication	(Author, Year).	Author, A. A. (Year). Title of article. *Title of Journal*. Advance online publication. https://doi.org/xx-xxxxxxxxx
	(Von Ledebur, 2007).	Von Ledebur, S. C. (2007). Optimizing knowledge transfer by new employees in companies. *Knowledge Management Research & Practice.* Advance online publication. https://doi.org/10.1057/palgrave. kmrp.8500141
Magazine article - online	(Author, Year).	Author, A. A. (Year, Month Day). Title of article. *Title of Magazine, Volume*(Issue). DOI or URL
	(Bergeson, 2019).	Bergeson, S. (2019, January 4). Really cool neutral plasmas. *Science*, *363*(6422), 33-34. https://doi.org/10.1126/science.aau7988
Newspaper article - online	(Author, Year).	Author, A. A. (Year, Month Day). Title of article. *Title of Newspaper*. URL
	(Guarino, 2017).	Guarino, B. (2017, December 4). How will humanity react to alien life? Psychologists have some predictions. *The Washington Post*. https://www.washingtonpost.com/news/speaking-of-science/wp/2017/12/04/how-will-humanity-react-to-alien-life-psychologists-have-some-predictions
Further examples for citing journals and other periodicals in APA Guide Section 10.1 (pp. 316-321).		

Books and Reference Works

Basic elements of a book in-text citation: (Author, Date)		Basic elements of a book reference list entry: Author, A.A. (Date). *Title of work*. Publisher. DOI or URL (if applicable)
	In text citation	Reference List
Single author	(Author, Year).	Author, A. A. (Year). *Title of work*. Publisher.
	(Burgess, 2019).	Burgess, R. (2019). *Rethinking global health: Frameworks of power.* Routledge.
Two authors	(Author & Author, Year).	Author, A. A., & Author, B. B. (Year). *Title of work*. Publisher.
	(Leviathan & Green, 2010).	Leviathan, D., & Green, J. (2010). *Will Grayson, Will Grayson*. Penguin Group.
Three or more authors	(First Author et al., Year).	Author, A.A., Author, B.B., & Author, C.C. (Year). *Title of work.* Publisher.
	(Shami et al., 2011).	Shami, J., Flynn, D., & Hester, M. T. (2011) *The Oxford handbook of John Donne. Oxford University Press.* doi:10.1093/oxfordhb/9780199218608.001.0001
	Note: Surnames and initials for up to 20 authors (instead of 7 in APA 6th Ed.) should be provided in the reference list.	
Editor in place of author	(Editor, Year).	Editor, A. A. (Ed.). (Year). *Title of work*. Location: Publisher.
	(Zedeck, 2011).	Zedeck, S. (Ed.). (2011). *APA handbook of industrial and organizational psychology*. American Psychological Association.
Author(s) and Editor(s)	(Author, Year).	Author, A. A. (Year). *Title of work (*A. A. Editor, Ed.). Publisher.
	(Meadows, 2008)	Meadows, D. H. (2008). *Thinking in systems: A primer* (D. Wright, Ed.). Chelsea Green Publishing.
Group as author	(Group [Abbreviated in first citation], Year).	Name of Group. (Year). *Title of work.* Publisher.
	First citation: (National Institute of Mental Health [NIMH], 2007). *Subsequent citations:* (NIMH, 2007).	National Institute of Mental Health. (2007). *Always embarrassed: Social phobia (social anxiety disorder).* National Institutes of Health.
Chapter in book	(Chapter Author, Year).	Chapter Author, A. A. (Year). Title of chapter. In A. A. Editor & B. B. Editor (Eds.), *Title of book* (pp. chapter pages). Publisher. DOI or URL
	(Weinstock et al., 2003)	Weinstock, R., Leong, G.B., & Silva, J.A. (2003). Defining forensic psychiatry: Roles and responsibilities. In R. Rosner (Ed.), *Principles and practice of forensic psychiatry* (pp-7-12). CRC Press.
Multiple Editions or Volumes	(Author, Year).	Author, A. A., & Author, B. B. (Year). *Title of work* (# ed. or Vol. #). Publisher.
	(Madigan, 2019).	Madigan, S. (2019). Narrative therapy (2nd ed.). American Psychological Association. https://doi.org/10.1037/0000131-000
Dictionary or Encyclopedia	(Editor, Year).	Editor, A. A. (Ed.). (Year). *Title of work*. Location: Publisher.
	(VandenBos, 2007).	VandenBos, G. R. (Ed.). (2007). *APA dictionary of psychology*. Washington, DC: American Psychological Association.
Dictionary or Encyclopedia – Online version	(Editor or Group, n.d.).	Editor, A. A. (Ed.) or Group Name. (n.d.). *Title of work*. Retrieved Date, from URL
	(Merriam-Webster, n.d.).	Merriam-Webster. (n.d.). Merriam-Webster.com dictionary. Retrieved May 5, 2019, from https://www.merriam-webster.com/
	Note: Online dictionaries and encyclopaedias that are updated frequently have an "n.d." designation in place of date. The citation should also state when the online resource was accessed/retrieved.	
Further examples for citing books and reference works in APA Guide Section 10.2 and 10.3 (pp. 316-329).		

Unpublished/Informally Published Material		
	In text citation	Reference List

	In text citation	Reference List
Report – online version	(Author, Year).	Author, A. A. or Group (Year). *Title of work* (Report No. if available). Publisher (if available). DOI or URL
	(National Cancer Institute, 2018).	National Cancer Institute. (2018). *Facing forward: Life after cancer treatment* (NIH Publication No. 18-2424). U.S. Department of Health and Human Services, National Institutes of Health. https://www.cancer.gov/publications/patient-education/life-after-treatment.pdf
Conference session	(Presenter(s), Year).	Presenter, A. A., Presenter, B.B., & Presenter, C.C. (Year, Month Day). *Title of presentation* [Conference session]. Conference Name, Location. DOI or URL (if available)
	(Fistek et al., 2017).	Fistek, A., Jester, E., & Sonnenberg, K. (2017, July 12-15). *Everybody's got a little music in them: Using music therapy to connect, engage, and motivate* [Conference session]. Autism Society National Conference, Milwaukee, WI, United States. https://asa.confex.com/asa/2017/webprogramarchives/Session9517.html
Dissertation or Thesis – from database	(Author, Year).	Author, A. A. (Year). *Title of dissertation or thesis* (Doctoral dissertation or master's thesis, Name of Institution Awarding the Degree). Database or Archive Name. URL (if available)
	(Hollander, 2017).	Hollander, M.M. (2017). *Resistance to authority: Methodological innovations and new lessons from the Milgram experiment* (Publication No. 10289373) [Doctoral dissertation, University of Wisconsin-Madison]. ProQuest Dissertations and Theses Global.
PowerPoint slides or course materials – online version	(Author, Year).	Author A.A., & Author B.B. (Year, Month Day). *Title of material* [Type of material]. Name of Website or Learning Management System. Public URL or URL of LMS login page (if writing for audience with access)
	(Mack & Spake, 2018).	Mack, R., & Spake, G. (2018). *Citing open source images and formatting references for presentations* [PowerPoint slides]. Canvas@FNU. https://fnu.onelogin.com/login
	Note: It is not possible to formally cite in-person lectures. For in-person lectures, introduce in the body of your paper (E.g. "In a lecture on November 16, 2011, to a Psychology 1000 class, Professor Smith said…")	
Personal communications	(A. A. Author, personal communication, Year).	Personal communications such as emails, text messages, phone conversations, personal interviews, etc. are not included in the reference list as they are not retrievable (see section 8.9 or pp.260-261 for further details)
	(V. G. Nguyen, personal communication, September 28, 2011).	Cite in text only.

Further examples for citing reports and informally published materials in APA Guide Section 10.4 to 10.14 (pp. 329-347).

Government Documents

	In text citation	Reference List
Government report – online version	(Department(s), Year).	Government Department(s). (Year). *Title of work* (Publication No. if available). Parent Agency (if available). URL
	(National Cancer Institute, 2018).	National Cancer Institute. (2018). *Facing forward: Life after cancer treatment* (NIH Publication No. 18-2424). U.S. Department of Health and Human Services, National Institutes of Health. https://www.cancer.gov/publications/patient-education/life-after-treatment.pdf
Legislative Materials – online version	Introduce the title or number (or other descriptive information) in text, along with the date.	*Bill or Resolution Number: Title of work.* (Date). Reading Number and Date of Reading, No. Parliament, Session, and Session Dates. Government Department. URL.

	“These values were enshrined in *Bill C-14: An Act to amend the Citizenship Act* (2006)…”	*Bill C-14: An Act to amend the Citizenship Act (adoption)*. (2006). 1st reading May 15, 2006, 39th Parliament, 1st Session, 2006-2007. Public Works and Government Services Canada. http://www2.parl.gc.ca/HousePublications/ Publication.aspx?DocId= 2334073&Language=e&Mode=1

Further in-text examples for citing legal materials in APA Guide Sections 11.4 to 11.10 (pp. 357-368) and Appendix A7.1 (pp. 216-224)
Further government documents assistance can be found at http://beryliveylibrary.wordpress.com/2010/12/02/citing-government-document/

Websites and Social Media

	In text citation	Reference List
Web page/ Section of website	(Author, Year).	Author, A. A or Group Name. (Year). *Title of webpage*. Site Name. Retrieved Month Day, Year, from URL.
	(U.S. Census Bureau, n.d.).	U.S. Census Bureau. (n.d.). *U.S. and world population clock*. U.S. Department of Commerce. Retrieved July 3, 2019, from https://www.census.gov/popclock/
Entire website	(URL).	Author, A. A. (Date). Site Name. Retrieved Month Day, Year, from URL.
	Kidspsych is a wonderful interactive website for children (http://www.kidspsych.org).	When citing an entire website, it is sufficient to give the address of the site just in-text. If a reference list entry is required, use the format above.
Wikipedia entry	(“Entry title,” Year).	Title of entry. (Year, Month Day). In *Wikipedia*. Archived URL
	(“List of Oldest Companies,” 2019).	List of oldest companies. (2019, January 13). In *Wikipedia*. https://en.wikipedia.org/w/index.php?title=List_of_oldest_companies&oldid=878158136
	Note: Access the archived version on *Wikipedia* by clicking “View history” and then the time and date of the version you used. This allows readers to retrieve the version of the page you are referencing.	
Blog post	(Author, Year).	Author, A.A. (Year, Month Day). Post title. *Blog Name*. URL.
	(Klymkowsky, 2018).	Klymkowsky, M. (2018, September 15). Can we talk scientifically about free will? *Sci-Ed*. https://blogs.plos.org/scied/2018/09/15/can-we-talk-scientifically-about-free-will/
Comment on an online article or post	(Author, Year).	Author. (Year, Month Day). Comment title or first 20 words of the comment if no title exists [Comment on the article “Article title”]. *Periodical title*. Comment URL.
	(KS in NJ, 2019).	KS in NJ. (2019, January 15). From this article, it sounds like men are figuring something out that women have known forever. I know of many [Comment on article “How workout buddies can help stave off loneliness”]. *The Washington Post*. https://wapo.st/2HDToGJ
Tweet	(Author, Year).	Author, A.A. [@username]. (Year, Month Day). *Content of the post up to the first 20 words* [Description of audiovisuals] [Tweet]. Twitter. URL
	(White, 2018).	White, B. [@BettyMWhite]. (2018, June 21). *I treasure every minute we spent together #koko* [Image attached] [Tweet]. Twitter. https://twitter.com/BettyMWhite/status/1009951892846227456
Social media posts (e.g. Facebook, Tumblr, LinkedIn, etc.)	(Author, Year).	Author, A.A. (Year, Month Day). *Content of the post up to the first 20 words* [Description of audiovisuals]. Social Media Platform Name. URL
	(News From Science, 2018).	News From Science. (2018, June 26). *These frogs walk instead of hop: https://scim.ag/2KlriwH* [Video]. Facebook. https://www.facebook.com/ScienceNOW/videos/10155508587605108

Further in-text examples for citing online content in APA Guide Sections 10.15 to 10.16 (pp. 348-352).

Audiovisual Media

	In text citation	Reference List
	(Director, Year).	Director, A. A. (Director). (Year). *Title of motion picture* [Film]. Production companies or studios.

Motion picture film	(Jackson, 2001).	Jackson, P. (Director). (2001). *The lord of the rings: The fellowship of the ring* [Film]. WingNut Films; The Saul Zaentz Company.
Music recording	(Artist, Original publication year/Copyright year).	Writer, A. (Copyright year). Title of song [Recorded by B. B. Artist or Group Name, if different from writer]. On *Title of album*. Label. (Original publication date if different from song copyright)
	(Beethoven, 1804/2012).	Beethoven, L. van. (2012). Symphony No. 3 in E-flat major [Song recorded by Staatskapelle Dresden]. On *Beethoven: Complete symphonies*. Brilliant Classics. (Original work published 1804)
Single episode from a television series	(Writer & Director, Year).	Writer, A. A. (Writer), & Director, B. B. (Director). (Date). Title of episode (Season number, Episode number) [TV series episode]. In C. C. Producer, & D.D. Producer (Executive producers), *Title of series*. Production companies or studios.
	(Oakley et al., 1995).	Oakley, B. (Writer), Weinstein, J. (Writer), & Lynch, J. (Director). (1995, May 21). Who shot Mr. Burns? (Part one) (Season 6, Episode 25) [TV series episode]. In D. Mirkin, J.L. Brooks, M. Groening, & S. Simon (Executive Producers), *The Simpsons*. Gracie Films; Twentieth Century Fox Film Corporation.
Online video (e.g. YouTube)	(Uploader, Year).	Uploader, A. A. (Year, Month Day). *Title of video* [Video]. Streaming Platform Name. URL
	(Cutts, 2017).	Cutts, S. (2017, November 24). *Happiness* [Video]. Vimeo. https://vimeo.com/244405542
TED talk	(Speaker, Year).	Speaker, A. A. (Year, Month). *Talk title* [Video]. TED Conferences. TED website URL
	(Giertz, 2018).	Giertz, S. (2018, April). *Why you should make useless things* [Video]. TED Conferences. https://www.ted.com/talks/simone_giertz_why_you_should_make_useless_things
	Note: This reference format only applies to TED talks retrieved from TED's website. Cite TED talks retrieved from YouTube or other streaming video sites like an online video (see above) with the uploader name in place of the speaker name.	
Podcast episode	(Host, Year).	Host, A. A. (Host). (Year, Month Day). Episode title (Episode No.) [Audio podcast episode]. In *Podcast title*. Production company. URL
	(Glass, 2011).	Glass, I. (Host). (2011, August 12). Amusement park (No. 443) [Audio podcast episode]. In *This American life*. WBEZ Chicago. https://www.thisamericanlife.org/radio-archives/episode/443/amusement-park
Further in-text examples for citing audiovisual media in APA Guide Sections 10.12 to 10.14 (pp. 342-179).		

Missing Source Information		
As a general rule, missing source information may simply be excluded from the reference list citation. Please see library staff for assistance locating and identifying source information. Some exceptions to this rule are listed below.		
	In text citation	Reference List
No date	(Author, n.d.)	Author, A.A. or Group Name. (n.d.). Remaining components of a typical reference entry.
	(National Nurses United, n.d.)	National Nuses United. (n.d.). *What employers should do to protect nurses from Zika.* https://www.nationalnursesunited.org/pages/what-employers-should-do-to-protect-rns-from-zika
No author/editor/ creator	("Title", Year). (*Title,* Date).	Title. (Year). Remaining components of a typical reference entry. *Title*. (Date). Remaining components of a typical reference entry.
	("Really cool neutral plasmas," 2019) (*Rethinking global health: Frameworks of power, 2019*)	Really cool neutral plasmas. (2019, January 4). *Science, 363*(6422), 33-34. https://doi.org/10.1126/science.aau7988 *Rethinking global health: Frameworks of power*. (2019). Routledge.

	Note: If the title of the work is not italicized in the reference (e.g. blog post), use double quotation marks around the title in the in-text citation. If the title of the work is italicized in the reference (e.g. a book), also italicize the title in the in-text citation.	

Page Numbers

As a general rule, page numbers are included in your in-text citations.

	In text citation	Guidelines
Quotations with page #s	Single page: (Author, Year, p.#) Multiple pages: (Author, Year, pp.#-#) Discontinuous pages: (Author, Year, pp.#,#)	Direct quotes require an in-text citation that includes the author, year, and page number of the quotation. Guidelines for providing a page number: • For a single page, use the abbreviation "p." (e.g., p. 16, p. S74, p. e288). • For multiple pages, use the abbreviation "pp." and separate the page range with an en dash (e.g., pp. 34–36). • If pages are discontinuous, use a comma between the page numbers (e.g., pp. 55, 68).
Quotations with no page #s	Webpage/Ebook Section Heading (Author, Year, Heading Name section) Webpage/Ebook Paragraph # (Author, Year, Para. #) Webpage/Ebook Section Heading & Paragraph # (Author, Year, Heading Name section, Para. #)) Audiovisual Work (Director/Artist/Speaker, Year, HH:MM:SS) Canonically Numbered Sections (Author, Year, book, chapter, verse, line, and/or canto) Plays (Author, Year, Act, Scene, Line(s)) (See Guidelines section for number format)	For a work without a page number, such as a website or an ebook, provide another way for the quotation to be located. Webpage, Website or Ebook • Use the heading or section name. Abbreviate long headsings or sections as needed. (e.g. Heart Health section) • Use paragraph numbers (may need to count the paragraphs manually if they are not numbered). (e.g. para. 5) • Combine a heading or section name with a paragraph number. (e.g. Hearth Health section, para. 5). Audiovisual Work • For audiovisual works (audiobook, YouTube video, films, etc.), use the timestamp for the beginning of the quotation in place of a page number. (e.g. 1:09) Canonically Numbered Sections • Canonically numbered sections (e.g., religious or classical works), use the name of the book, chapter, verse, line, and/or canto instead of a page number. (e.g. King James Bible, 1769/2017, Song of Solomon 8:6) Plays • For plays, cite the act, scene, and line(s). In the following example, "1.3.36–37" refers to Act 1, Scene 3, Lines 36 and 37. (e.g. Shakespeare, 1623/1995, 1.3.36–37)
Paraphrasing	See Quotations examples above for in-text format of page numbers or works with no page number.	It is not required to provide a page or paragraph number in the in-text citation, though it is okay to include one or may be recommended if you are paraphrasing a passage within a large body of work, such as a book, and it would make it easier for the reader to locate it.

		This may also be a preference of your instructor to include one, so when in doubt, ask your instructor!
Referencing	n/a	Generally, page numbers are not required as part of a bibliographic reference entry. A page range may be required as part of a reference entry for specific source types (e.g. journals). For more information, see the instructions for different source types (above).

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

Hannah K. Greenbaum

Department of Psychology, The George Washington University

PSYC 3170: Clinical Psychology

Dr. Tia M. Benedetto

October 1, 2019

Sample Student Paper - Title page	The title page precedes the body of your paper. It should be formatted with the page number in the header (top-right) and a section containing the paper title, the author information, and the course information. All lines are double-spaced.
Paper title	• One to two lines in length. Subtitles begin on a new line, following the main title and a colon • Centered in the upper half of the page (three or four lines down from the top margin)
Author information	• Author's name (first name, middle initials, last name) • Department, School
Course information	• Course code: Course name • Instructor Name • Assignment due date
Running Head	• The running head is omitted in student papers (unless your instructor tells you otherwise) • If asked to use a running head, the title page no longer includes the words "Running head:" at the beginning. It now contains only a page number and the (shortened) paper title
Unless instructed otherwise by your instructor, students should follow the above guidelines for formatting the title page of their assignments. See Section 2.3 in the APA Guide for how to format a professional paper for publication that includes a running header, author note and abstract (p.31).	

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McGuigan & Lehrer, 2007). *Guided imagery* aids individuals in connecting their internal and external experiences, allowing them to feel calmer externally because they practice thinking about calming imagery. *Progressive muscle relaxation* involves diaphragmatic breathing and the tensing and releasing of 16 major muscle groups; together these behaviours lead individuals to a more relaxed state (Jacobsen, 1938; Trakhtenberg, 2008). Guided imagery and progressive muscle relaxation are both cognitive behavioral techniques (Yalom & Leszcz, 2005) in which individuals focus on the relationship among thoughts, emotions, and behaviours (White, 2000).

Guided Imagery

Guided Imagery in Group Psychotherapy

Guided imagery and relaxation techniques have even been found to "reduce distress and allow the immune system to function more effectively" (Trakhtenberg, 2008, p. 850). For example, Holden-Lund (1988) examined effects of a guided imagery intervention on surgical stress and wound healing in a group of 24 patients. Holden-Lund concluded that the guided imagery recordings contributed to improved surgical recovery.

Sample Student Paper - Paper Body	The paper body continues on page 2, beginning with the paper title, centered and bolded. The lines should be double-spaced and the margins should be 1 inch (2.54 cm) on all sides.
Multiple in-text citations	• Join multiple in-text citations with a semicolon • E.g. (Jacobsen, 1938; Trakhtenberg, 2008)
Narrative citation	• If the author is referenced in the sentence, use a narrative citation instead of a parenthetical citation by enclosing the date of the source in brackets following the author's name • The date can be omitted in subsequent narrative citations of the same source • E.g. Holden-Lund (1988) examined effects of… Holden-Lund concluded that
Subheadings	• Level 1 headings are centered and bolded (E.g. Guided Imagery) • Level 2 headings are left-aligned and bolded (E.g. Guided Imagery in Group Psychotherapy)

References

Achterberg, J. (1985). *Imagery in healing.* Shambhala Publications.

American Psychological Association. (2017). *Stress in America: The state of our nation*

https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf

Freebird Meditations. (2012, June 17). *Progressive muscle relaxation guided meditation* [Video].

YouTube. https://www.youtube.com/watch?v=fDZl-4udE_o

Holden-Lund, C. (1988). Effects of relaxation with guided imagery on surgical stress and wound

healing. *Research in Nursing & Health, 11*(4), 235-244. http://doi.org/dztcdf

Jacobsen, E. (1938). *Progressive relaxation* (2nd ed.). University of Chicago Press.

McGuigan, F. J., & Lehrer, P. M. (2007). Progressive relaxation: Origins, principles, and clinical

applications. In P. M. Lehrer, R. L. Woolfolk, & W. E. Sime (Eds.), *Principles and*

practice of stress management (3rd ed., pp. 57-87). Guilford Press.

Trakhtenberg, E. C. (2008). The effects of guided imagery on the immune system: A critical

review. *International Journal of Neuroscience*, *118*(6), 839-855. http://doi.org/fxfsbg

Yalom, I.D., & Leszcz, M. (2005). The theory and practice of group psychotherapy (5th ed.).

Basic Books.

Sample Student Paper - References	References are included at the very end of the paper. Center and bold the section label (i.e. References). List the references in alphabetical order by author surname and format each reference with a hanging indent.
Hanging indent	APA publishes references in a hanging indent format which means the first line of each reference is set flush left and subsequent lines are indented • If using Microsoft Word, highlight all references and press **CTRL + T** on your keyboard • Tip: If Word is not indenting properly, try hitting enter followed by tab on the second line
Please refer to section 2 in the APA guide (pp.29-48) to find additional formatting information. Refer to section 6 in the APA guide (pp. 153-191) for information about the mechanics of style, including the use of punctuation and abbreviations.	