

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

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Table 2.1, Figure 2.4

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

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A majority of Americans experience stress in their daily lives (American Psychological Association, 2007). 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 (McGuigan & Lehrer, 2007). Guided imagery aids individuals in connecting their internal and external experiences, allowing them, for example, 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 behaviors lead individuals to a more relaxed state (Jacobson, 1918; Trakhtenberg, 2008). Guided imagery and progressive muscle relaxation are both cognitive behavioral techniques (Yalom & Lescuz, 2005) in which individuals focus on the relationship among thoughts, emotions, and behaviors (White, 2000).

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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 (Bottomley, 1996; Yalom & Lescuz, 2005). That is, the group format helps participants feel accepted and better understand their common struggles; at the same time, interactions with group members provide social support and models of positive behavior (Yalom & Lescuz, 2005). Thus, it is useful to examine how stress reduction and relaxation can be enhanced in a group context.

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

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The Psychology Major's Handbook Tara L. Kuther, 2019-03-05 The *Psychology Major's Handbook* offers students a wealth of practical information to succeed throughout their college journey from choosing a major and learning how to study to writing papers and deciding what to do after graduation Drawing on over 20 years of experiences questions ideas and enthusiasm from working with students best selling author Tara L Kuther covers topics relevant to all learners regardless of major such as developing an active learning style honing study skills and becoming more self aware The handbook also addresses the specific needs of psychology students with guidance on the process of writing terms papers how to read articles and how to write APA Style empirical reports Thoroughly revised the Fifth Edition emphasizes psychological literacy and pays particular attention to the role of technology and social media in students lives

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Effective Writing in Psychology Bernard Beins, Agatha Beins, 2008-03-18 Including the standards of writing found in the Publication Manual of the American Psychological Association this book focuses on principles of good writing as well as writing in APA style offers tips on creating poster presentations giving talks writing for Internet publishing and making presentations to institutional review boards IRBs highlights methods for selecting a research topic and for organizing papers and provides a separate section on how to communicate statistics **BOOK JACKET**

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Best Practices for Teaching Beginnings and Endings in the Psychology Major Dana Dunn,2010-01-12 Introductory and capstone experiences in the undergraduate psychology program are crucial ways to engage students in their major and psychology department impart realistic expectations and prepare them for life beyond college Providing the right orientation and capstone courses in psychology education is increasingly a concern of instructors department chairs program directors and deans and both types of courses have become important sources for gathering pre and post coursework assessment data for degree learning outcomes The strategies presented here have been designed to help educators examine issues around teaching the introductory or careers course and developing a psychology specific orientation program The authors also provide concrete suggestions for building capstone experiences designed to fit the needs of a department its pedagogical philosophy or the

educational agenda of the college or university Undergraduate psychology curriculum designers and instructors can benefit from learning innovative and effective strategies for introducing the major to first year students and at graduation for bringing closure reinforcing the overall departmental learning outcomes and helping students apply their disciplinary knowledge in capstone experiences and post graduate life In this collection of articles psychology instructors involved in the improvement of teaching and learning review the research and share their own successes and challenges in the classroom Discussions include effective practices for helping students become acclimated to and engaged in the psychology major application of developmental knowledge and learning communities to course design and use of quality benchmarks to improve introductory and capstone courses Other chapters describe innovations in the design of stand alone courses and offer concrete advice on counseling psychology graduates about how to use what they have learned beyond their higher education experiences

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