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## **Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy**

Double space lines

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). 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, 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 behaviors (White, 2000).

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### **Guided Imagery**

#### **Features of Guided Imagery**

Guided imagery involves a person visualizing a mental image and engaging each sense (e.g., sight, smell, touch) in the process. Guided imagery was first examined in a psychological context in the 1960s, when the behavior theorist Joseph Wolpe helped pioneer the use of relaxation techniques such as aversive imagery, exposure, and imaginal flooding in behavior therapy (Achterberg, 1985; Utley & Miller, 2006). Patients learn to relax their bodies in the presence of stimuli that previously distressed them, to the point where further exposure to the stimuli no longer provokes a negative response (Achterberg, 1985).

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Contemporary research supports the efficacy of guided imagery interventions for treating

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## **Table of Contents 2 Page Paper**

1. Understanding the eBook 2 Page Paper
  - The Rise of Digital Reading 2 Page Paper
  - Advantages of eBooks Over Traditional Books
2. Identifying 2 Page 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 2 Page Paper
  - User-Friendly Interface
4. Exploring eBook Recommendations from 2 Page Paper
  - Personalized Recommendations
  - 2 Page Paper User Reviews and Ratings
  - 2 Page Paper and Bestseller Lists
5. Accessing 2 Page Paper Free and Paid eBooks
  - 2 Page Paper Public Domain eBooks
  - 2 Page Paper eBook Subscription Services

- 2 Page Paper Budget-Friendly Options
- 6. Navigating 2 Page Paper eBook Formats
  - ePub, PDF, MOBI, and More
  - 2 Page Paper Compatibility with Devices
  - 2 Page Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of 2 Page Paper
  - Highlighting and Note-Taking 2 Page Paper
  - Interactive Elements 2 Page Paper
- 8. Staying Engaged with 2 Page Paper
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers 2 Page Paper
- 9. Balancing eBooks and Physical Books 2 Page Paper
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection 2 Page Paper
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine 2 Page Paper
  - Setting Reading Goals 2 Page Paper
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 2 Page Paper
  - Fact-Checking eBook Content of 2 Page 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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