What’s New in the 7th Edition of the APA Publication Manual?

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Overview

- Review main formatting differences
  - General paper formatting
  - Citations
  - References
- Improvements in the Manual
  - Recognizes student use!
  - Student vs. professional use
- Much easier to use and find things
  - Many more examples given
  - Better indexing
- Table of Contents
- Transitioning to 7th edition
  - The University’s plan
  - Transitioning May 11, 2020
- Academic Writer
What’s New?


Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

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Department of Psychology, The George Washington University
PSYC 3170: Clinical Psychology
Dr. Tai M. Benedetto
October 1, 2019

Guided imagery and progressive muscle relaxation in group psychotherapy...
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, 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 & Lehner, 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).

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 & Leszcz, 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 & Leszcz, 2005). Thus, it is useful to examine how stress reduction and relaxation can be enhanced in a group context.
Levels of Headings

- **APA 6th**
  
  **Level 1 Heading**
  Centered, bolded, and title case.

  **Level 2 Heading**
  Left aligned, bolded, use title case

  **Level 3 heading.** Indented, in-line with the paragraph, bolded, sentence case, and ends with a period.

  **Level 4 heading.** Indented, in-line with the paragraph, bolded, italicized, sentence case, and ends with a period.

  **Level 5 heading.** Indented, in-line with the paragraph, italicized, sentence case, and ends with a period.

- **APA 7th**
  
  **Level 1 Heading**
  Centered, bolded, and title case.

  **Level 2 Heading**
  Left aligned, bolded, and title case.

  **Level 3 Heading**
  Left aligned, bolded, italicized, and title case.

  **Level 4 Heading.** Indented, in-line with the paragraph, bolded, title case, and ends with a period.

  **Level 5 Heading.** Indented, in-line with the paragraph, bolded, italicized, title case, and ends with a period.
### Table 1

*Title of the Table in Title Case*

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*Note: Adapted from …*
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*K: Adapted from …

### Figure 1

*Academic Seal of Liberty University*

*Note: This is…*
# In-Text Citations

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<tbody>
<tr>
<td><strong>1 Author</strong></td>
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<td>- (Printz, 2012)</td>
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<td>- (Hunter &amp; Simmons, 2015)</td>
<td>- (Hunter &amp; Simmons, 2015)</td>
</tr>
<tr>
<td><strong>3-5 Authors</strong></td>
<td><strong>3 or More Authors</strong></td>
</tr>
<tr>
<td>- First time citing, include all authors: (Poole-Wilson, Walsh, O'Rourke, &amp; Fuster, 2013)</td>
<td>- (Poole-Wilson et al., 2013)</td>
</tr>
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<td>- Subsequent citing, use et al.: (Poole-Wilson et al., 2013)</td>
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<td><strong>6 or More Authors</strong></td>
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<td>- (Cooney et al., 2013)</td>
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</tbody>
</table>
References


• “References” is now bolded

• Authors: Include up to 20 authors for a reference entry. If more than 20 authors, list the first 19, then put an ellipsis (...) and the last author listed. (Was 8 or more in 6th ed.)

• Books: Don’t include the publisher location, just the publisher. Include a DOI if the book has one.

• Journal Articles: Use the URL format for DOIs. If it has an article number rather than an issue number or page range, use that.
Webpages: Italicize the webpage title. Leave out “retrieved from” unless a date of retrieval is needed. (Retrieval dates are only used for pages that may change over time.)


Summary of Notable Changes

One space after end punctuation!
Two formatting options for the title page: professional and student (2.3) (Liberty will have undergraduate students use the student version. Graduate students will use the professional version.)
New sample papers for professional and student writers (Chapter 2)
Updated running head (not required for “student” papers) (2.8)
Flexibility with font choices (2.19) (Liberty will allow Calibri-11 pt. or Times New Roman 12 pt. and suggests faculty specify word counts rather than page counts.)
Bold type for all heading levels (2.26; 2.27)
Omission of the “Introduction” section heading (2.27)
Endorsement of “singular they” for gender inclusion (4.18)
Updated guidelines on bias-free language (Chapter 5)
Summary of Notable Changes

Double quotation marks, instead of italics, used for examples and ironic expressions (6.7)

In-text citations with three or more authors name the first author and et al. on the first mention (See p. 63 and 8.17 in printed Publication Manual)

Up to 20 authors are now named before using an ellipsis for works with multiple authors on the reference page (APA Blog and 9.8)

Expanded examples for citing Twitter, Facebook, Instagram, TED Talks, YouTube, and other social media and audio/video sources (some examples online 10.12; 10.15. Comprehensive list of examples in printed Publication Manual 10.12; 10.15)

New formatting for URLs and DOIs on reference page (9.34-9.36)

Publication location no longer included for book references (10.2)
Singular “They” Pronouns

The following endorsed usage examples are taken directly from section 4.18 of the printed *Publication Manual*. Additional examples are found online (4.18).

- Each participant turned in their questionnaire.
- Jamie shared their experiences as a genderqueer person.
- A child should learn to play by themselves [or themself] as well as with friends.
- Rowan, a transgender person, helped themselves [or themself] to the free coffee. (p. 121)
Table of Contents

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10. Reference Examples
11. Legal References
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Back Matter
What’s next?

- As per the Provost’s office, the implementation of this transition will be directed by the Writing Center.
- The transition will take place effective May 11, 2020 for both LUO and residential students.
- Watch for further training opportunities, tutorials, templates and directives from the Writing Center.
- Where the *Manual* leaves issues to the institution’s discretion, Liberty will standardize and these interpretations will then apply to all programs and courses.
Additional Resources

- For the Spring 2020 semester, continue to use the 6th edition, but don’t count off if students start using the new format.
- https://apastyle.apa.org contains more information about the new style. It has an archive of the 6th edition tutorials available until August 2020. If you have specific questions not answered in the manual, there is an APA Style blog as well:
- https://apastyle.apa.org/blog
- Publication Manual of the American Psychological Association (three bindings – paper, spiral, hardcover)
Additional Resources

Academic Writer (formerly APA Style Central) will be updated. It currently (January 2020) still reflects the 6th edition in its references, sample papers, etc.

Welcome to Academic Writer

Academic Writer is APA’s authoritative solution offering you a complete digital environment for teaching, learning, and writing academic papers.

LEARN: Use the Learning Center to find video quick guides and tutorials to help you get started and refine your research and writing.

REFERENCE: Use the Reference Center to find tools to assist you with building and managing a reference library.

WRITE: Use the Writing Center to select an APA Style paper template, collaborate with peers and reviewers, and check your work.
Questions?

Direct any implementation questions to the Writing Center.

If I can be of assistance with formatting (or research) questions, feel free to contact me:

Randy L. Miller, Jerry Falwell Library
RLMiller5@liberty.edu
434-592-3096

Write if you would like this PowerPoint as well as a link to a webinar from APA.