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***Journal of the Pennsylvania Counseling Association (JPCA) Author Submission Requirements***

1. Manuscripts should not exceed 30 pages, including references.
2. Manuscripts should be typewritten, double-spaced (including references and extensive quotations) with 1” margins on all sides.
3. **Title Page:** Identify the title page with a running head. The title page should include title (not more than 80 characters), author, affiliation, and an author’s note with contact information. Author’s note should be formatted exactly as it appears in this example:

Author Name, Department of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, University Name [or Company affiliation]. Correspondence concerning this article should be addressed to Author Name, Department of \_\_\_\_\_\_\_\_\_\_\_\_, University, Street address, City, State, zip code (e-mail: xxxxx@xxxx.edu).

1. **Abstract:** Begin the abstract on a new page and identify the abstract page with the running head and the number 2 typed in the upper right-hand header of the page. The abstract should not exceed 75 words.
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9. An electronic copy of the manuscript should be e-mailed to the editor: Dr. Holly Branthoover (pcajournal@gmail.com).

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