



Comparing the Effectiveness of Cognitive Therapy Based On Mind-Aware and Emotional-Focused Couple Therapy on Reducing the Irrational Beliefs and Emotional Divorce of Married Women Referred to the Counseling Center of Tehran (Case Study of the East of Tehran, 2017)

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ABSTRACT

The relationship between man and woman in a family is not just for satisfying immediate attitudes, and the future life of the children and mental health of the generations is dependant on the mental health of the family (Eskafi and Turkman, 2015). On the other hand, given that common life requires understanding of individual differences and adaptation to everyday situations, marital life itself may be viewed as a form of tension that requires the use of rational and efficient thinking methods as well as appropriate expressions Emotion will appear. The purpose of the current study is to "compare the effectiveness of cognitive therapy based on mind-aware and emotional-couple therapy couple on reducing irrational beliefs and emotional divorce in married women referred to counseling centers". The statistical community of this study included all married women in Tehran (eastern region) in 2017 that referred to counseling centers and psychotherapists. Also, according to the sample size and research design formula, a sample size of 45 people was calculated and the sampling was done in an accessible way. The data gathering tool was a questionnaire and the required data were analyzed by SPSS Software. The results indicate that cognitive therapy based on mind-aware and emotional-couple therapy is effective on irrational beliefs and has a good sustainability over time. Emotion-based cognitive therapy has been effective on emotional divorce, but this effect has not been sustained over time. Also, according to the results, the difference between cognitive therapy based on mind-awareness and emotional-therapeutic couple therapy in emotional divorce was not accepted.

Keywords: Cognitive therapy, Mindfulness, Emotional Circuit Therapy, Emotional Divorce, Irrational Beliefs



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INTRODUCTION

Family is one of the most important institutions of society and shapes human personality. Desirability, satisfaction, quality and optimal family functioning are very influential factors in the growth and development of the family members (Nickels & Schwarz, 2010, translated by Dehqani et al, 2016). Having close social relationships like marriage is associated with the well-being of individuals as well as with the consequences of physical and psychological well-being (Ditzen, Hahlwege, Fehm-Wolfsdorf and Baucom, 2013). Among the factors affecting the lives of couples, the role of irrational beliefs (Fathat Yazdi, Baghiani Moghadam and Gorami, 2015; Minntte, Pederson and Mannon, 2010) and emotional divorce (Talebpour, Vaziri and Marzardani, 2015; Salehi, Hekmatpour and Fadaie, 2015; Olson, DeFrain, and Skagrand, 2011) is of particular importance.

1. STATEMENT OF THE PROBLEM

Irrational beliefs are the main cause of many social disputes, especially couples (Lotfi Kashani & Vaziri, 2011; Ellis, 2003). In the case of marital and family disputes, it is believed that the origins of problems originate from the irrational beliefs of one or both of the couples. Disturbing marital and family relationships are more influenced by the perceptions and perceptions that family members have about events and issues than affected by family members (Ellis, 1986, stated by Azadi, Kimiaiee, Bournadraq, 2014). Irrational beliefs are any kind of thought, excitement or behavior that dominates the individual's psycho society and is a determinant of how to interpret the events and regulate the quality and quantity of behaviors and emotions that are not true and do not correspond to reality, eliminating order and preventing successful encounters with irritating events (Dryden, 2010). The main characteristic of these beliefs are the dry and fanatical expectations expressed and required by the words "must" (Ellis, 1970, stated by Dehkordi, Salehi, Rezaiee, 2013).

Almost all couples report high levels of satisfaction at the beginning of marital life, but this satisfaction decreases over time (Levinger & Huston, 1990, stated by Navidian and Bahari, 2014).



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In recent years, due to changes in attitudes, expectations and expectations (Kennett & Peart, 2000), due to changes in the structure and relationships between couples, by dividing There is a new set of divorces that are divided into two types of formal and emotional (Time, Ahadi, and Asgari, 1393). Available statistics only show official divorce;

The most significant indicator of this dissatisfaction and confusion is the divorce (Anderson, 2014, Lavner & Bradbury, 2012).

In recent years, due to changes in attitudes, expectations and expectations (Kennett & Peart, 2000), due to changes in the structure and relationships between couples, by dividing There is a new set of divorces that are divided into two types of formal and emotional (Zamani, Ahadi, and Asgari, 2014). Available statistics only show official divorce; according to these statistics, the marriage rate in divorce was 5.5% in 2015, but since emotional divorce is not recorded anywhere, one can not cite precise statistics about it, which makes it difficult to research around it. In emotional divorce, the parties do not have any love, affection and intimacy to each other and do not enjoy the proximity of each other. They lacked the love and interest in life, and they are not separated (Oulson, Defrain, 2006).

The first stage in the process of divorce is the declining marital relationship, which is substitute alienation (Olson et al., 2011; Rezazadeh and Mousavi, 1393). In order to treat and improve marital and family life, various treatments have been proposed based on different approaches. Includes scanning approaches, experiential / humanistic approaches, constructivist, strategy, system, and cognitive-behavioral approaches (Carockette, Whitting, Van Ech, Bullen and Calabris, 2016; McCrathy, Wilson, Manz, Fink, Fokas and Burders, 2016). Each approach is based on its specific explanations, provided therapeutic and special training methods to reduce couples' cognitive and communication disturbances. Mental awareness-based and cognitive-based therapy (MBCT) is a short-term, structured approach that was introduced in the latest developments in cognitive therapies by Tisdell et al. (1995). Mindfulness includes an informed and judgment free from what's happening now. Intelligent individuals perceive the inner and outer realms freely and without distortion, and are capable of dealing with a wide range of pleasant, unpleasant thoughts, emotions and experiences (Shriverz, Tuut, Snape and Flair, 2016). In addition to the



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treatment method (MBCT), other theorists have tried to explain the performance of couples.

Regarding this, the theory of emotional therapy (EFT) has been based on a strong theory, and several studies have confirmed its effectiveness in a wide range of couples' issues (Compiler and Taska, 2016; Soleimani, Najafi, Ahmadi, Javadi, Hosseini Kamkar and famous, 2015). Extreme-Circuit Therapy (EFT) is a short-term, eight to twenty-minute treatment couple introduced by Johnson & Greenberg (1985). Based on this therapeutic model, emotions have an inherently adaptive capacity on their own if, as they are activated, they can help couples change their unwanted emotional stance and expressiveness.

The EFT basis is based on the concepts of adult love, attachment styles, and couples' chaos. This approach focuses on changing attachment behaviors as a tool for improving turbulent relationships (Tilley & Palmer, 2013). The purpose is to help couples to achieve latent emotions and to facilitate positive interactions that increase the availability and trust between them (Wibe and Johnson, 2016). According to the mentioned statements, and also after searching in internal and external sources, a research that examined simultaneously the effect of two therapies on the reduction of irrational beliefs and emotional divorce of married women was not found. Therefore, the present study aimed to compare the effectiveness of cognitive therapy based on mind-aware and emotional-couple therapy on the reduction of irrational beliefs and emotional divorce in married women in Tehran, will open a new chapter in the literature on couples in Iran.

2. HYPOTHESES OF THE RESEARCH

Main hypothesis

Cognitive therapy based on mind-aware and emotional-couple therapy on reducing irrational beliefs and emotional divorce of married women who are referred to counseling centers in Tehran (eastern region) in 2015 will be effective.

Subordinate hypotheses

- Mindfulness-based cognitive therapy will reduce irrational beliefs in married women referring to counseling centers in Tehran in the experimental group compared with the control group in the post-test and follow-up stage.



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- The excitement couple will reduce irrational beliefs in married women referring to Tehran counseling centers in the test group compared with the control group in the post-test and follow-up stage.
- Mindfulness-based cognitive therapy will reduce the emotional divorce in married women referring to counseling centers in Tehran in the experimental group compared to the control group in the post-test and follow-up stage.
- Emotional-therapeutic couple will reduce unreasonable beliefs in married women referring to counseling centers in Tehran in the experimental group compared with the control group in the post-test and follow-up stage.

3. THEORETICAL FRAMEWORK

The beliefs of a person about his own conception in general affect all other beliefs and how they behave. From Ellis's view (1970), beliefs are divided into two categories: rational and irrational. Irrational beliefs are any kind of thought, excitement or behavior that dominates the individual's psychosociety and is a determinant of how to interpret and interpret events and regulate the quality and quantity of behaviors and emotions that are not true and do not correspond to reality, Eliminate order creation and prevent successful encounters with irritating events (Dryden, 2010). The main characteristic of these beliefs is fanatical expectations expressed and required by the words "must" and "necessarily" (Ellis, 1970, quoted from Dehkordi et al., 2013). The divisions are divided into two types of formal and emotional differentiation. (Zamani, et al., 2014). Emotional divorce is not recorded anywhere, but it is not an objective one, but it is the most important type of divorce suffered by couples and children (Mousavi and Rahiminejad, 1394; Olson et al., 2011). In emotional divorce, the parties do not have any love, affection and intimacy to each other, and do not enjoy the proximity of each other. They have lost their love and interest in life despite their lack of love and affection (Olson & Deferin, 2006). The first stage in the process of divorce is the declining marital relationship, which is substitute alienation (Olson et al., 2011; Rezazadeh and Mousavi, 1393). Mental awareness-based cognitive therapy (MBCT) is a short-term and structured approach that was introduced in the latest developments in cognitive therapies by Tisdell et al. (1995). This therapy requires specific behavioral,



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cognitive, and metacognitive strategies to focus on the process of attention, which in turn prevents negative factors, irrational beliefs, tendencies to worrying responses, the growth of a new perspective, and the formation of thoughts and emotions. An Emergency Circuit Therapy (EFT) is a short-term, eight to twenty-minute treatment couple introduced by Johnson & Greenberg (1985). Considering the major role of emotions in attachment theory, this treatment refers to the important role of emotions and emotional connections in organizing communication patterns and considers emotions a factor in change. It consists of nine steps and three steps (Johnson, 2001, Etemadi et al., 2012).

4. REVIEW OF THE RELATED LITERATURE

Dawornia, Zaharakar, Mairi and Shakrami (1394) studied the efficacy of coupled excitement therapy in group therapy on reducing marital fatigue in women. Semi-experimental study was performed on 24 women with marital problems referring to mental health centers in Bojnourd and randomly divided into two groups (12 subjects) and control (12 people). The experimental group received the excitement therapy pair in 10 sessions of 1.5 hours in a group session with a weekly session, but the intervention group did not apply. The results of this study, using covariance analysis, showed that excitement therapy couple therapy is effective in decreasing marital burnout and can be used to reduce couples' problems and improve marital status. Barna, Hasan Abadi, and Ghanbari Hashemabadi (1394) compared the effectiveness of group therapy coupled with emotional-therapeutic approach to couples' marital satisfaction. The research community included all couples in Mashhad. Twenty-four volunteers were selected and randomly assigned to three groups of eight. The results of the study showed that there is a significant difference between the subjects of the experimental and control groups in the marital satisfaction variable, but there is no significant difference between the two groups of emotion-focused and reality therapy in terms of marital satisfaction score. Sharifi Saki, Aqteh, AliPour, Fahimi Far, Naghdasi, Karimi and colleagues (2015) studied the effectiveness of cognitive therapy group based on mind-awareness on reduction of anxiety and anger in women with recurrent abortions. The study population included women with abortion problems in Tehran's health centers, who were intentionally selected from 40 people and were randomly assigned to



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experimental and control groups. The results of this study showed that Akahi's mind training reduced anxiety and anger in women with repeated abortions. Mansoor and Bahrani (2015) studied the effectiveness of cognitive-mindedness therapy in reducing the conflicting beliefs of couples in Tehran. In this research, 30 couples (60) from couples who referred to counseling clinics in Tehran were selected by available method and randomly assigned to two experimental and control groups. The results of the findings showed that cognitive-mindedness therapy is effective in reducing irrational and correlated couple beliefs. Also, there was a significant relationship between cognitive-mindedness therapy and 6 components of irrational beliefs; and, respectively, 11% and 40% of the total residual variance related to group membership (therapeutic effects).

Asadiyan, Abbasi and Salehzadeh (1395) compared the effects of rational-emotional therapies based on the presence of mind on the symptoms of depressed mood disorder in women. The sample included 20 women with severe disorder. The findings showed that both mental-emotional and mind-focused methods had a significant effect on the reduction of depressed symptoms ($P < 0.001$). Mentally-treated therapy was more effective in reducing depressed symptoms than in rational-emotional therapy ($P < 0.001$). Soleimani, Najafi, Ahmadi, Javadi, Hosseini Kamkar and Mahboobi (2015) in a study to investigate the effectiveness of excitement couple therapy on marital satisfaction and marital adjustment of infertile couples. The research was quasi-experimental with pre-test and post-test. 30 infertile couples (60 people) were selected through purposeful sampling and randomly assigned to two groups of experimental (15 subjects) and control (15 people). The experimental group received 8 training sessions for 90 minutes, but the control group received no intervention. The results of this study, using covariance analysis, showed that the excitement therapy couple has been effective in improving marital satisfaction and marital adjustment of infertile couples. It can be used to reduce couples' problems and improve marital status. Also, Najafi, Soleimani, Ahmadi, Javadi and Kamkar (2015) independently showed in another study that 10 sessions of excitement therapy couple for 90 minutes increased marital adjustment and quality of life of infertile couples. Lilja, Zerlot, Ekberg and Neurlander (2016) showed that cognitive-mindedness-based therapy is



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more effective than conventional treatments in reducing the symptoms of major depressive disorder in women, and the rate of relapse of depression symptoms in the experimental group is less than that of treatment common place.

Van Dijk, Lucasan and Pikeson (2015) investigated the effectiveness of cognitive therapy based on mind-awareness on psychological symptoms, personality traits, and irrational beliefs. The results of the study showed that there was a significant difference between the mean scores of the two groups in the post-test stage ($P < 0.005$). The scores of psychological symptoms (anxiety, depression, stress), ($P < 0.005$), psychosis ($P < 0.001$), and irrational beliefs ($P < 0.005$) were significantly lower in the experimental group. But no significant change was observed in the control group. Jung, Mac, Chang, Ling, Levi, Tang et al. (2011) investigated the effectiveness of cognitive-based cognitive therapy group in people with social anxiety disorder. The results of this study, using covariance analysis, showed that after the intervention, social anxiety scores were significantly lower in the experimental group, and this effect was also observed in the 1-month follow-up phase. Greenberg et al. (2010, quoted by Fallahzadeh and Snaeei Zaker, 2012) investigated the effectiveness of excitement therapy couple therapy in facilitating the forgiveness and solving couples' emotional trauma, including anger and resentment caused by betrayal, crap or insult. At the end of treatment, the treated couples showed a significant improvement in marital satisfaction, trust and forgiveness, and these results were maintained up to three months later.

5. STATISTICAL COMMUNITY AND SAMPLE SIZE

The statistical population of this study included all married women in Tehran (eastern region) in 2016 that referred to counseling centers and psychotherapists. In this research, according to the sample size determination formula, and also the research design, the sample size was calculated as 45, and then, 45 individuals were randomly assigned to the groups of 15 (the group of cognitive therapy based on mind-awareness, 15 Patients were randomly assigned to experimental therapy couples (15 and control group, 15). Also, the available sampling method was used in this study.

6. INSTRUMENTATIONS



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Married women participating in the research completed the following measurement tools at various stages of research:

- A) Demographic features checklist:
- (B) The Irrational Beliefs Questionnaire (IBT)
- C) Emotional Divorce Questionnaire (EDS)

Design

This is a quasi-experimental and applied research that was conducted with a pre-test and post-test design with a one-month follow-up and one-month follow-up. After a simple random sampling and placement of experimental and control groups (2 experimental and control groups) Knowledge-based cognitive therapy and emotional-coupled therapy were applied to the experimental groups in 8 sessions of 1.5 hours (90 minutes) and one week after the end of treatment sessions, the experimental and posttest test groups Action came The contents of the therapeutic sessions were organized organically and, finally, the entire therapeutic program was arranged in either of the two therapies, from a pre-session, eight sessions of therapy, and one follow-up session.

7. DEMOGRAPHIC FEATURES

In this part the descriptive indexes related to the demographic characteristics of the subjects and then descriptive indexes related to the research variables will be presented.

Required data were analyzed by SPSS software. The age range of the groups was between 25 and 40 years old and was 32.2 years. Individuals were between 1 and 10 years old and with an average age of 4.3 years who were married. The data in Tables 1 and 2 will be presented.

Table1. Demographics of age and duration of marriage of samples by group

group	numbe r	age			Duration of marriage		
		minimu m	maximu m	mea n	minimu m	maximu m	mea n



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Knowledge-based cognitive therapy	14	25	40	33	1	9	5
Therapeutic Couple Thriller Circuit	13	25	40	32	1	10	4
control	14	25	40	32	1	9	5

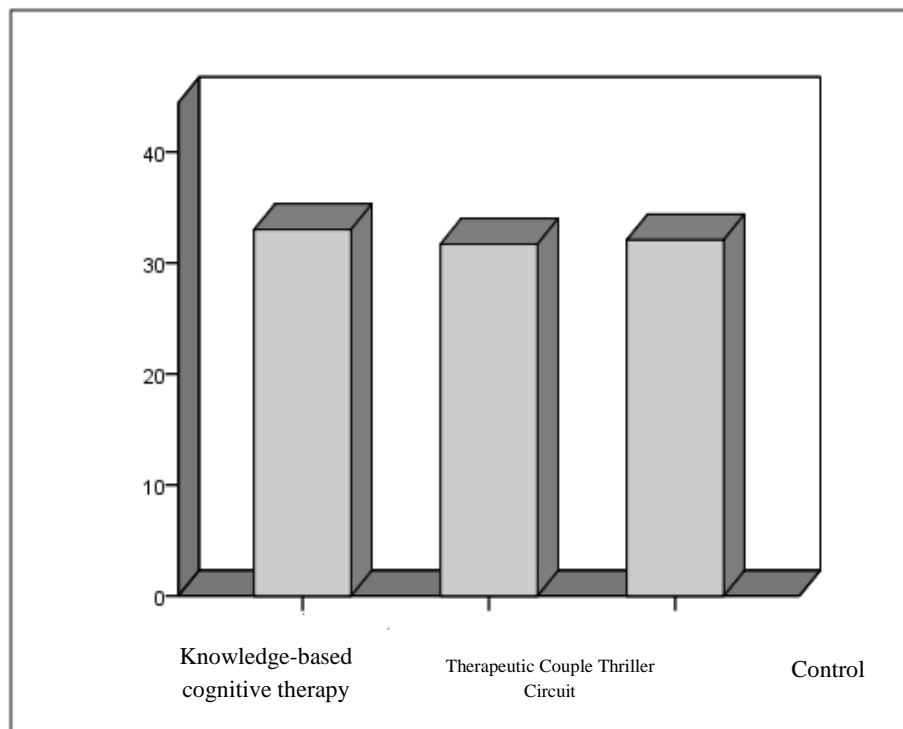


Figure 1. Demographic data of the mean age of the samples divided by group

Table 2 . Demographic data of sample education by group



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level	education									
	diploma		assistant		Bachelor degree		Master degree		phd	
group	N	P	N	P	N	P	N	P	N	P
Knowledge-based cognitive therapy										
Therapeutic Couple Thriller Circuit	5	12.2	3	7.3	4	9.8	1	2.4	1	2.4
control	4	9.8	2	4.9	4	9.8	2	4.9	1	2.4
	5	12.2	4	9.8	4	9.8	1	2.4	0	0



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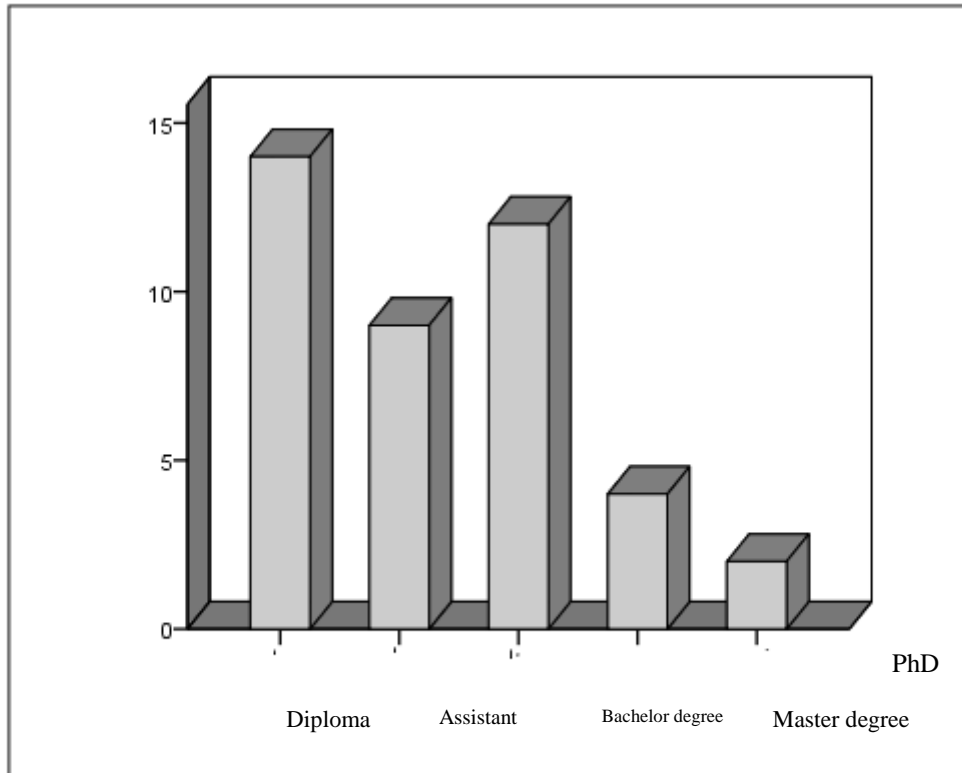


Figure 2. Demographic data of sample education

Descriptive analysis of data

Table 3 shows the severity of irrational beliefs and emotional divorce in a group of cognitive therapy based on mind-awareness, couple-therapeutic excitement and control. In response to the research questions, the descriptive findings of this section are significant and different.



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Table 3. Descriptive statistics of irrational beliefs and emotional divorce grades by group

control		Emotional Circuit Therapy Group		Knowledge-based cognitive therapy group		level	variable
Standard deviation	mean	Standard deviation	mean	Standard deviation	mean		
50/19	312/27	55/99	321/26	64/02	316/64	Pre test	irrational
43/72	330/05	34/65	239/84	34/37	246/21	Post test	
40/38	335/42	24/23	237/84	31/56	249/50	Follow up	
5/92	11/46	4/93	11/49	5/21	11/36	Pre test	Emotional Divorce
3/47	15/07	1/11	7/31	2/21	8/33	Post test	
2/21	12/26	1/8	10/88	2/32	10/61	Follow up	

Inferential analysis of data

In the following, we will examine the research questions and refer to each of the questions in question, along with the findings related to that question.

Research questions:

1. Is cognitive therapy based on mind-consciousness effective on irrational beliefs and over time has a good sustainability?
2. Is the excitement therapy couple effective on irrational beliefs and has a good sustainability over time?

Table 5. Results of analysis of variance of pre-test, post-test and follow-up of irrational beliefs in three groups

significance	F statistic	Degree of freedom	Sum of squares	source	Homogenous test		level
					significance	Lounstati	
					nt	stati	
						c	



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0/920	0/084	2	545/096	Intra group	0/603	0/513	pretest
		38	12365/901	Inter group			
		40	12420/997	sum			
			1				
0/000	24/316	2	69902/996	Inter group	0/413	0/904	Post test
		38	54619/894	Intra group			
		40	12452/890	sum			
			2				
0/000	36/056	2	78150/576	Intergroup	0/166	1/886	Follow up
		38	41181/679	Intra group			
		40	11933/255	sum			
			2				

As it is shown in the table, there was no meaningful difference between the group of cognitive therapy based on mind-awareness, emotional-therapeutic couple therapy and control group in the time of pre-test ($P > 0.05$, $P = 0.084$)) But these beliefs differed between the groups after the intervention in post-test ($P < 0.05$, $P < 0.001$) and follow-up time ($P < 0.05$, 366.56). These findings indicate that the groups were initially identical and that the interventions were effective in the post-test and follow-up times. So:

- Mindfulness-based cognitive therapy is effective on irrational beliefs and has a good sustainability over time.



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3. is mind-conscious cognitive therapy effective on emotional divorce and has a good sustainability over time?

4. Is the excitement therapy couple effective on emotional divorce and over time has a good sustainability?

Due to the abnormal data of variable emotional divorce, Kruskal-Wallis method was analyzed using nonparametric method and variance analysis. The results are presented in Table 6. The results of Kruskal-Wallis test were the pretest, posttest and follow up of emotional divorce in three groups

type	Khi 2	Degree of freedom	Level of significance
Pre test	0.056	2	0.972
Post test	22/586	2	0.000
Follow up	4.064	2	0.131

- The excitement therapy couple is effective on irrational beliefs and over time has a good sustainability.

To investigate question 5 of the research (Is there a difference between the effectiveness of cognitive therapy based on mind-awareness and the therapeutic couple of excitement on irrational beliefs and emotional divorce?), It should be distinguished in two separate ways, since data related to irrational parametric and data beliefs Related to nonparametric emotional divorce. Accordingly, this section deals with irrational beliefs.

If the results of the table indicate that there were no significant differences between the three groups of emotional-mindedness-based cognitive therapy and control group during the pre-test (0.056 and 0.0972, respectively), although after There were significant differences in the interventions between the groups (226 586 and the significance level of 0/000), but this change was not observed during the follow-up period (4.064 and the significant level was 0.13). This showed that cognitive therapy based on mind-aware and emotional-couple therapy was not able to create lasting effects on subjects' emotional



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divorce. • Knowledge-based cognitive therapy has been effective on emotional divorce, but this effect has not been sustained over time.

• The emotional couple therapy has been effective on effective emotional divorce, but this effect has not been sustained over time.

5. Is there a difference between the effectiveness of cognitive therapy based on mind-aware and couple-therapeutic excitement on irrational beliefs and emotional divorce? To answer this question, the results of the Tukey post hoc test were investigated. The results are presented in Table 7.

Table7. Results of Tukey post hoc test results and pursuing irrational beliefs in three groups

Level of significance	Mean of differences	Comparison of 2 groups	type
0/901	6/37005	2 * 1	Post test
0/000	*-83/83750	3 * 1	
0/000	*-90/20755	3 * 2	
0/632	11/65620	2 * 1	Follow up
0/000	*-85/57161	3 * 1	
0/000	*-97/57161	3 * 2	

1. Knowledge-based cognitive therapy group
2. Emotion Circuit Therapy Group
3. control group

The results of Tukey's test show that during the post-test, cognitive therapy based on mind-awareness (mean differences 83.78- and a significant level of 0.30) and follow-up (mean differences of 85.57161 and a significant level of 0.30) Had a significant positive effect on irrational beliefs than the control group. The excitemental couple therapy also had a positive effect on beliefs in the post-test (mean differences of 90,20755 and a significant level of 0/000) and follow-up (mean differences of 97,57161 and a significant



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level of 0/000) Irrational. However, two methods of emotional-therapeutic couple therapy and cognitive therapy based on mind-awareness differed significantly in reducing irrational beliefs during post-test (mean differences of 37005.6 and a significant level of 0.901) and follow-up (mean differences of 11.6620 and The level of significance was 0/632. Therefore, in response to the relevant question, it can be stated that there is no difference between the effectiveness of cognitive therapy based on mind-awareness and the therapeutic couple of excitement therapy on irrational beliefs.

Also, according to the results of Table 7, the assumption of the difference between cognitive therapy based on mind-awareness and emotional-therapeutic couple therapy in emotional divorce will not be accepted.

The following reported results are shown in the diagram:

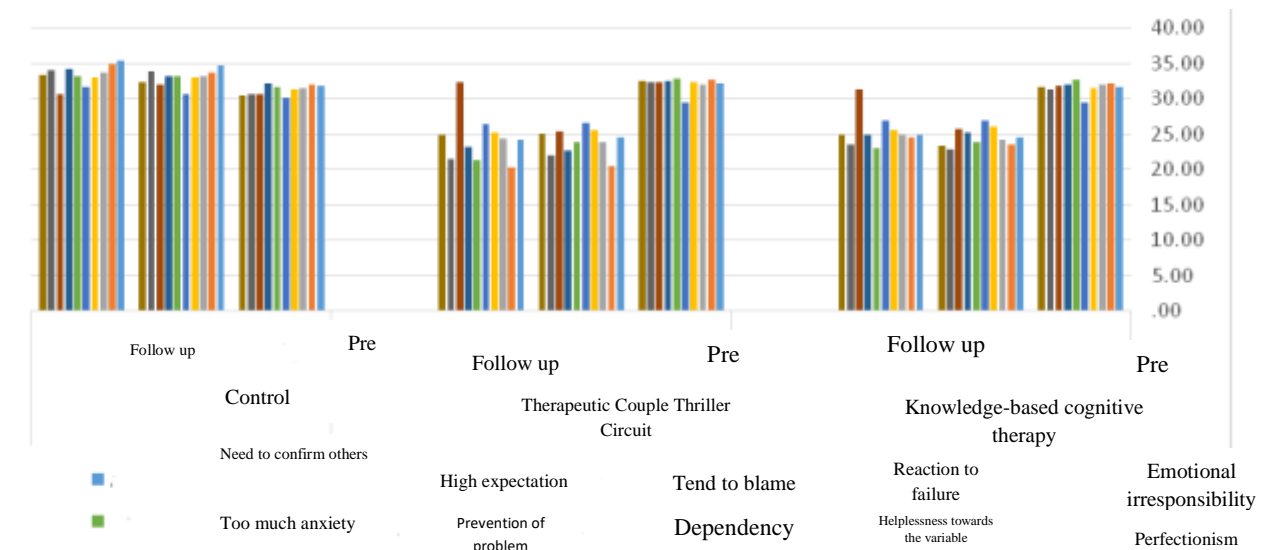


Figure3. Mean scores of pre-test, post-test and follow-up of all irrational beliefs subcategories in three groups



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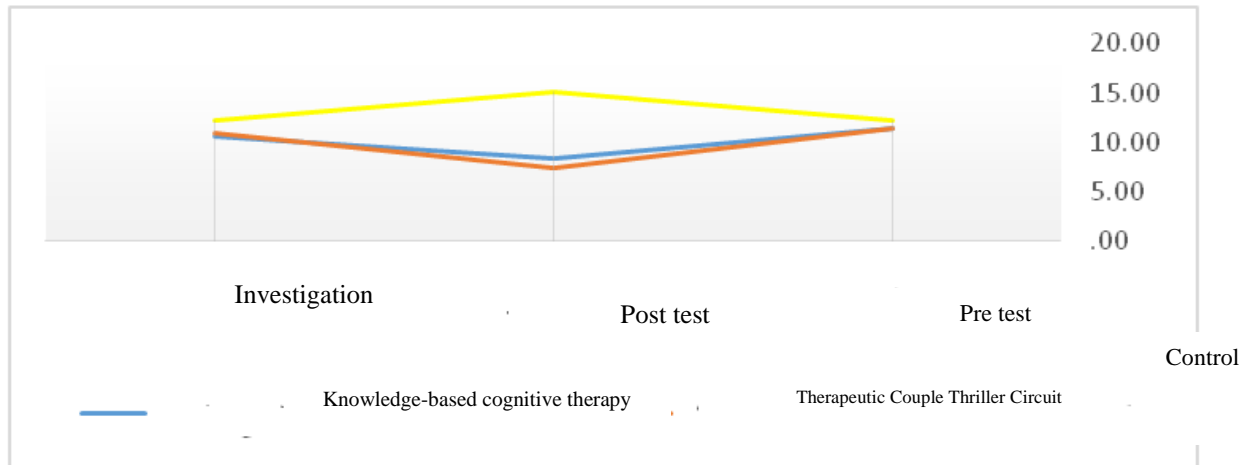
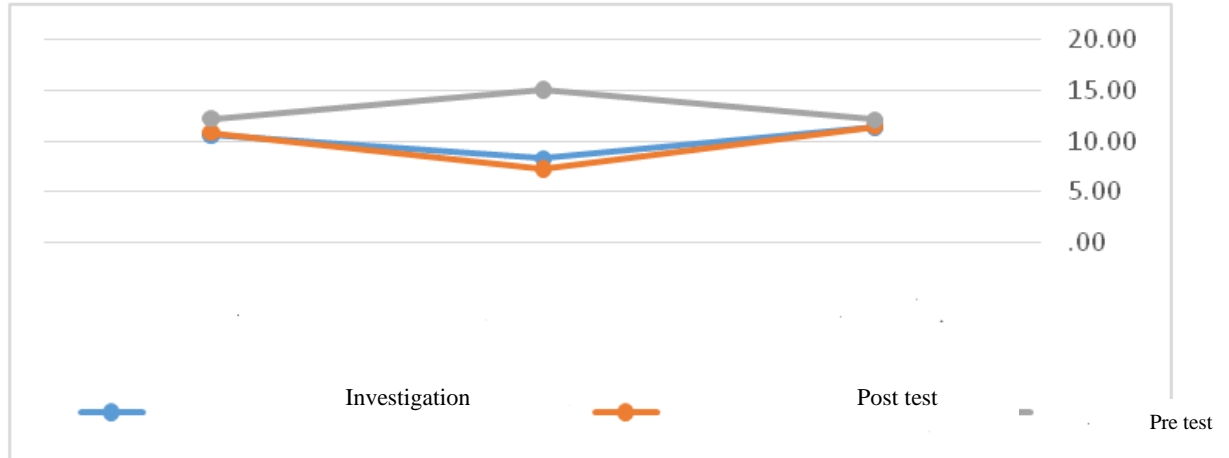


Figure5. The mean scores of pre-test, post-test and follow-up emotional divisions in three groups



8. CONCLUSION AND DISCUSSION

Generally, it can be pointed out that post-test and follow-up of both emotional-therapeutic couple therapy and cognitive therapy based on mind-awareness versus control group had a positive effect on irrational beliefs and had a good sustainability over time. Also, cognitive therapy based on mind-aware and emotional-focused therapy coupled on



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emotional divorce was effective but this effect was not stable over time. However, there were no significant differences between two methods of emotion-focused therapy and cognitive therapy based on mind-awareness in reducing irrational beliefs and emotional divorce. The three groups were the same at the time of the pre-test and the follow-up time, and they only had a significant difference in post-test time.

The results of this study are related to the theory of excitement therapy coupled with the results of the research Davarnia et al., 2015; Borna et al., 1394; Kashaoz Afshar et al., 2015; Fallahzadeh and Sanaei Zakir, 2012; Greenberg et al., 2010; Soleimani and Associates, 2015 is in harmony.

The results of this study in relation to cognitive therapy based on mind-consciousness with the results of the research, Sari et al., 2015, Mansoor and Bahrani, 2015; Shahrestani et al., 2012; Asadian et al., 1395; Wang et al., 2011; Van Dijek & Associates, 2015; Abedi et al., 2015; Lilja et al., 2016.

In fact, the confusion of a couple does not directly relate to the actions of the other party or to the hard-working defeats of life, but rather because of the belief that the husband and wife have such actions and failures in their common life (Adis & Bernard , 2002). Extreme-Circuit Therapy (EFT) is a short-term treatment couple that was introduced by Johnson & Greenberg (1985). Based on this therapeutic model, emotions have intrinsic adaptive capacity on their own if they become active, they can help couples change their unwanted emotional states and expressions (Johnson, 2001). In fact, emotion-focused therapy is based on the assumption that individuals are progressing toward individual growth and development, recognizing and paying attention to individual emotions are important aspects of adaptive behavior, and that references are the primary factor in the process of change. Like all constructive and empirical treatments, themselves, or people's perceptions about themselves, are key instruments in emotion-focused therapy. In this approach, it is considered as a dynamic and experiential system that includes various cognitive and evaluation processes that guide and evaluate the information available to them internally and externally (Maserlian, 2012). In fact, the couple's therapeutic approach to excitement is the branch of a therapeutic couple that places emphasis on the



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therapeutic axis. This treatment encourages people to talk and discuss their emotions (Qaderi et al., 2013). It can be noted that with the help of a thrilling therapeutic couple, the patient tries to take control of his emotions and look forward to his conditions and find him more able to adapt to the problems of marital life.

It is also worthy to be aware of the content of mind-cognitive cognitive sessions in this section. At the same time, considering the dynamics of the group, the emphasis of the program is on the use of techniques to be alert to their own status. The abandonment of the struggle and the acceptance of the existing situation without judgment is the main concept in the Akahi mind-based interventions. In fact, MBCT's goal is to increase consciousness at the moment. The main goal in the MBCT is to systematically educate the moment-consciousness of emotional, emotional and emotional feelings. During the exercises, he learns to consider his thoughts, emotions and physical feelings as aspects of the experience that comes into the consciousness, and they do not regard them as absolute truth and truth. This kind of "being" with experiences can lead to changes in the way the person responds, as well as how he confronts and confronts the problems that individuals face in dealing with psychological or physical issues. In addition, some evidence suggests that mindfulness plays an important role in improving the quality of marital relationships, including: identifying emotions (Barnes et al., 2004), increasing empathy (Vachz and Kordova, 2005), feeling of solidarity (Carson and Colleagues,), tolerance of negative emotions and reduced impulsivity (Baer, 2004). Indeed, Shapiro, Carlson, Stein, and Friedman (2006) believe that the mind of consciousness has three main axes: 1.

Attitudinal qualities include acceptance, 2. Intent or purpose, 3. Attention. Based on these researchers' models, mind awareness reinforces the attitude of accepting internal and external events. On the other hand, Bauer (2003) described admissions as the main quality of all mental-based clinical programs. The attitude of acceptance as a component of mindfulness may affect individuals' interpersonal relationships. Also, the mind of consciousness, which is meant to be present and living, affects marital affairs, enabling couples to be aware of their strengths and weaknesses and their common life at any moment, and, on the other hand, the mind of knowledge and exercises Conscious



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mediation has a significant effect on emotional regulation and emotional development, which is, in fact, a common vein between the two treatments used in the present study, which prompts them to respond consciously rather than reacting to thoughts and emotions. Intelligent response instead of automatic and habitual responses directly affects marital satisfaction and intimacy and reduces marital conflicts (Kordova et al., 2005).

In summary, the findings of this study support the application of the effectiveness of cognitive therapy based on mind-aware and emotional-couple therapy for improving some psychological symptoms in married women, because of the ability of an individual to take into account the current momentary experiences as non- The judgment of the species increases and makes the patient resistant to the ineffective mental employment style with irrational beliefs and associated implications. As a result, these treatments as complementary therapies, along with other therapies available to reduce the psychological symptoms of married women, can be helpful in many psychological problems, although it should be kept in mind that future research studies the roles of these interventions in the range of chronic pain Will make it more clear.

9. SUGGESTIONS FOR FURTHER RESEARCH

It is suggested to be sequentially tracked to determine the effects of treatment over time in subsequent studies in several stages after the post-test.

It is suggested that a similar study should be carried out on samples with a variety of indigenous and demographic characteristics as well as in relation to gender, and, taking into account the results, to compare and examine the processes involved in different indigenous communities and in the society of men and women

A similar research is recommended to examine the effectiveness of these therapies on changing other psychological variables in women.

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