

Effectiveness of Guttman Couple Therapy on Improving Emotional Divorce, Communication Patterns and Stress Tolerance of Women Referring to Counseling Centers in Tehran's Third District

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Abstract

Introduction: Psychological problems in women may affect the family system and cause changes in the family system. The presence of these psychological problems in women often causes problems and stresses in their lives that target their mental health. Is it to the counseling centers of Tehran's third district or not?

Methods: This quasi-experimental study was performed as a pretest-posttest with a control group. The statistical population of the study consisted of all women referring to counseling centers in Tehran's District 3 in 1397, of which 24 were in the experimental group (Guttman couple therapy) and 24 in the control group, which were randomly divided into groups. . The experimental group was trained in ten two-hour sessions of Guttman couple therapy. Data collection tools included emotional divorce questionnaire, communication patterns and distress tolerance that the groups completed the questionnaires in the pre-test and post-test stages. Multivariate analysis of covariance was used to analyze the data.

Results: The results of this study showed that there is a significant difference between Guttman couples therapy groups and control over emotional divorce, communication patterns and distress tolerance in women referring to counseling centers in Tehran's third district ($p < 0.001$).

Conclusion: Previous research has shown that Guttman couple therapy has improved adaptation and four equestrian horses and can help couples suffering from emotional divorce.

Keywords: Guttman Couples Therapy" Emotional Divorce" Communication Patterns" Distress Tolerance

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