The effects of emotional focused therapy on increasing the marriage suitability of barren couples

Introduction: The present research aims at investigating the effects of emotional focused therapy on increasing the adjustment of barren couples. The present research was a quasi-experimental study. The samples included 16 couples, 16 couples in which husband was involved and 16 couples in which wife was involved. The intervention was assigned to control and intervention groups. Six couples in the control group were given marital and adjustment training, while the other 6 couples in the intervention group received emotional focused therapy and 12 couples in the control group were given marital and adjustment training, while the other 6 couples in the intervention group received emotional focused therapy. The emotional focused therapy increases congruency, reduces emotional focused therapy and 12 couples in the control group were given marital and adjustment training, while the other 6 couples in the intervention group received emotional focused therapy. The emotional focused therapy increases congruency, reduces psychotherapy, and improves coupled's emotional focused therapy.

Keywords: Emotional focused therapy, Congruency, Marriage; Congruency, Emotional focused therapy, Barrenness.