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**ДИССОНАНС ЖУБАЙЛАРДЫН ЭМОЦИОНАЛДЫК
ДИСРЕГУЛЯЦИЯСЫНДА ЭМОЦИЯГА БАГЫТТАЛГАН
ТЕРАПИЯНЫН НАТЫЙЖАЛУУЛУГУ**

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**ЭФФЕКТИВНОСТЬ ЭМОЦИОНАЛЬНО-ОРИЕНТИРОВАННОЙ
ТЕРАПИИ ПРИ ЭМОЦИОНАЛЬНОЙ ДИСРЕГУЛЯЦИИ
ДИССОНИРУЮЩИХ ПАР**

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**EFFECTIVENESS OF EMOTIONALLY ORIENTED THERAPY IN
EMOTIONAL DYSREGULATION OF DISSONANT COUPLES**

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Бул макалада эмоцияга багытталган терапия жана чырдашкан жубайлардагы сексуалдык функция, никеден канааттануу жана эмоционалдык дисрегуляция боюнча реалдуу терапиясынын бириктирилген пакеттери каралды. Изилдөө сексуалдык функция, никедеги канаттануу, жубайлардагы эмоцияга багытталган терапия жана реалдуу терапиянын эффективдүүлүгүн изилдөөгө багытталган. Макаладагы мисалдар консультация берүү борборлоруна жана соттук-медициналык консультация борборлоруна өз алдынча кайрылган же жөнөтүлгөн жубайлардан тандап алынып, алар менен өткөрүлгөн практикалык иштердин мисалынын негизинде берилди. Үч жубайлар үчүн терапиялык кийлигишүү эмоцияга фокус-талган терапияга негизделген жубайлар терапиясы менен 12 сессияга реалдуу терапиясынын айкалышынан туруп, андан кийин үч айлык байкоо жүргүзүлүп, жыйынтыктары чыгарылды. Чыгарылган жыйынтыктар никеден канааттануу шкаласы, сезимдерди жөнгө салуудагы кыйынчылыктар шкаласы (шкала затруднений в регуляции эмоций) жана сексуалдык функция анкетасынын жардамы менен чогултулду. Маалыматтарды талдоо үчүн визуалдык сүрөт тартуу ыкмалары, калыбына келтирүү пайызы, ишеничтүү өзгөрүү индекси жана жалпы калыбына келтирүү методдору колдонулду. Жыйынтыгында, эмоцияга багытталган терапиядан, никеден канааттануунун жалпы калыбына келиши 25,01, ал эми эмоционалдык дисрегуляцияны дарылоодон кийин жалпы калыбына келтирүү 29,72 ($B > 0,05$) болгон. Жүргүзүлгөн терапиялык иштерден кийин жубайлардын өзгөрүү индекси туруктуу болгон. Натыйжада эмоцияга багытталган терапияга негизделген жубайлар терапиясынын натыйжалуулугун көрсөтүү жана реалдуулук терапиясы карама-каршы жубайлардагы сексуалдык функция, үй-бүлөлүк канааттануу жана эмоционалдык дисрегуляция үчүн натыйжалуу ыкмалар болду, андыктан, консультанттар жана психотерапевттерге үй-бүлөлүк жаононун сапатын жакшыртуу үчүн эмоцияга багытталган терапияны жана реалдуулук терапиясына негизделген нике терапиясын колдонууну сунуштайбыз.

Негизги сөздөр: жубайлар, реалдуулук терапиясы, эмоцияга багытталган терапия, сексуалдык функция, никедеги канааттануу, эмоционалдык дисрегуляция, чырдашуу, метод, талкуу.

Это исследование было направлено на изучение эффективности объединенного пакета эмоционально-ориентированной парной терапии и терапии реальностью при эмоциональной дисрегуляции дискордантных пар. Это исследование было проведено с использованием нескольких исходных данных в рамках односубъектного дизайна. Статистическая совокупность включала самонаправленных или направленных супругов в консультационные и судебные консультационные центры, из которых путем целенаправленной выборки были отобраны третьи пары (мужчины и женщины). Терапевтическое вмешательство для трех пар заключалось в применении комбинации парной терапии, основанной на эмоционально-фокусированной терапии (ЭОТ) и терапии реальностью, в течение 12 сеансов с последующим трехмесячным наблюдением. Для сбора данных использовалась шкала затруднений в регуляции эмоций (ШЗРЭ). Для анализа данных использовались методы визуального рисования, процент восстановления, индекс надежных изменений (ИНИ) и общее восстановление. Результаты показали, что общее восстановление после лечения эмоциональной дисрегуляции составило 29,72 ($P < 0,05$). Индекс их изменения в последующем был стабилен. Результаты показали эффективность парной терапии, основанной на эмоционально-ориентированной терапии (ЭОТ) и терапии реальностью, которые были эффективными методами эмоциональной дисрегуляции в конфликтующих парах, поэтому консультантам и терапевтам рекомендуется использовать терапию для пар, основанную на эмоционально-ориентированной терапии (ЭОТ) и терапии реальностью, чтобы улучшить качество супружеской жизни.

Ключевые слова: семейная пара, терапия, реальность, эмоционально-ориентированная терапия, эмоциональная дисрегуляция, супружеская пара, регуляция, конфликт, метод, обсуждение.

This study aimed to investigate the effectiveness of the consolidated package of emotion-oriented couple therapy and reality therapy on emotional dysregulation of discordant couples. This research was conducted using multiple baselines in the framework of a single-subject design. The statistical population included self-referred or referred spouses to counseling and judicial counseling centers, from which third couples (male and female) were selected using purposeful sampling. The therapeutic intervention for three

couples was implementing a combination of couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy for 12 sessions with a three-month follow-up. The Difficulties in Emotion Regulation Scale (DERS), was used to collect data. Visual drawing methods, recovery percentage, Reliable change Index (RCI), and overall recovery were used to analyze the data. The results showed that overall recovery of treatment for emotional dysregulation was 29.72 ($P < 0.05$). The index of their change in was stable in the follow-up. The results showed the effectiveness of couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy were effective methods for emotional dysregulation in conflicting couples. Therefore, it is recommended that counselors and therapists use couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy to improve the quality of marital life.

Key words: *therapy, reality, emotionally oriented therapy, emotional dysregulation, married couple, regulation, conflict, method, discussion.*

Introduction. Having intimacy is of fundamental importance in the stability of marital life, and a high amount of intimacy tremendously affects achieving happiness in married life. Differences in opinions, values, needs, desires, and habits in daily life are natural, considering that no human relationship is free from conflict and misunderstanding. Conflict, thought a factor between couples with conflicting interests, views, and beliefs, has a special place in psychology based on relevant theories. Marital conflict is divided into two types, solvable and continuous. Resolvable conflicts, as the name implies, can be resolved during life; but constant conflicts become a part of people's lives forever; for example, a family that cannot decide on their vacation destination has a solvable conflict [1]. In such a situation, the family members, using the correct conflict resolution techniques, finally reach a cooperative decision and resolve the conflict. Still, permanent conflicts are deeply rooted in disagreements over fundamental issues such as values, roles, and personality traits. These conflicts constantly manifest in the family atmosphere and can hardly be changed. The emotional regulation of couples in the etiology of the disorder and individual pathology is effective in maintaining possible confusion and disorder, recurrence, or care of therapeutic progress and treatment prognosis [2].

Emotional regulation strategies, which are somewhat influenced by the couple's attachment system, play a fundamental role in maintaining the health of couples and their relationship. In this regard, it has been shown that positive emotion regulation strategies protect against negative responses during marital conflicts [3]. Emotional regulation refers to invoking thoughts or behaviors; in this case, it affects when young couples are excited and how they experience or express those emotions. According to the interactive-evolutionary theory of emotional order, it includes the ability to correctly transfer the emotional states of each couple to the other [4]. More than half of marital problems are related to some emotional disorders. The components of emotional regulation are 1) blaming oneself; 2) blaming others; 3) rumination; 4) catastrophic perception; 5) acceptance; 6) positive focus; 7) positive evaluation and broader perspective. Adaptation and psy-

chological adaptation largely depend on regulating emotions [5].

An emotional dysregulation characterizes most psychological disorders, and these disturbances are fundamentally related to the impaired function in emotion regulation. Experiencing negative emotions is inevitable in human life. Research shows that personality and emotional factors are strong predictors of marital compatibility. Also, the results have shown that emotional skills can permanently affect relationships between spouses and marital satisfaction. For this reason, the increase of emotional skills through couple therapy has been taken into consideration, and some couple therapists in this way provide reasons for improving intimacy and compatibility [6].

There are different approaches to treating couple and marital problems, one of which is the third-wave approach, called Emotionally Focused Therapy. EFT focuses on negative interaction cycles due to emotional vulnerability [7]. This method leads to an increase in interest and intimate relationships through emotional intervention to improve close interactions. The couples' communication style is evaluated in the first stage of this treatment. After these defenses are determined, the type is revealed to the couple, and its consequences are determined.

For this reason, couples gradually manage to recognize the repressed and unexpressed emotions that perpetuate this negative cycle of communication and stop this cycle to improve their relationship. Emotional experience and reprocessing emotions are the main factors in changing negative processes and forming safe communication. Johnson and Wiebe [8] believed that EFT is effective and has a significantly lower chance of relapse due to its structure and step-by-step treatment plan for couples. This method is a constructive approach in which therapists are considered experts in the field of their own experiences [9].

Another approach that is used in the treatment of marital relations is reality therapy. One of the fundamental concepts of reality therapy is the psychology of external control and the development of internal control in couples; the goal is for couples to reduce the need to control their spouse and control themselves more [10]. Two couples should share their desires and images of the quality world and express what they want to each other without fear to strengthen the foundations of marriage. Not projecting the demands and pictures of the qualitative world causes annoyance and annoyance, criticism and blame, and ultimately causes a decrease in trust between the two parties. The results of some studies indicate the effectiveness of reality therapy in marital problems [11, 12].

Instead of focusing on the psychology of external control, reality therapy focuses on internal control. This approach states that others cannot control a person's behavior, and only the person chooses what behavior to do. Every person's behavior is the best effort to achieve what needs to satisfy needs [13]. Rational reality therapy is a concept that assumes people make rational choices that align with their self-interest. In this way, the main element

in reality therapy is choice and responsibility [14]. Regarding the effect of reality therapy on the quality of marital relations and intimacy, it is possible to mention the resolution of marital conflicts, the well-being of couples, and marital satisfaction. They are investigating the «effect of reality therapy with emphasis on effects of choice» and «responsibility and life-oriented approach with emphasis on emotions and communication», as essential communication components between couples can be influential factors in the quality of marital life.

An increase in the emotional dysregulation of couples and as a result, a decrease in marital satisfaction is one of the factors that cause psychological harm in children and adults. The family system, which is the foundation of a normal society, is threatened. The family is the most valuable and effective institution of society, and none of the social harms are independent of the influence of the family. Hence, the present research has the opportunity to deal with this. Therefore, the present study aimed to investigate the effectiveness of couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy on emotional dysregulation in conflicting couples.

Method. This research was conducted using multiple baselines in the framework of a single-subject design. The statistical population included self-referred or referred spouses to counseling and judicial counseling centers, from which third couples (male and female) were selected using purposeful sampling in 2021. The therapeutic intervention for three couples was implementing a combination of couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy for 12 sessions with a three-month follow-up. Intervention sessions were twice a week, and each session was 90 minutes long. The general goals of the sessions included the identification of emotional dysregulation which were implemented using individual and joint sessions with couples.

Inclusion criteria: the presence of conflict and disharmony between couples, desire to participate in the project, not suffering from psychological disorders, not receiving previous psychological treatments, and at least a cycle or diploma education. **Exclusion criteria:** Absence in more than one justified meeting, simultaneous participation in other intervention programs, lack of consent to continue cooperation in the plan.

Difficulties in Emotion Regulation Scale (DERS) was another instrument for gathering data. Gratz and Roemer developed it in 2001, DERS is a brief, 36-item, self-report questionnaire to assess multiple aspects of emotion dysregulation. Items of this questionnaire using 5-point Likert scales by asking respondents to rate the statements (1 = almost never, 6 = almost always). Higher scores stand for more difficulty in emotional regulation. To assess the reliability of the questionnaire, Gratz, and Roemer [15] evaluated the internal consistency by the Cronbach's coefficient alpha which was adequately obtained for the total scale ($\alpha=0.93$) and each of the sub-scales ($\alpha>0.80$). In a study [16] the validity of the scale was

established by assessing Cronbach's Alpha as 0.86 and the split-half method as 0.80.

Couple Therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy: The heads of the intervention sessions through the implementation of the combination of Couple Therapy based on Emotionally Focused Therapy (EFT) [17] and Reality Therapy [18, 19], which a group has already approved of experts, it included the following:

First session: implementation of pre-test and completion of questionnaires by couples, creation of the therapeutic alliance, and assessment of problematic issues in the form of attachment issue's introduction of the consolidated program and the underlying logic of that compact program.

The second session: identifying the vicious cycle of interactions that causes the continuation of insecure attachment - introducing why and how we behave and teaching the fundamental needs and their impact on marital relationships.

The third session: reaching the misunderstood emotions underlying the interactions and revealing unconscious feelings behind the interactions - introducing the five basic needs of survival, love and affection, power, freedom, fun, and recognition and drawing the profile of one's own needs.

The fourth session: re-framing the problem in the form of a vicious cycle that is a source of latent emotions and attachment needs. - Acquainting the couple with the topic of emotional divorce and discussing the opinions and experiences of the couple's marital life.

The fifth session: promotes identifying emotions, needs, and aspects of oneself that remain unknown – introducing the general behavior and familiarizing the couple with components of behavior.

The sixth session: encouraging partners to accept each other's experiences (parties, their experiences, and new interactive responses) - Getting to know the theory of control, seven destructive habits, and seven loving habits. Seventh session: Facilitating the expression of need (desire and creating emotional conflict and bonding events that redefine the attachment between couples) - familiarizing couples with the concept of external control and its destructive role in intimate relationships.

Eighth session: presenting new solutions for past communication presents.

Ninth session: helping to create a new cycle of attachment behaviors in the form of honest expression of attachment needs - evaluating the conflicts in the lives of couples and determining their prevalence between zero and 10.

Tenth session: integrating emotions and needs towards communication interactions by encouraging the individual to accept his conditions and their emergence and the aspects of himself that he had denied - the education of the qualitative world - examining the gap between the qualitative world and the natural world and the resulting anxiety, depression, and anger.

Eleventh session: Presenting the task of naming emotions in the form of self-report - introducing the WDEP program.

The twelfth session: post-test and discussion about the learnings and achievements of the sessions and taking a

position regarding the possible future challenges and problems for re-adaptation and completing the questionnaires.

Visual drawing methods, recovery percentage, Reliable change Index (RCI), and overall recovery were used to analyze the data.

Table 1

Findings. Demographic characteristics of six couples participating in the research.

Participant	Gender	Age	Education	Duration of marriage	Number of children
The First Couple	Male	43	Associate Degree	12	3
	Female	38	Diploma		
The Second Couple	Male	37	Diploma	7	2
	Female	33	Diploma		
The Third Couple	Male	35	Master	<0	0
	Female	33	BS		

Table 2

Comparison of participants' scores in emotional dysregulation before treatment, during treatment, and at the end of treatment.

	Group		Baseline			Treatment sessions					First follow-up	Second follow-up	Third follow-up	RCI	Recovery after treatment	overall recovery
			First	Second	Third	First	Third	Sixth	Ninth	Post-test						
Emotional dysregulation	First Couple	Male	25	24	25	25	23	23	20	18	18	19	19	8.15	28	29.72
		Female	24	24	25	25	24	20	19	17	18	18	19	9.31	32	
	Second Couple	Male	24	25	25	25	25	19	18	18	18	19	19	8.15	28	
		Female	25	26	26	26	25	20	19	18	19	19	19	9.31	30.76	
	Third Couple	Male	25	25	25	24	24	21	18	17	18	18	18	8.15	29.16	
		Female	24	24	24	23	23	24	19	16	17	17	18	8.15	30.43	

For the emotional dysregulation, the RCI for the first couple (male and female), second and third were (8.15, 9.31), (8.15, 9.31), and (8.15, 8.15) ($p < 0.05$), the scores of RCI in all the participants are more than $Z = 1.96$. So it could be concluded that the changes in emotional dysregulation are statistically acceptable. The recovery percentage for the first (male and female), second, and third couple is (28, 32), (28, 30.76), and (29.16, 30.43), respectively, and the overall recovery of treatment is 29.72.

Figure 1. Diagram of effect of combined treatment on emotional dysregulation of couples.

Discussion. The present study aimed to investigate the effectiveness of couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy on emotional dysregulation in conflicting couples. The results showed a significant difference between the scores before and after the intervention. Therefore, this shows that with the continuation of the sessions as well as the formation of the therapeutic relationship, while changing the client's opinion about the treatment process, the client's resistance has decreased, and this has resulted in the effectiveness of the intervention due to the increase in the percentage of improvement in emotional dysregulation.

In explaining the positive effect of the combination of Emotionally Focused Therapy (EFT) and Reality Therapy on the emotional dysregulation of conflicted couples,

it could be said that recognizing and processing unprocessed emotional responses, increasing emotional awareness, exiting mutual negative interactions, and creating interactions based on primary emotions lead to increasing adaptive emotional responses, creating emotional healing experiences in a couple's relationship. On the other hand, in whatever situation people are in, it is their choice [18]. Humans can choose an effective and appropriate way to achieve their needs such as fun, freedom, belonging, survival, and love to create a better situation [20]. Since cognition, emotion, emotion, and behavior are entirely interacting, emotion-oriented strategies by controlling emotions and emotional consequences in the couples affected by the intervention have caused a change in the functioning of emotional systems and finally caused emotion regulation. Based on the general view, emotions occur before behaviors and optimize the compatibility of couples with the needs of the physical and social environment. Harmonizing mental, biological, and motivational processes excites the person's situation with the environment. Equipping the person with special and efficient responses appropriate to the problems ultimately causes the physical and social survival of the person [21]. Emphasizing the couple therapy based on Emotionally Focused Therapy (EFT) and Reality Therapy as a flexible approach to examining the needs of couples and regulating and control-

ling the emotional systems made it possible to train the methods of choice in couples as well as control the emotional responses of couples, ultimately by reducing In grades, the component of emotional dysregulation should be improved and promoted [22].

Among the limitations of this research, it can be mentioned that it was conducted only in conflicting couples referring to the counseling and psychotherapy clinic of Bandar-e Torkman; one should be careful about generalizing its results to other cities. Given the integrated approach to reality, therapy-emotional therapy is an effective intervention from an economic point of view. In line with the results of this research, it is suggested that the usefulness of the used treatment methods be evaluated longitudinally to ensure the accuracy of the findings over time. It is recommended that this research be evaluated in larger groups so that the validity of these methods can be met with higher confidence. It is also suggested that couples be matched according to the intensity of conflicts so that the effectiveness of this method can be investigated in different degrees of problems. It is also suggested to study the comparison of these two approaches in independent research.

Conclusion. The present research findings showed the importance of couple therapy based on Emotionally Focused Therapy (EFT) and reality therapy on emotional dysregulation in conflicting couples. Therefore, it can be used in educational programs to improve conflicting couples' performance. Moreover, improving their family function should also consider conducting specific programs for improving emotional dysregulation among conflicting couples.

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