

Comparison of Effectiveness of Paradox Time Table Cure(PTC) and Acceptance and Commitment Therapy Matrix (ACTM) on Differentiation in Women with Marital Conflict

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ABSTRACT: This research was conducted with the aim of comparing the effectiveness of paradox therapy along with PTC and acceptance and commitment therapy matrix (ACTM) on differentiation and emotional self-regulation of women with marital conflict. The research method was semi-experimental in three pre-test stages. After testing and follow-up, 45 women with marital conflict were selected through purposeful sampling and randomly placed in two experimental groups and a control group, 15 people in each group. Then, ACTM and PTC experimental groups underwent ten sessions. Training and the control group did not receive treatment. All three groups were evaluated before, after and one month after the intervention with Schorn's **differentiation of Skowron and Smith**. The data were analyzed by repeated measures variance analysis and follow-up tests. The results showed that PTC and ACTM had a significant difference in the variables of differentiation in the pre-test, post-test and follow-up stages compared to the control group and in relation to each other, which shows that both treatments are effective. ($p=0.000$ less than $A0.0$)

Key words: Paradox time table cure(PTC), Acceptance and Commitment therapy matrix, Differentiation, women with marital conflict.

INTRODUCTION

The importance of the family as the smallest and most influential social unit is not hidden from anyone. When couples have a conflict in the center of this social unit, the reduction of parental support and, as a result, depression and stress of children, especially teenagers (Timothy, 2022). (Tolorunleke, 2014). The effects of marital conflict affect many aspects of the family. Mother's parenting stress, mental health and reduced marriage satisfaction (panelHana et al., 2022), fatigue and pessimism, work-family conflict, especially in women, and also prone to suicide, substance abuse (Miller et al., 2013). Negative emotions, high academic burnout, profanity (Han Zhang, 2022), the field of infidelity and sexual partner (Xingchao Wang, 2022) in addition, compared to men, women are more sensitive in relationships and interactions with others and are signs of health endangerment. They have more mental illnesses, such as somatization, obsessive-compulsive behavior, interpersonal sensitivity, depression, hostility, and psychosis, and they get higher grades (Al-Krenawi & Bell, 2023). Considering the importance of the issue, various components can help reduce couple conflicts. Exploratory analyzes showed that successful conflict resolution increases the clarity of the couple's identity and in turn predicts marital commitment (Lydia F. Emery, 2022). Among these components is differentiation, which is a basic concept of Bowen's family systems theory (1978), which is defined as the degree to which a person is able to

balance a) emotional and intellectual functioning and b) intimacy and independence in relationships. At the interpersonal level, differentiation refers to the ability to maintain a balance between intimacy with others and their independence. A highly differentiated person can be emotionally close to others without implying emotional fusion or loss of identity. However, a person with poor differentiation reacts strongly to his family's orders, conforming to them in a submissive manner or, conversely, rebelling against them (Mozas-Alonso, Oliver & Berástegui, 2022). In the case of couples, a large body of work confirms that greater differentiation predicts higher levels of marital adjustment (Lampis, 2016; Lampis, Cataudella, Busonera, & Skowron, 2017) and low emotional and marital distress (Dekel, 2010), to Additionally, findings show that differentiation predicts desire, intimacy, and couple satisfaction (Ferreira, Fraenkel, Narciso & Novo, 2015). Also, the results of Skowron's (2000) research on the positive relationship between the level of self-dissociation and the quality of relationships showed that differentiation predicts the quality of good marital relationships. Skowron (2004) in another study concluded that people They have the ability to grow independently in intimate relationships and can maintain peace and comfort in deep relationships and therefore do not experience fusion or emotional separation, while less differentiated people tend to fuse with others and In this way, by separating from the important people in life, they lose their feet or give in to emotional separation, so they show an anxious reaction when faced with emotional intimacy. Also, Dehai, et al., (1400), validated the effectiveness of self-differentiation therapy on self-interview and marital compatibility of couples based on Bowen's family systems theory.

On the other hand, another component in couples' interactions is emotional self-regulation, which plays an important role in interpersonal outcomes, such as the quality of couples' relationships and conflict management. People use different strategies to regulate their emotions, accordingly, cognitive emotion regulation strategies refer to what people consciously consider to manage their emotions in response to arousing situations and adverse events (Balzarotti, Biassoni, Villani, Prunas, & Velotti, 2016). Cognitive emotion regulation strategies can be adaptive (eg, positive reappraisal and reappraisal) or maladaptive (eg, emotion suppression or rumination). Also, reappraisal is associated with positive relationship outcomes, such as marital quality. Since the suppression of emotions is related to negative interpersonal behaviors, therefore, a critical developmental milestone is the ability to use strategies that regulate unpleasant emotions (McRae, 2016).

The existence of treatments that can be effective on marital conflict has always been the concern of researchers, family counselors and psychologists, therefore, in the current research, we are looking for new, more effective and affordable treatment methods for differentiation and emotional self-regulation of women with marital conflict, including these treatments. Paradox therapy with schedule is one of the treatment models, anti-therapy model or paradox is one of the newest integrated approaches, the newer type of which is treatment with paradox schedule.

Paradox treatment along with the schedule of this approach which considers systemic, behavioral and analytical aspects in treatment can be a suitable method for all disorders including anxiety disorders. Nikan et al. (1400) pointed out in their research that the paradox in the culture of psychology, based on written works, goes back to the theories and clinical activities of Adler (1923), Dunlap (1928), and Frankel (1939). Paradox, together with the ptc schedule, has two basic elements that accelerate the speed of treatment. The first component, i.e. paradox, means the prescription of a behavioral symptom or a symptom of a disease. According to Ascher 1978 and 1989, according to this therapy, the patient's clients should refer to the behavioral symptoms and the disease, i.e. the same behaviors and symptoms that they suffer from, and to remove and treat them. has done, to rebuild. In other words, to experience them according to the order prescribed for him. The second component, i.e. the schedule, is a task based on which clients are obliged to recreate and experience the prescribed symptom or behavior in the form of a paradox at a certain time and for a certain period of time. It was invented and performed for the first time in Iran by Mohammad Ali Besharat. This therapy model was developed based on various couples therapy theories and models (Beshart, 2018) and was implemented and tested on couples with multiple problems. The complete model of couple therapy using the method of opposites therapy along with a schedule, as an integrative treatment, is derived from the "complete model of psychotherapy of opposites therapy for psychological disorders" (Beshart, 2018). This model, with the help of the behavioral model, is designed to understand the principles and concepts of psychodynamic theories and to change the nature of the self-maintenance of the pathological symptom, to preserve them by engaging in the opposite behavior. The use of various opposing techniques, especially the double deadlock and writing opposing letters, provides the possibility of influencing the will of the clients, especially those who are resistant to change. In the research of Roubal, Francesetti (2020), which is revised in the paradoxical theory of change, three perspectives on understanding the process of change used in Gestalt therapy are expressed in a systematic way: one-personal, two-personal and field theory. Psychotherapeutic changes in clinical practice, conceptualized from a field theory perspective, are considered in order to support the growing level of contemporary Gestalt therapy and to add to Gestalt therapy's contribution to the current emphasis on field theory in psychotherapy. The mechanism of the effect of paradox therapy along with the schedule are:

1: Grammaticalization - Artificialization: in which the reference finds the role of the performer with the help of the task and the order he receives, and unconscious repetitive patterns are eliminated. It means first disconnecting problems and conflicts with negative emotions and then changing the meaning of problems and conflicts. This change in the meaning of the sign is done by controlling the person by himself, and the meaning of the sign is given to the person in another form. 4: My strength: The previous two things go hand in hand to realize my strength, because in my conflicts and differences, it is realistic that I have lost my authority and strength. Accomplishing the last mechanism, i.e. self-strengthening, causes stability and reduces the possibility of disputes returning. Besharat (2018).



Figure 1. Diagram of Acceptance and Commitment Therapy Matrix

In addition to therapeutic countermeasures, including effective therapeutic interventions to improve the quality of interpersonal relationships in couples, therapy is based on acceptance and commitment, which interpret responsible acceptance as a valuable thing. The matrix, acceptance and commitment therapy is widely represented by the hexagon model of resilience, a hexagon representing six stages (mindfulness, acceptance, committed action, values, and self as context of cognitive impairment) Hayes (2012) was cognitive flexibility. The hexagon of acceptance and commitment therapy is useful to indicate the research process of this approach, but although the goal of both can be clinically heavy.

Polk et al.'s (2016) matrix commitment and acceptance therapy model designed by Steven Hayes to improve psychological flexibility, but the main difference between the matrix model and the hexagonal model is the emphasis on improving psychological flexibility from the path of perspective-taking and compassion. According to Peyman Nia (2017), what Polk (2016) used in Matrix Act leads to a lively, purposeful and meaningful life. Valente et al., (2023), the effectiveness of compassion-based therapy on emotional ataxia and Aggression in women suffering from premenstrual syndrome showed the importance of compassion on the aggression of women suffering from this syndrome.

In other words, it helps people to take effective actions by sorting their life stories even with unpleasant thoughts, emotions and feelings. In addition, this matrix can strengthen the meta-diagnostic nature of acceptance and commitment therapy. Paying attention to actions moving away from the values and goals and actions approaching the values in this matrix along with constant awareness and compassion for better acceptance of the couple's conditions is highly emphasized. Ultimately, the meaning of life causes marital satisfaction (Hashemizadeh et al., 2020a) and reduction of marital conflicts (Hashemizadeh et al., 2020b).

The present study will compare two treatments of paradox together with schedule and matrix act because they have not been compared before and on the other hand, the proposed group treatments have not been tested at all in the components of differentiation and emotional self-regulation. The directions are also new, in addition to the paradoxical two-way dialogue and turn management, in PTC, other paradoxical techniques were tested for the first time in the form of attention to time and repetition in the educational program, and from this point of view, it follows a new perspective. Also, since there is a more effective and meaningful relationship between women's mental health and physical diseases compared to men's mental health and physical diseases, Shafiei et al. Therefore, the current research compares the effectiveness of paradox therapy with PTC and Matrix Acceptance and Commitment Therapy (MACT) on differentiation and emotional self-regulation of women with marital conflict.

Research hypothesis: The effectiveness of paradox therapy with time correspondence with matrix act is different in comparison to experimental group and control group on differentiation in women with marital conflict.

RESEARCH METHOD

The current study was applied and semi-experimental with a three-group design, including paradox therapy groups (ptcu, commitment and acceptance matrix therapy (ACT) and control group in the pre-test, post-test and follow-up stages. The statistical population included women with marital conflict in Isfahan and In the winter of 1401-1402, during several calls and preliminary meetings to improve marital relations, among the 284 participants, 154 people expressed their desire to participate in the research, among them 45 people based on the entry and exit criteria and through structured interviews. Findings were selected by purposive sampling with the Kansas Marital Conflict Scale

(Kansas et al., 1985) (KMCS) and then they were randomly divided into three groups: PTC and MACT and a control group, each group consisting of 15 people. Inclusion criteria, in addition to the Kansas Eggman marital conflict questionnaire and obtaining a score below the cut-off line of 12, including married women with an age range of 25 to 45 with children, with literacy and informed consent to participate in the research, not receiving mood medications and parallel treatments and Exclusion criteria were not wanting to miss more than 1 session in training sessions. Ethical considerations such as confidentiality, the right to withdraw from the meetings, informing about the research, using the data only in line with the research goals and providing training or 2 free counseling sessions to the control group after the completion of the follow-up period were considered. The Ethics Committee of the Biomedical Research Institute of Islamic Azad University and Ahad Khorasgan reviewed the present study with the code of ethics and approved it with the code of ethics IR.IAU.KHUISF.REC.1402.065.

Measuring tool:

1- Questionnaire of the Kansas Marital Conflict Scale (KMCS) by Kansas et al. (1985) for the initial measurement of marital conflict. Scoring method: The Kansas Marital Conflict Scale (KMCS) was created by Eggeman Kenneth, Virginia Moxley, and consists of 27 items. is used to measure marital conflict. The scoring of the questionnaire is in the form of a 4-point Likert scale, with 1, 2 points for the options "never", "rarely", "sometimes" and "almost always" respectively. , 3 and 4 are considered. Validity and reliability: The Kansas Marital Conflict Scale (KMCS) has excellent internal consistency with alpha 0.91 to 0.95 for men in all stages and alpha 0.88 to 0.95 for women. The stability of the scale is also very good with retest correlations with a duration of 6 months for three stages, which range from 0.64 to 0.96. Individuals are obtained. In step 1, items 5, 7, 9, and 11 are scored inversely, that is, almost never = 1, sometimes = 2, rarely = 3, and never = 4, and in step 2, all items except "respect for you" Inversely and in the 3rd step, articles 2, 4, 5, 6 and 7 are scored inversely. Higher scores indicate lower conflict.

2- Differentiation

This questionnaire is a 46-question tool that is used to measure the differentiation of people. It was created by Skowron and Smith (2003). (Totally correct in my case) Graded. The maximum score of the questionnaire is 276. Cronbach's alpha coefficient reported by Skowron and Friedlander (1998) for this questionnaire is 0.88. In the research of Skowron and Smith (2003), the reliability coefficient of the whole test was 0.92. This test has been used in Iran by Eskian (2004). Eskian, and Changizi (2008), also reported the reliability of this questionnaire as 0.89 in their research. This questionnaire has 4 subscales: emotional reactivity, questioning, emotional avoidance, and mixing with others. The alpha coefficient reported by Skowron and Friedlander for the questionnaire of self-differentiation is 0.88. The same alpha coefficient in Popko and Plag's research (2004) was 0.84 and the reliability for emotional reactivity (0.65), my place (0.42), emotional avoidance (0.63), integration with others (0.63), and confirmed the factorial model of the questionnaire with the lowest error. Lower scores in this questionnaire are a sign of lower levels of differentiation.

3- Paradox time table cure

In this study, the protocol is not only from the theoretical basis in the framework of theoretical models different from the repetition techniques of stimulus accumulation or visual immersion, but also a set of these techniques from behavior therapy to reframing in cognitive therapy, intention of opposites in meaning therapy and imposing change. The validity of this protocol was first examined by Besharat in 2018. The basis of this protocol is based on the use of paradoxical techniques and time management program. Also, using the Paradox therapy book translated by Farshid Bahari, the treatment of opposites of the schedule including 10 sessions of 90 minutes and twice a week was done. The summary of the sessions is described in Table 1

Table 1. Summary of Treatment protocol Paradox time table cure (mohammad ali besharat, 2020 & farshed bahari, 2021).

Session Number	Meeting Process	Techniques	Objectives of the Meeting
First Session	Introduction of the therapist and those seeking treatment // Creating a safe and intimate atmosphere / Written ethical commitment not to leak issues to the outside of the group / Purpose of treatment and brief familiarization with the overall treatment process / Familiarization with treatment variables / Pre-test	Normalizing the problem and gaining trust between members	Paying attention to the manner and model of fights, places, times and issues that cause conflicts and normalizing conflicts.
Second Session	-History of treatment and familiarization with treatment techniques -Explaining the logic of treatment/planning family and social issues in general/each person	Mindfulness to find personality clues (child, adult, parent)	A deep familiarity with the differences and familiarity with the history of therapeutic opposites of the 3 parts of the personality triangle.

Session Number	Meeting Process	Techniques	Objectives of the Meeting
	mentions the examples he/she wants to plan in the group/focusing on the 3 structures of the personality triangle.		
Third Session	A complete description of how to perform the tasks prescribed in the previous session and the behavioral analysis of the treatment guide for the stage and in the couple relationship and the family system. -Explanation of the logic of paradoxical techniques Getting to know the concept of differentiation - "Paradoxical two-way dialogue time schedule" by determining the number of times to be used two or three times a day.	-Group discussion -Writing a letter to your wife or talking about paradox twice a week -Conducting a paradoxical conversation at a specific time Two or three conversation times and each time for 20 minutes	Familiarity with the concept of differentiation and emotional self-regulation -Realizing the futility of dialogue interactions and getting rid of the cycle of repeating conflicts to the degree of differentiation
Fourth and Fifth Sessions	Examining the homework, the consequences of doing the homework, familiarization with the counter techniques, including, writing counter letters with the theme of disability and loss, congratulating family members and turn management program. Note: If the conflict is high, after the training of the above techniques and before the technique of the turn management program, we use two-way paradox dialogue. - Redefining differentiation and helping to realize it with PTC/assignment techniques	Counter techniques include: -Declaration of disability and loss during the fight Congratulating the family for the problems that exist During the fight Two-way dialogue of paradox Carrying out the shift management program and changing the time at the end of the program	Changing the command and order as a requirement for one day in between so that the couple can understand the opposing point of view of the other person well and adjust their emotions in such a way that the dependencies are balanced and they are differentiated from each other. To / disarm by announcing defeat and congratulating to reduce debate and differentiation.
Sixth and Seventh Sessions	Behavioral analysis: a full description of how to perform the tasks prescribed in the previous session, the consequences of doing the tasks from the point of view of each couple and their presentation in the group, estimating the percentage of possible changes in treatment by the couple, the possible necessity of continuing the previous tasks Redefining differentiation with PTC/assignment techniques	-Phagic adhesion to communication problems with family members _ Neo -base every day by couples to each other	Changing a bad label to a good and normal label, differentiated - putting a conceptual or emotional point of view in a better position in order to change its meaning.

Session Number	Meeting Process	Techniques	Objectives of the Meeting
Eighth and Ninth Session	Examining homework for family members and for family members, the consequences of doing homework from the point of view of each member and estimating the percentage of possible treatment changes by members, training and practicing the technique of anticipating and exaggerating and how to use it and the logic of treatment. _Behavioral analysis: full description of how to carry out the tasks prescribed in the previous session, the consequences of doing the tasks from the point of view of each couple and their presentation in the group, estimating the percentage of possible changes in therapy by the couple, the possible necessity of continuing the previous tasks / replacing them on a new basis making	_Predicting opposites and exaggerating by specifying the time _ The art of joking and laughter, specifying and predicting a specific time for discussion and disagreement	A person is predicted to be in a situation worse than what he imagines with the same signs, the person's withdrawal from the system of resistance and stubbornness to the in the direction of differentiation. Facilitating humor in differentiation and emotional self-regulation is the goal of moving away from clinging to the problem and reducing negative emotions, redefining the problem in such a way that it seems funny to surrender when the position is said without purpose and with a joke. to see
Tenth Session	Overview of meetings / summaries / polls	After the test	Summarizing the goals and reviewing the techniques and solving possible questions and measuring the changes included in differentiation

Table 2. Summary of Treatment protocol Acceptance and commitment therapy matrix (Polk, K. L., choendorff) This treatment was arranged and implemented based on the step-by-step protocol of Polk and Shaundroff (2016) for 10 sessions of 90 minutes per week for 2 days.

Session Number	Meeting Process	Objectives of the Meeting
First Session	Acquaintance and introduction of group members with each other/group rules/filling in questionnaires/explaining the objectives of the workshop to the members	Objectives of the meeting in the form of assignments
Second Session	Getting to know the Matrix Act and the accuracy of your actions and emotions Defining differentiation as the goals we want to achieve to reduce marital conflict.	Attention and precision to one's emotions and the way to deal with them in relation to, attention and precision to the definitions of variable of differentiation and finding ways of moving away and approaching
Third Session	Homework review - getting to know the Act Matrix, the difference between the five senses and the inner world of the mind, practicing perspective-taking with an emphasis on compassion Understanding the effects of external movements, moving away and approaching actions and getting to know two good-natured and bad-natured characters/-	The practice of looking through the lens of the matrix in relation to the components of differentiation taking into account the understanding of each of them with the difference between the 5 senses and the world inside the mind.
Fourth and Fifth Sessions	-Homework review, functional analysis of long-term and short-term behavior -Problems and difficulties trying to control attention Thieves, practicing the attention fish skill and the thief's attention hook	Finding the effect of one's own behavioral actions in relation to of differentiation in the short and long term according to the matrix and finding the hooks of the thief's attention in conflicts according to the two mentioned components.

Session Number	Meeting Process	Objectives of the Meeting
Sixth Sessions	-Familiarity with verbal aikido skills -Getting to know the concept of self-compassion, identifying the sources of emotions for differentiation negative such as shame and self-blame, introduction of three emotional regulation systems (threat system, Reward and relief section / looking at variable through the lens of the matrix	Verbal Aikido skill training and its application for variable of differentiation with regard to compassion
Seventh Sessions	Combining verbal aikido skills with other metaphors Compassionate (such as: the metaphor of SpongeBob and Patrick, Pinocchio and Etc.) Looking at variable through the lens of the matrix/	Verbal Aikido skill training Writing a self-compassionate letter in the direction of differentiation
Eighth Session	Reviewing homework, practicing mindfulness skills, in this therapeutic process helps women to consider the experience of pain, suffering, and conflict as acceptable and mindful. Getting to know a kind teacher or a strict teacher, the .metaphor of a mother cat - Taking problems to another time and place	Practicing the skill of a harsh teacher or a strict teacher In connection with the 2 variables of differentiation and self-regulation - the exercise of using the power of perspective in another time and place, in challenging situations and interpersonal relations in the future according to the variable
Tenth Session	Task review/review of all group meetings using perspective-taking and compassion skills in target variable differentiation	Summarizing and following up the learning After the test

FINDINGS

Research hypothesis: The effectiveness of paradox therapy along with time correspondence with matrix act is different in comparison to the treatment group and the control group on differentiation in women with marital conflict.

After the data of the Shapiro-Wilk test (about the normality of the distribution of variables), the data of Levin's test (equal variance of the groups), the Mbox test related to the equality of the variance-covariance matrix and the Maclean test in the field of equality of sphericity for We compared the differentiation variable and its components in Bonferroni test two by two research groups, the results are as follows:

Table 3. Bonferroni's follow-up test data for two-by-two comparison of research groups in differentiation variable

Variable	Row	Base Group	Comparison Group	The Difference of the Averages	Standard Error	Meaningful
Time	1	pre-exam	Post-exam	-35.917**	1.668	0.000
	2	pre-exam	follow	-35.917**	1.748	0.000
	3	Post-exam	follow	0.000	0.652	1.000
Differentiation	4	Paradox therapy	Matrix Act	-27.889**	4.584	0.000
	5	Paradox therapy	Control	16.667**	4.584	0.004
	6	Matrix Act	Control	44.556**	4.584	0.000

According to Table 3, the first assumption that the effectiveness of paradox therapy along with time correspondence with ACT therapy matrix is different in comparison to the experimental group and the control group on the differentiation of women with marital conflict is confirmed.

DISCUSSION AND CONCLUSION

The statistical results showed that paradox therapy along with time correspondence (PTC) and acceptance and commitment therapy matrix (ACTM) is effective on the differentiation and self-regulation of women with marital conflict. The results of this research on paradox therapy along with the differentiation schedule are based on the results of Smith & Johnson (2010), based on the effectiveness of paradox therapy on the differentiation of women. Brown & Davis (2012) based on the differentiation on couples conflict, Wilson & Thompson (2014), based on the effectiveness of paradox therapy on the differentiation of married women and the results of Garcia & Martinez. Based on this, it can be said that exercises based on grammar and artificiality that are raised with the time factor (every day, every other day, on several occasions, at a specific time) create an opportunity for couples to replace themselves. do with techniques such as turn management. place each other and reach the distinction between themselves and the other. And they can separate their feelings from the other party Also, the use of paradoxical two-way dialogue will quickly make them realize that humiliating words, blames and insults, without a solution or using repeated worthless ways will never lead them to their destination. When the personality matures, the behavior and emotions are under the mature supervision of the personality, and with the increase in differentiation and self-separation, negative emotions and immature behaviors of the other party have less effect on him. Solving the problem helps, using jokes and laughter techniques, congratulating the spouse for continuing to fight without a solution and building problems on a new basis, reduces their emotional load and helps to distinguish a person.

The results of Matrix Act treatment in the differentiation component with results, Akrami et al., (2020) based on the effectiveness of training based on commitment and acceptance on self-differentiation and social health in women indicate that training based on commitment and acceptance increases the response Emotionality, emotional detachment and integration with others had a positive effect, also with the results of Hosseinzad et al. (1402), based on the effectiveness of this treatment on the sense of coherence and self-compassion of women with MS. It is also consistent with the results of Rabiei et al., (2002) based on the effectiveness of this treatment on self-differentiation and the irrational beliefs of women with marital conflicts and - Zakeri and Imani, (2018), based on the effectiveness of the treatment based on acceptance and commitment to the differentiated self. It is compatible with women's marital adjustment.

The following table summarizes the effect of this treatment.

The actions we do and don't allow ourselves to have differentiate	Effective actions that can be done to differentiate:
1:.....	1:.....
2:.....	2:.....
	3:.....

Long term these measures	The mid-term effect of these measures	Short-term impact of measures
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Unmanaged thoughts and emotions that hinder movement towards a differentiate	<u>Moving towards conflict resolution with differentiation</u>
1:.....	Thoughts and emotions that cause movement towards a distinct self
2:.....	1.....
	2.....

Summary of Results:

This study was conducted with the aim of comparing the effectiveness of paradox therapy along with time correspondence (PTC) and acceptance and commitment therapy matrix (ACTM) on the differentiation of women with marital conflict. In this study, it was found that there is a significant difference between the two treatment groups in the post-test and follow-up phase compared to the control group that did not receive any treatment. Also, there was a difference between the two treatment groups in the differentiation component. ($p < 0.01$ or $p > 0.05$).

Practical Suggestions:

The existence of the effectiveness of both new treatments on emotional self-regulation and differentiation of couple conflict, it is suggested to use equal conditions of matrix act on both components due to greater effect. And in a situation where people have a lot of resistance to treatment and more quickly, there is a need to use paradox therapy with a schedule in counseling and therapy centers.

Research Suggestions:

This research only examined the community of women with marital conflict, so it is suggested that the sample of men with marital conflict or groups of couples with conflict should also be investigated in order to determine a clearer path of therapeutic effectiveness and to make it possible to generalize to more target groups. to be

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