

Abstract

In a comprehensive exploration, the current study aimed to investigate the efficacy of Emotionally Focused Couple Therapy (EFT-C) in addressing interactional patterns and enhancing psychological intimacy within couples experiencing marital conflict. The purpose of research was to incorporate quantitative findings and the analysis of couples' journeys, with a focus on uncovering underlying factors of conflicts and changing relationship dynamics through EFT-C. To collect quantitative and qualitative data, a sample of ($n=20$) participants, constituting 10 couples with an age range of (20-50) years were recruited, through the screening process from general population. The research design comprises two distinct phases. In phase I, the 9 steps of Emotionally Focused Couple Therapy (EFT-C) and its techniques were applied to each couple in hourly sessions for approximately 8-10 weeks, with respect to their conflicts. The implementation of non-parametric tests revealed significant differences within pre and post-intervention scores as well as gender-based differences in Marital Adjustment ($Z=-4.92$) Interactional patterns ($Z=-3.93$) and Psychological intimacy ($Z=-3.92$) following the application of EFT-C. In phase II, narrative analysis was utilized to gain a deeper insight into couples' experiences in marital relationships and their perceptions about therapeutic journeys. The findings of qualitative analysis provided an overview of the common themes that emerged across the cases including insecure attachment styles, negative interactional patterns, and cultural influences. Further factors, assessed to be the significant determinants of shaping relationship dynamics include differing expectations about roles and emotional intimacy, perceived interference from in-laws, age gap in partners, and sexual dissatisfaction. In conclusion, current research aspires to contribute to the field of couple's therapy by assessing the efficacy of Emotionally Focused Couple Therapy (EFT-C) in addressing marital conflict.