

The effectiveness divorce management of self-sufficiency and reduction of conflicts between couples on the verge of divorce schema based therapy of city of Rasht.

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Abstract The main purpose of the following research is efficiency of couple therapy based on a plan on self sufficiency of divorce managing and reduction of conflicts between divorce applicant couples of Rasht city. The plan of this research was semi experimental and is done by per-exam and post-exam method with controlling group. Research community was divorce applicant couples reverting to justice and per-divorce Counseling Center of Welfare center of Rasht city. Among members of this community, 30 couples were chosen by random sampling method after Semi-structured interview. Couples were put in two groups of control and examine by random method, there were 15 couples in each group. Then tools of Barati and Sanaee Marriage conflicts (1375) and self sufficiency divorce managing questionnaire implemented (per-exam) and then 8 sessions (90 minutes each) of Therapeutic plan implemented in experiment group 2 days a week by group consultation method and control group received no intervention. Finally, the alteration of dependent variables of 2 groups were implemented again, with the same tools. (post-exam) conclusion of the research showed that it is a meaningful difference between divorce aplicant groups (experiment and control) in dependent variables but it wasn't observed a meaningful difference in divorce managing self sufficiency variable. (p

Keywords : plan based couple therapy can reduce the conflicts between divorce applicant couples and has a meaningful effect on divorce managing self sufficiency.

