

## عنوان مقاله:

A study and analysis on the effectiveness of therapy training based on acceptance and commitment in reducing couples' sexual dissatisfaction

## محل انتشار:

شانزدهمین کنفرانس بین المللی روانشناسی، مشاوره و علوم تربیتی (سال: 1402)

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## خلاصه مقاله:

Acceptance and commitment therapy (ACT) is developed within a pragmatic philosophy called functional contextualism. ACT is based on relational frame theory (RFT), a comprehensive theory of language and cognition that is derived from behavior analysis. Both ACT and RFT are based on B. F. Skinner's philosophy of radical behaviorism. ACT differs from some other kinds of cognitive behavioral therapy (CBT) in that rather than trying to teach people to better control their thoughts, feelings, sensations, memories and other private events, ACT teaches them to "just notice," accept, and embrace their private events, especially previously unwanted ones. ACT helps the individual get in contact with a transcendent sense of self known as self-as-context\_the you who is always there observing and experiencing and yet distinct from one's thoughts, feelings, sensations, and memories. ACT aims to help the individual clarify their personal values and to take action on them, bringing more vitality and meaning to their life in the process, increasing their psychological flexibility. Acceptance and commitment therapy (ACT, typically pronounced as the word "act") is a form of psychotherapy, as well as a branch of clinical behavior analysis. It is an empirically based psychological intervention that uses acceptance and mindfulness strategies along with commitment and behavior-change strategies to increase psychological flexibility. This approach was originally termed comprehensive distancing. Steven C. Hayes developed the treatment starting around ۱۹۸۲ in order to create an approach that integrated both key features of cognitive therapy and behavior analysis, especially behavior analytic data on the often negative effects of verbal rules and how they might be ameliorated. There are a variety of protocols for ACT, depending on the target behavior and setting. For example, in behavioral health areas, a brief version of ACT is called focused acceptance and commitment therapy (FACT). The present study aims at investigating the effectiveness of acceptance and commitment therapy on sexual satisfaction of couples in Shiraz. Methods: A pre-test, post-test methodology with one control group and one experimental group is used to examine the effectiveness of acceptance and commitment therapy on sexual satisfaction of couples. ۴۰ couples were chosen purposefully from the statistical population of all hurt couples who referred to psychological clinics in Shiraz. The sample size of ۴۰ couples was put in to two groups consisting of a ... control group and experimental group. The required data wa

## کلمات کلیدی:

.Acceptance and commitment therapy, sexual satisfaction, ACT, couples

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