

The Impact of Self-Regulation Couple Therapy on Cognitive Emotion Regulation and Emotional Abuse in Turbulent Couples

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Abstract : This paper is a quasi-experimental study investigating the effect of self-regulation couple therapy on cognitive emotion regulation and emotional abuse in turbulent couples. Of the couples consulting the counseling and psychotherapy centers of Social Welfare and Education Office of Mashhad, ten couples were randomly selected through a stratified sampling method and were equally assigned to experimental and waiting list control groups. After completing the cognitive emotion regulation questionnaire (CERQ) and emotional abuse scale (EAS), the results showed that self-regulation couple therapy can increase the participants' adaptive cognitive emotion self-regulation strategies, reduce their maladaptive cognitive emotion self-regulation, and decrease their emotional abuse.

Keywords : self-regulation couple therapy, cognitive emotion regulation, emotional abuse

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