



The Effectiveness of The Emotion-Focused Therapy (training) based on " Hold Me Tight/ Let Me Go " Educational Program parent -adolescent conflict, emotional safety, and family cohesion in families with adolescent girls with symptoms of Generalized anxiety disorder in Sabzevar city

The purpose of the study was to investigate the effectiveness of emotionally-focused training based on the (HMT-LMG) approach on parent-adolescent conflict, emotional safety, and family cohesion in families with a teenage girl with symptoms of generalized anxiety disorder in Sabzevar city. The present study was a quasi-experimental study (its research design was pre-test-post-test with a control group) that was conducted in the summer of 1404. The statistical population was all teenage girls with symptoms of generalized anxiety disorder referred to the Sabzevar City Counseling and Psychological Services Complex. The statistical sample of this study included 24 of these teenagers who were selected through purposive sampling. They were divided into two experimental and control groups (12 in the experimental group and 12 in the control group). After the pre-test, training sessions were conducted in 5 sessions and finally 10 hours for the experimental group, but the control group did not receive any training. Also, information was collected using the short version of the Prinz Parent-Adolescent Conflict Questionnaire (1979), the Bruner et al. Adolescent Emotional Safety Questionnaire (2008), and the Fisher Organized Family Cohesion Questionnaire (1992). The analysis of covariance test was used to analyze the data. The findings indicate the effectiveness of the intervention because the main hypothesis and the sub-hypotheses were confirmed with a confidence level of 0.001 that the emotionally focused training based on the approach (HMT-LMG) reduced parent-adolescent conflict and its effectiveness rate was 98%. Its effectiveness rate for increasing family cohesion was between 71 and 98 percent and for increasing emotional safety was 94 percent. It is concluded that this intervention was able to reduce parent-adolescent conflict and increase emotional safety and family cohesion in adolescents with generalized anxiety disorder.