

**Table 1.** Sessions description of the narrative therapy and the emotionally focused therapy for the veterans' wives of the Khorramabad city (each group included 20 subjects)

<b>Sessions description</b>
<b>Narrative therapy</b>
<b>First session</b> Explaining the narrative therapy approach and its related approaches Explaining the concept of family cohesion
<b>Second session</b> Introducing and developing the narrative of life and giving a starting point to life Starting externalizing and indicating the narrative and how to make them in people
<b>Third session</b> Access to the principles of individuals' narrativizing Examining the metaphors used by people and observing people's narratives from the perspective of others
<b>Fourth session</b> Providing the strategies to mitigate the problem and review the history of the problem Using the externalizing language and making difference between the problem and identity and communications of the references Review the narrative of each member
<b>Fifth session</b> Challenging members and determining the positive and negative emotions influencing the narrative by encouraging them to describe the small narratives and externalizing the problem (the subject makes difference between himself and the problem)
<b>Sixth session</b> Encouraging authorities to clarify their reactions and beliefs to the problems and events through influential questions Challenging the problematic story and externalizing the problem
<b>Seventh session</b> Naming the problem and deconstruction of the problematic narratives by re-meaning and giving meaning again or new labeling the problem Introducing alternative narratives and encouraging members to behave contrary to the problematic narrative at intervals
<b>Eighth session</b> Focusing and emphasizing the details, emotions, thoughts, and behaviors of these unique characteristics Extending these unique characteristics to the present Continue to deconstruction and expansion of the alternative narrative through the practice questions and the consciousness questions perspectives
<b>Ninth session</b> Making a new narrative Asking members to write unsent letters Forgiving, forgetting, or leaving the unreasonable and abusers and those who caused unpleasant memories in the past to the person
<b>Tenth session</b> Review the memories and possible measures of the members about the contents of the previous session Talking about positive experiences and alternative narratives Reintroducing and fixing alternative narratives Defining the post-test time
<b>Emotionally focused therapy</b>
<b>First session</b> Finding complex interactions Assessing how they deal with the problem Finding attachment barriers and intrapersonal and interpersonal emotional conflicts Assessing marital status and family cohesion
<b>Second session</b> Evaluating couples' cycle of interactions Finding outstanding events Finding information that is not possible in the presence of the spouse, such as

assessing the level of commitment to marriage, extramarital relations, assessing their fear of revealing secrets

**Third session**

Determining the interaction patterns including accepting acknowledged feelings

Finding the insecurity of the attachment and the couples' fears

Helping to be open minded and self-disclosure in couples

**Fourth session**

Reforming marital link using key emotional responses

Developing the emotional experience of each clients in the relationship and the

review and revising the relationship

**Fifth session**

Emotional disclosure

Deepening the emotional involvement of the couples based on attachment

Endopsychic and interactive status improvements

**Sixth session**

Identifying underlying fears

Extending yourself in relation to others

Promoting new interaction methods

Focus on yourself and not on others

**Seventh session**

Reforming interactions and changing the events

More conflicts in the couples

Clarifying the needs and wishes of the subjects

**Eighth session**

Finding new solutions to previous problems including reforming interactions,

synergies in the inner sense to yourself and the relationship, as well

**Ninth session**

Using therapeutic achievements in daily life including identifying and supporting

interactive constructive patterns

Making secure attachment

Making a happy narrative of the relationship

**Tenth session**

Determining the difference between the past negative interaction pattern in the

first sessions and the present

Obtaining emotional involvement to keep strengthening the couples' link

**Table 2.** The mean of family cohesion scores based on the three groups in veterans' wives of Khorramabad city (each group included 20 subjects)

<b>Group</b>	<b>Pre-test</b>	<b>Post-test</b>	<b>Follow-up</b>
<b>Narrative therapy</b>	64.20±2.91	79.40±6.21	68.45±7.83
<b>Emotionally focused therapy</b>	63.70±6.33	83.70±9.68	71.35±3.37
<b>Control</b>	63.14±5.15	5.09±5.09	63.53±5.22

**Table 3.** Results of Bonferroni test and the mean difference by paired comparison of the mean scores of the family cohesion of the veterans' wives of Khorramabad city

<b>Group</b>	<b>Pre-test</b>	<b>Post-test</b>	<b>Follow-up</b>
<b>Narrative therapy- emotionally focused therapy</b>	0.50±3.12	-3.20±6.25	2.82±4.28
<b>Emotionally focused therapy-control</b>	0.42±5.30	18.12**±7.12	7.45**±4.38
<b>Narrative therapy- control</b>	1.02±4.18	15.48**±6.62	5.69**±3.39

\*\*p<001