

Table 1) The content of emotion-based therapy sessions

First session Communicating and making a commitment to treatment: explaining the nature of PTSD, its agents and symptoms, conceptualization of emotion-focused therapy and observation and evaluation of subjects based on the ability to focus on internal experiences.
Second session Identifying a defective interactive cycle and identifying the underlying thrills that underlie interactive situations: identification of contradictory, dual and critical feelings about yourself and the important and influential people in life.
Third session Expression and understanding of the effect of irrational thinking on emotional turmoil, introducing four misleading styles and expelling information about war events.
Fourth session Conjunction and awareness, identification of underlying cognitive-emotional processes, identification of conditions for creating a problem.
Fifth session Muscle relaxation, identifying emotional schemas, emphasis on the acceptance of experiences, visual expositions and the implementation of hot chairs (resolving wartime issues).
Sixth session Highlighting and recounting on the war event, referring to its natural, dream analysis (to reduce nightmares with principles focused on emotions).
Seventh session Enhancing emotional processing, tracking unwanted emotions, rebuilding excitement, recalling and re-energizing bad feelings, providing support for excitement and redefining excitement over war events.
Eighth session Creating new solutions for past problems: teaching the process of transferring disappointing feeling, the guilty and anger of the subjects is to create and enhance the ability to face the challenges and changes of vital aspects of life.

Table2) Comparison of mean scores of emotional maladaptive variables, suicidal ideation and disappointment of veterans with PTSD in pretest and posttest stages in two groups (each group of 25)

Variables	Experimental Group	Control Group	Significance Level	ETA Coefficient
Emotional Dysregulation				
Pretest	14.10±3.94	14.80±4.46	0.0001	0.598
Posttest	10.55±2.81	13.55±3.50		
Suicidal Thoughts				
Pretest	26.15±2.60	25.26±2.16	0.02	0.399
Posttest	14.12±3.24	23.34±3.12		
Disappointment				
Pretest	18.55±2.90	16.43±3.10	0.001	0.245
Posttest	11.23±1.45	15.21±2.34		