Comparison of the Effectiveness of Couple Therapy Based on Forgiveness and Hendrix Illustrative Communication on Family Communication Patterns and Sexual Satisfaction in Women Referring to Counseling Centers

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Introduction
The couple therapy includes a stage of psychotherapy process, where the psychotherapist’s primary purpose is to diagnose the many aspects of the partners’ experience in the relationship, to understand how conflicts are triggered and how they affect the dysfunction of the relationship. The purpose of this study was to compare the effectiveness of couple therapy based on forgiveness and Hendrix illustrative communication on family communication patterns and sexual satisfaction, in women referring to counseling centers in Ahwaz.

Method
The research method is a quasi-experimental with pre- and post-test with control group. The population were women who had low marital satisfaction, referring to counseling centers in Ahvaz. The sample size was

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45 women who were selected using available sampling method from the mentioned population. 15 of them were assigned to intervention, based on forgiveness and 15 were assigned to Hendrix communication imaging group and 15 to the control group as a random assignment. The research tools used were the Kristensen Salavia Family Relationship Patterns Questionnaire, and Sexual Satisfaction of Myston and Trampnell Questionnaire. The Hendrix illustrative communication group received nine, 90-minute training sessions, and the other group of couple therapy received forgiveness, therapy nine sessions of 90 minutes. The Questionnaires were implemented after explaining the purpose of the research and obtaining informed consent from the participants and assuring them of confidentiality of the information. In general, no one was excluded from the study in the two groups. Also, a multivariate covariance analysis (MANCOVA) was used to test the hypotheses.

Results
To analyze the data, multivariate and univariate analysis of covariance was used. The findings showed that both therapeutic approaches in the post-test phase had a significant impact on family relationship patterns and resulted in a significant increase in family relationship patterns and sexual satisfaction

Conclusion
Based on the findings, it can be said that each of these approaches is one of the most effective and successful interventions in the field of therapy.

Keywords: Couple therapy based on forgiveness, Hendix communications therapy, family relationship patterns, sexual satisfaction.

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