



**The effectiveness of a counseling program to develop emotional expression
and reduce family conflicts among the auditors of the Office of Reform and
Family Reconciliation in Tafila Governorate**



Abstract

The current study aimed to investigate the effectiveness of a counseling program for developing emotional expression and reducing family conflicts among a sample of auditors of the Office of Reform and Family Reconciliation in Tafila Governorate, and to verify the continuity of effectiveness of the program after a specified period of time, on a sample consisting of (202) auditors of the Office of Reform and Reconciliation For families in Tafilah Governorate, (10) of them were chosen from those who recorded the lowest scores in the level of emotional expression, and the highest scores in the level of family conflicts. In order to achieve the objectives of the study, two scales were developed: emotional expression and family conflicts, which had indications of validity and stability suitable for the purposes of this study. A counseling program was also built, consisting of (13) counseling sessions of (50) minutes each, two sessions per week.

The results indicated that there was an average level in each of the emotional expression and family conflicts among a sample of the reviewers of the Office of Reform and Family Reconciliation in Tafila Governorate. In favor of the post-measurement of the study individuals, and the results also indicated the continued effectiveness of the program in developing emotional expression and reducing family conflicts in the post- and follow-up measurements after a period of one month. And how to deal with husbands and wives when conflicts and problems occur.

Keywords: counseling program, emotional expression, family conflicts, office of reform and family reconciliation

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