

CONFLICT IN MARRIAGE AND THE USE OF POSITIVE PSYCHOTHERAPY

Muedin Kahveci, Gizem Çobanoğlu, page 117-136

ABSTRACT

Positive Psychotherapy is a comprehensive therapy approach that helps couples understand the conflicts they experience in their relationships, discover their inner talents, and communicate more healthily. This approach evaluates the lives of individuals in four dimensions and applies the therapy process step by step by using unique models such as the "Balance Model" and "Five-Step Therapy". The therapy process consists of a five-stage process that guides couples to understand the conflicts in their relationships, discover themselves and find healthier solutions. This process provides couples with a framework for them to better understand themselves and improve their relationship. Marriage is the process of two people by coming together with mutual love, respect and commitment, living together and growing together in line with common goals. Marriage is a form of union in which emotional bonds are established between couples, trust is provided and responsibilities of living together are shared. While Positive Psychotherapy is influenced by a variety of theories and techniques, it provides a broad perspective to couples by offering a holistic approach and supports them in accordance with their unique needs. The purpose of this approach is to help couples have a happier and more satisfying relationship.

Keywords: positive psychotherapy, conflict, relationship, marriage, couples, inner talents, communication

Asst. Prof. Muedin Kahveci

International Vision University, Gostivar, N.Macedonia

e-mail: muhittin.kahveci@vision.edu.mk

Mrs. Gizem Çobanoğlu, PhD Candidate

International Vision University, Gostivar, N.Macedonia

e-mail: gizem.cobanoglu@vizyon.edu.mk

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1. SPOUSAL CONFLICT

Family is a structure that begins with marriage, is connected to each other through blood ties, kinship and social ties, and is positioned through roles and statuses (Taylan, 2009). The family, the smallest structural unit of society, is a fundamental intermediary in transferring all cultural characteristics from generation to generation. Marriage is a contract made by two people of different sexes for purposes such as living together, sharing experiences, having and raising children (Özgüven, 2000). Marriage is a situation in which individuals move from the "I" process to the "we" process. The individual establishes his/her own family with the ties and cultural characteristics s/he sees from his/her own family of origin, as well as his/her own personal characteristics, and looks for similarities between them and the person with whom s/he unites his/her life with this attachment. In cases where this similarity does not exist or when the spouses perceive each other incorrectly or differently, conflict arises between spouses.

During the marriage process, spouses are dependent on each other in many ways, but they also affect each other in many ways. Even if individuals have the same goals, interests or needs, it is possible to experience communicative conflict. At this point, conflicts often occur between spouses who share the same life and the same house. Conflict does not only occur in a negative sense. Conflict not only has destructive effect but also has constructive effect. During conflict, spouses say things to each other that they could not say during the relationship. A clearer expression is used by the spouses. At this point, the conflict process can evolve into a constructive situation for individuals who hear from their spouse a situation that they have not heard or noticed before. Conflict is also explained as the spouses' ability to manage the process (Erok, 2013).

There are many situations that lead to conflicts; communication problems, the existence of extramarital relationships, cultural differences, spouses' different expectations from marriage, sexual problems, financial issues, problems with the spouses' families, and the presence of habits such as alcohol and gambling are some of these. Conflict is a cognitive process. Situations such as evaluation, tolerance, acceptance of conflict in the relationship, and disagreements between spouses are included in the

conflict within this cognitive process. It also causes the emotional bonds between spouses to decrease during the conflict process. Conflict can also be defined as a process that begins when one party perceives that the other party is hindering or about to hinder their wishes. Conflict in marriage can arise when one spouse intervenes in the actions of the other. During this intervention process, spouses cannot find common ground due to communication insufficiency. Other factors that cause conflict in marriage are disagreements or disagreements arising from opposing or incompatible needs and expectations of the spouses (Genç and Veli Baki, 2017). Issues that cause conflict between spouses are:

1. Lack of communication
2. Constant discussion
3. Physical attack
4. Monetary disputes
5. Conflicts over child rearing
6. Mother-in-law-father-in-law
7. Unfaithfulness
8. Sexual dissatisfaction
9. Skeptical spouse
10. Unsatisfied Emotional Needs
11. Alcoholism
12. Authoritarian spouse

Conflicts experienced during the marriage process have both destructive and constructive effects. Within the scope of the items mentioned above conflicts between spouses will have constructive or destructive effects on the spouses within the management of the spouses. Conflict is stated as an inevitable phenomenon in relationships. As a result of the conflict within the marriage, the negative behaviours of the spouses increase and the conflict continues as these behaviours increase. The ongoing discussions during the conflict process may not only be verbal but also behavioral.

2. HISTORY AND DEVELOPMENT OF POSITIVE PSYCHOTHERAPY

Positive psychotherapy is a therapy method developed by Prof. Nossrat Peseschkian and his colleagues. Peseschkian, with the influence of the social developmental change that he experienced throughout his life, turned to positive psychology and developed positive psychotherapy. Peseschkian was born in Iran and spent his childhood there. He came to Germany for medical education and settled there. He developed positive psychology with his research colleagues in the late 1960s. He continued his work until 2010 and passed away in this year.

Positive psychotherapy is a holistic and resource-oriented therapy that is based on analytical therapies such as psychodynamic and humanistic, focuses on positive aspects while resolving conflict, and adopts an intercultural approach (Peseschkian, 1998). The idea that forms the basis of positive psychotherapy is reconsidering and interpreting negative situations as positive. It focuses on the abilities of the individual while solving problematic, conflict-forming events and phenomena. After coming into the world, a person begins to get to know himself and his environment with the support of primary caregivers. S/he adds his inner talents to his/her life by getting support from the environment (Aypay and Kara, 2018). In Positive Psychotherapy, the therapeutic relationship between the client and the counselor is established through proverbs, metaphors and wise words. The client creates his/her own story and can more easily convey to the counselor the elements of his/her life with which s/he has conflicts and his abilities by using these facts. On the other hand, this method used serves as reminders that the client will encounter as an imaginary meaning in the face of events that he/she will encounter in the future. This method used appears as a unique feature of positive psychotherapy.

Positive psychotherapy is a structure that centers on the basic human abilities used to resolve conflicts. Peseschkian identified three basic principles in his Positive Psychotherapy. These principles are listed as hope, consultation and balance (Peseschkian, 2002). In the therapy process, it is aimed to realize the individual's abilities, that is, himself/herself, in order to resolve and realize the conflict, rather than the

negative emotions that cause the conflict. A person is born with certain abilities and capacities according to positive psychotherapy. These capabilities are described in two parts. According to positive psychotherapy, these abilities are divided into primary abilities and secondary abilities. These are the capacity to love and the capacity to know. The capacity to love has been described as primary abilities. The capacity to know is called a secondary ability and explained in this way. The development of the capacity to love reveals other primary abilities in individuals in the following years, such as patience, time, love/emotions, doubt, trust, self-reliance, faith/religion, hope, example, certainty, unity, relationship and softness/sexuality. In addition, the development of the capacity to know reveals secondary abilities such as diligence, order, punctuality, courtesy, honesty/openness, loyalty, obedience, accuracy, reliability, cleanliness, thriftiness, justice, ambition/success, perfection and fairness in individuals in the following years (Peseschkian, 1986; 2002; Sarı, 2015). It can regulate and develop these capacities found in human structure. Conflicts occur between spouses if these arrangements cannot be made or are not noticed (Aypay and Kara, 2018). In this process, conflicts appear before the individual as difficulties and challenges that prevent the development of the individual's abilities. Many concepts and techniques have been developed through research and studies. At this point, positive psychotherapy has been used together with other approach techniques and therapy methods. Positive psychotherapy is used in many areas and disorders in its field. These are stated easing depression, anxiety, resilience and overall psychological well-being. Positive psychotherapy is also used in many areas other than psychology. Among these there are fields such as job training and family medicine. On the other hand, it is stated as a therapy method that is effectively used in the field of psychology in adolescent and group work areas.

In Positive Psychotherapy, during the interview with the spouses, the therapist focuses on the spouses' ability to resolve the conflict, rather than the conflict issue. In therapy, there is a tendency to discover the good in clients, in the literal sense of the positive truth. According to positive psychotherapy, humans are born with many skills. Based on this, positive psychotherapy states that some human diseases or disorders arise as a result of some kind of ability. It explains discomfort and disease processes by looking at their positive aspects. According to positive psychotherapy,

experiencing the depression process or why it is experienced is explained as the individual's ability to live with deep emotions in conflicts and negativities, apart from the reasons that lead the individual to depression. Apart from the discomfort experienced during the positive psychotherapy process, the positive characteristics of the spouses were emphasized and in this process the spouses were enabled to look at the events objectively. In this process, spouses who came as clients had to engage in self-therapy. Positive psychotherapy gives spouses the ability to look at themselves from the outside.

3. FUNDAMENTALS OF POSITIVE PSYCHOTHERAPY

Positive psychotherapy uses positive intervention methods to help individuals solve their problems and feel better. The use of positive interventions creates positive emotions, thoughts and behaviors in the individual. Positive psychotherapy is stated as a transcultural, humanistic, psychodynamic and integrative approach. The therapeutic relationship between the therapist and the spouses is established through stories, metaphors, idioms, proverbs and wise words. These stories and other concepts are used to resolve the individual's conflicts, to use them as reminders in case the individual encounters the same situations in the future, and to guide the individual while using his/her fantasy area. With these stages, an automatic therapeutic relationship is established between the therapist and the individual. In positive psychotherapy, the general view of humans is positive and that every human being is essentially good. It states that people are born with the capacity to love and know. Furthermore, it makes progress through these two concepts and tries to resolve conflicts. In the positive psychotherapy process, there is a tendency to resolve negative situations and events with positive interventions. It is stated that as a result of these positive interventions, there will be positive changes in the individual in every sense.

Positive intervention falls into three main ideas. These are as follows;

1. Intervention focuses on positive issues.
2. The intervention focuses on mechanisms that will produce positive results.

3. The intervention is designed to create a state of well-being rather than weakness or powerlessness (Eryılmaz, 2017).

Although there are many interventions in positive psychotherapy, these three abovementioned dimensions are emphasized. First of all, during the conflict process, the focus is on positive issues, not negative situations or discomfort in positive psychotherapy. The treatment process is applied by addressing the positive aspects and abilities of the spouses or the individual, not their illness, negative behaviour or attitudes. Secondly, the therapist applies therapy through mechanisms that will produce positive results in the individual. These mechanisms are formed by establishing therapeutic relationships through the individual's feelings, thoughts and fantasies through stories, idioms and metaphors. On the other hand, the third positive intervention is explained as organizing the individual in a way that will create a state of well-being and develop a positive perspective, rather than the situations that create discomfort or conflict. As a result of the research conducted in the positive psychotherapy process, there are also types of interventions presented by other researchers. These are as follows;

- Positive psychotherapy by Seligman et al,
- Well-being psychotherapy,
- Quality of life psychotherapy,
- Pesesschkian's positive psychotherapy.

Many intervention areas have been created in the field of positive psychotherapy and studies have been conducted by many researchers. The two basic components developed in this field are defined as behavioral psychotherapy and psychoanalysis. Although there are differences in the approaches emerging from all studies, there are common elements. The common points and concepts of these studies are stated as resistance, therapeutic framework and therapeutic alliance, case formulation, transference and countertransference. In addition to being helpful in positive psychotherapy, it is also important that they act as a tool for the individual's recovery during the treatment process. At this point, the concept of evidence in therapy processes is explained. The ability of

psychotherapy to provide evidence is associated with validity. Positive psychotherapy is evaluated in the psychotherapy process that is accepted as evidence-based.

Positive psychotherapy is an approach with a humanistic perspective and its approach to humans is positive at this point. It states that humans inherently have the capacity to love and know. It is clearly stated that these two capacities can be developed in the developmental process of human life. It argues that the capacity to be loved and to know is used in four basic life areas of the individual and is open to development. The individual's capacity to love and be loved falls under four basic headings: mental, social, physical and spiritual/fantasy. The general purpose of positive psychotherapy is to focus on and develop the individual's inherent capacity and to establish balance between the individual's daily life and the four living areas. The therapy process is combined on three elements as a result of the studies carried out and the concepts reached during the positive psychotherapy process. These three principles structured by positive psychotherapy are hope, balance and consultation. Positive therapy implements the therapy process with this approach. The aim of therapy is for individuals (spouses) to lead a happy and balanced life.

3.1. At the Positive Starting Point (Hope Principle)

Hope is like a source of motivation that helps individuals initiate and maintain the necessary actions to achieve their goals (Peterson, 2000). Hope is the first step necessary for individuals to make progress in the therapy process. According to positive therapy, when the therapy begins, it is important for the client to believe in the treatment and have a positive, hopeful attitude for the healing process. The hope factor is a source of motivation for the individual to believe that life will be beautiful and to think positively. In therapies carried out with the principle of hope, individuals strive for a happy and balanced life within the principle of hope (Aypay and Kara, 2018). At this point, spouses are encouraged to look at the positive aspects of their married life.

The word “positive” generally means positive facts based on experience. The process of use in positive psychotherapy also involves the

emergence of positive emotions and abilities in the individual. While treating individuals' conflicts and disorders in the process of psychotherapy, the concept of positive focuses not on the individual's discomfort process, but on the individual's positive aspects and abilities to eliminate these negative situations. According to positive psychotherapy, the fear of loneliness is considered not only as "an inability to manage oneself" but also as "a strong expression of the need to establish relationships with other people." Similarly, in Positive Psychotherapy, specific positive interpretations are recommended for some specific problems. During his studies and therapy process, he directed positive emotions in the individual and helped the individual to establish balance in his life. It is aimed to look at the positive aspects so that spouses can communicate with each other. At this point, therapy is performed on the characteristics that the spouses see positively and like about each other, rather than the problems that are negative or cause conflict.

Positive psychotherapy has different aspects from classical psychoanalysis. Classical psychoanalysis argues that the individual acts and makes decisions based on sexual and aggressive impulses. In positive psychotherapy, it is argued that the abilities and capacities of the individual are important in his/her life. These abilities are grouped under two headings. They are named as primary abilities and secondary abilities. Primary abilities include the individual's ability to love. The ability to love is the emotional aspect of the individual and is related to the individual's capacity at this point. Secondary abilities are called the individual's capacity to know.

3.1.1. ABILITY TO LOVE:

The ability to love is within the primary ability of the individual. The negative conditions of the individual are solved by focusing on the positive aspects with the help of these skills. By nature, humans come into the world with the capacity to love. It develops primarily with the caregiver in the later stages of a person's life and is transferred to later stages of his or her life. In its development in later years, the ability to love manifests itself with skills such as patience, time, contact, sexuality/sensuality, hope, faith, doubt, being sure and unity (Peseschkian, 2000). If the primary abilities, that is, the emotional abilities, are

underdeveloped or overdeveloped, it causes the individual to have problems in communication situations.

3.1.2. ABILITY TO KNOW:

When a person is born, s/he is in a state of curiosity. This curiosity in her/his creation has caused the individual to question and try to understand her/his environment. S/he is curious about the sun, trees, the changes in people's emotions and wants to know everything. The ability to know is explained as the transmission of knowledge. At this point, the ability to know is divided into two parts as learning and teaching in the process of knowing and discovering. Abilities called as learning abilities include abilities such as order and frugality. The situation of the individual searching for answers to his/her questions based on this curiosity is explained in terms of the individual's ability to know. As the individual experiences and gains experience, the ability to know develops and basic abilities such as order, organization, punctuality, politeness, success, loyalty, frugality, cleanliness, reliability, openness, obedience and research are transformed (Peseschkian, 2000).

3.1.3. REAL ABILITIES

PRIMARY ABILITIES

SECONDARY ABILITIES

Patience

Punctuality

Time

Obedience

Contact

Kindness

Unity

Justice

Hope
Loyalty

Faith\Religion
Reliability

Trust
Frugality

Sexuality
Cleaning

Suspicion
Effort\Success

Modeling
Honesty

Security

Truth

Safety\Security
Scrupulousness

Love\Sentimentality
Meticulousness

These two types of abilities explained in the positive psychotherapy process are shaped according to the individual's environment and the conditions around her/him. During this process, the character of the individual is also shaped. If these abilities, which are present in the individual and developed under the influence of the environment, are used too little or too much, psychological conflicts arise. At this point, positive psychotherapy ensures balance and the individual can continue living by providing harmonious and healthy communication. All other abilities arise from these two basic abilities in an individual, and existing and formed abilities can be adapted to life.

Another situation within the terms of basic abilities in positive psychotherapy is that these abilities arise in conflict. The different progression of the development of these abilities causes conflicts. The

reason for the difference is due to reasons such as each individual's own family structure, background, socialization process and different culture. At this point, conflicts occur in interpersonal communication. Positive psychotherapy pays special attention to questions such as "What are the common characteristics and points of people?" and "What are the points where people differ from each other?" and it maintains the view that interpersonal conflicts may occur as the answers to these questions are given (Peseschkian, 2007; Cope, 2014). In positive psychotherapy, the individual's abilities are shaped during the relationship between the primary caregiver or parent after birth. An individual's social communication style is shaped by the ties s/he establishes with his/her immediate environment. This form of communication he establishes also affects the later stages of his/her life. Positive psychotherapy explained this process as "model dimensions" and used it as a technique during the therapy process. In this technique, a schema is prepared in therapy within the close communication of the person with his/her environment and an attempt is made to explain it by making comparisons with the individual's current relationships. Model dimensions are explained with the concepts of me, you, we and basic we.

According to the model dimensions, the concept of "I" deals with the person's relationship with himself/herself. The other dimension, "you", is used to explain the communication in an individual's bilateral relations. The concept of "we" covers the communication that the individual establishes with his/her immediate environment. The last concept, the basic we concept, was developed by centering on the individual's relationships with meaning/spirituality. They take place during the bonding process between spouses. The spouse, who has established a bond with his/her immediate environment since infancy, establishes a bond with his/her spouse through the bonding process created within the framework of his/her own mechanism and environmental conditions. At this point, the bonds that spouses establish with their primary families are important in conflict therapies. The phenomenon focused on in the model dimensions technique is the individual's basic relationships and the process of developing them. It tries to explain the individual's current relationships in the context of the forms of communication the individual has established with his environment in the past, with the positive therapy model dimensions technique, which

states that the foundation of other social relationships is laid as a result of the relationship a person establishes with his immediate environment, that is, the bond established since infancy.

- The ties of the relevant persons (mother and father) and siblings (or other playmates) to the child (I)
- Parents' relationship with each other (You)
- Parents' relationship with the environment (We)
- Parents' relationship with religion and their own philosophical views (Base Us)

The model dimensions of the positive psychotherapy process are explained within the context of the individual's relationship with his/her immediate environment and his/her use of these in other relationships. The abilities found in the individual were considered very important, and the immediate environment and close environmental relations that affected the development of these abilities were emphasized.

3.2. EQUILIBRIUM MODEL (EQUILIBRIUM PRINCIPLE)

According to positive psychotherapy, human beings conceptualize and live their lives in four dimensions. These concepts express four different forms of learning and knowing structure. These are as follows;

- Body/health (senses),
- Work/success (mind),
- Relationships (traditions)
- It is explained as future/hope/spirituality.

These explained terms show how the individual perceives his/her environment and expresses reality. Although individuals' lives, environments and families are different, these four basic dimensions are valid for all individuals. Spouses use a defense mechanism or solution process according to their own characteristics during the conflict process. Some spouses communicate socially, some may focus on work. Some individuals turn to business life and focus on working.

These four dimensions in positive psychotherapy constitute the balance model. It is argued that when this balance model is transferred to the individual, the spouses will establish a completely healthy relationship and be productive. In positive psychotherapy, it is emphasized that fives take their mental health to a positive point by distributing their energy and efforts balancedly to four basic need areas as predicted by the balance model (Peseschkian, 2002). While conducting studies in the positive psychotherapy process, research has been conducted on the theories of what motivation sources one should have and what basic skills one should have. In order to find the reasons for the spouses' conflicts and to continue their lives in a healthy way, they must first become aware of their behavioral habits. Positive psychotherapy aims to raise awareness in this context. During the therapy process, the spouses are given a treatment process aimed at improving the client's abilities and the individual is encouraged.

3.3. FIVE-STEP THERAPY (CONSULTATION PRINCIPLE)

In order to benefit from the disclosure of the individual's positive behaviors and abilities, Positive Psychotherapy applies a five-step therapy process, including the observation/distance phase, inventory phase, situational encouragement phase, verbalization phase and goal expansion phase. The therapy process consists of five stages;

1. Observation/walking away circuit
2. Inventory circuit,
3. Situational encouragement circuit,
4. Verbalization circuit,
5. Period of expanding goals.

This model, developed in positive psychotherapy, determines the prognosis of the therapy. While positive psychotherapy uses these techniques, it also benefits from other approaches. One of the methods specific to Positive Psychotherapy is the use of stories, concepts and short stories based on reality for each of these five stages (Peseschkian, 1986; 1998). During the positive psychotherapy process, clients were made to express their feelings and thoughts through concepts such as stories and

idioms. During this process, the therapist developed a therapeutic relationship so that the spouses did not feel under stress. On the other hand, the therapist gave the client homework after therapy. Clients are given homework to write a story or letter about a talent or illness they have. They were given as homework to write in this way. The spouses were asked to describe facts about their marriage in the form of stories or concepts. This allows spouses to explain their relationship more clearly and objectively.

4. CONFLICT IN MARRIAGE AND THE USE OF POSITIVE THERAPY

4.1. OBSERVATION PHASE

The main purpose of the observation phase is to analyze the situation of the spouses and their marriage. The therapist listens to the client without intervening. In this process, it tries to understand why the spouses need therapy and what they see as a problem. In the positive psychotherapy process, the therapist uses psychoanalytic and behavioral analysis transfer techniques. Using these techniques, s/he investigates the client's symptoms and the phenomena that cause the symptoms. On the other hand, s/he tries to examine the client's situational and past experiences. In general terms, the main purpose of the observation phase is to analyze the situation. The path that the positive psychotherapy process follows, unlike other therapy processes, is that the spouses deal with the past, present and future in a balanced manner. This phase generally lasts one or two sessions in short-term therapy. If it is a long-term therapy, it is completed in three or four sessions. The therapist tries to understand the spouses' thoughts and perspectives.

4.2. INVENTORY PHASE

In the inventory phase, the balance profile is applied. Based on the four life dimensions, spouses receive information about what they have experienced in the last five years. The therapist tries to determine how the client reacts to events and facts, how s/he solves them, and which dimension of the balance profile s/he uses in this context, while explaining his/her experiences in the last five years. In this context, it becomes clear to what extent and how spouses use their basic and real abilities. While

doing this, the therapist creates a hypothesis based on the cases in which the spouses experience conflict within the marriage. During the therapy process, short-term therapies last one or two sessions, while long therapies last four or five sessions.

4.3. SITUATIONAL ENCOURAGEMENT

This phase is of central importance in positive psychotherapy. The therapist focuses only on the spouses' problems. The therapist who focuses on the problems fails to notice the client's positive aspects and abilities. At this point, the therapist focuses on encouraging the spouse and giving him/her a positive perspective. Spouses try to discover themselves by noticing themselves and determine the method by sharing their hypotheses regarding the spouses' conflicts in marriage with the spouses. During the situational encouragement process, spouses learn to see themselves from the outside of their marriage. Short-term therapy lasts one or two sessions. In the long-term therapy process, it takes three or four sessions.

4.4. VERBALIZATION

After the therapeutic relationship is established in the other stages, the therapist continues the therapy process by addressing the issue in which the client is experiencing conflict. The conflict experienced by the client is tried to be resolved by using the balance model and the quadruple model dimensions. The main goal at this stage is for the client to achieve balance in all four dimensions of his/her life. It is the longest phase of the therapy process and continues until the conflict is resolved.

4.5. GOAL EXPANSION PHASE

In this phase of therapy, after the goals are achieved, the focus is on how and in what way the spouses want to progress in their future lives. The main purpose of this phase is to learn the ability of spouses to help themselves. The importance of this is that the individual can progress this process positively on his/her own after the therapy is over. It is aimed for spouses to solve the situation on their own, thanks to this skill they have acquired when they encounter a problem or conflict in life. While doing this, the individual bases himself on his four boots in the balance model

and this is how s/he plans how to maintain balance in his/her life. This process lasts for one or two sessions in short-term therapies. Long-term therapies last four or five sessions.

The nine theses that Positive Psychotherapy emphasizes explain the general perspective of Positive Psychotherapy (Peseschkian, 1977; 1996; 2000). These theses used also include the information conveyed to the client during the therapy process.

a. Self-Help

Methods applied in the Positive Psychotherapy process are taught to the client. The aim is for the spouses to master the stages of therapy and then become therapists for themselves and their surroundings.

b. Micro-Trauma Theory

According to this theory, the conflicts experienced by the individual in daily life disrupt the individual's balance process and create micro-trauma. In this context, positive psychotherapy focuses on conflict resolution.

c. Intercultural Dimension

During the Positive Psychotherapy process, the therapist tries to understand the cultural characteristics of the client. While spouses have the characteristics of the culture they live in, they also have their own personality characteristics. In this process, the therapist determines the method appropriate to the needs of the individual by solving the personal and cultural aspects of the spouses. S/he believes that therapy can achieve its goal this way.

d. Uniqueness of the Human Being

Positive Psychotherapy takes into account the uniqueness of the spouses who come as clients and determines a method for the individual in this context. It tries to explain the conflict experienced by each individual according to the individual's physical and mental state and environment.

e. Use of Stories and Metaphors

In Positive Psychotherapy, there are stories prepared in accordance with this process determined for the five steps of therapy. In addition to this, figures, cartoons and various pictures are shown to the spouses.

f. Positive Family Therapy

This therapy method is used in families. In the inductive method, it is discussed through the individuals who are the smallest part of the family, and then family relations are explained. Positive Psychotherapy has no restrictions on its field of work. It has a structure suitable for working with people of all races, cultures, languages and education. Positive Psychotherapy offers an infrastructure that can be used in the conflict process or any behavioral disorder that the individual may encounter.

g. Meta-Theoretical Dimension

Positive Psychotherapy has been influenced by many theories in its method process and has prepared a structure for the use of different techniques together. At this point, it offers a holistic approach.

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