

Narrative Therapy as an Intervention for Post-Divorce Adjustment and Grief: Examining Psychological Outcomes

Karina. Batthyany¹, Sabine. Kraus², Erwin A. William³, Yaliu. Yang^{4*}

¹ Department of Psychology, Queen's University, Kingston, Canada

² Department of Psychology, University of Nevada, Las Vegas, NV, USA

³ Department of Counseling and Psychology, University of the Philippines Manila, USA

⁴ Marriage and Family Therapy Department, Iona College, New Rochelle, NY, United States

* Corresponding author email address: yaliuyang@iona.edu

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ABSTRACT

Objective: This study aimed to evaluate the effectiveness of narrative therapy in improving post-divorce adjustment and reducing grief symptoms among individuals experiencing marital dissolution.

Methods and Materials: A quasi-experimental design was used with a treatment group (n = 36) receiving ten structured narrative therapy sessions and a control group (n = 36) receiving no intervention. Participants were assessed at three time points: pre-test, post-test, and follow-up. Standardized measures, including the Post-Divorce Adjustment Scale (PDAS) and the Grief Experience Questionnaire (GEQ), were administered to evaluate changes over time. Data were analyzed using repeated measures ANOVA and Bonferroni post-hoc tests to determine within-group and between-group differences in post-divorce adjustment and grief levels.

Findings: Results showed a significant improvement in post-divorce adjustment in the treatment group compared to the control group ($F = 57.90$, $p = 0.0001$). Grief levels significantly decreased in the treatment group over time ($F = 71.92$, $p = 0.00001$), with Bonferroni post-hoc comparisons indicating that post-divorce adjustment increased significantly from pre-test to post-test ($p = 0.001$) and was maintained at follow-up ($p = 0.0003$), while grief decreased significantly from pre-test to post-test ($p = 0.0001$) and continued to decline at follow-up ($p = 0.00001$).

Conclusion: The findings suggest that narrative therapy is an effective intervention for enhancing post-divorce adjustment and reducing grief. By enabling individuals to reconstruct their divorce narratives, the therapy promotes emotional healing, resilience, and future-oriented self-perceptions. Narrative therapy should be considered a valuable therapeutic approach for individuals struggling with the emotional consequences of divorce.

Keywords: Narrative therapy, post-divorce adjustment, grief, meaning reconstruction, psychological resilience, intervention therapy

1 Introduction

Divorce represents a significant life transition that often brings profound emotional and psychological distress, particularly in the form of grief and difficulty in post-divorce adjustment. The end of a marital relationship entails not only legal separation but also the disruption of social, financial, and emotional ties, often leading to grief similar to that experienced after the death of a loved one (Santos & Soares, 2024). The experience of grief following divorce has been extensively documented as a complex and multifaceted process that affects an individual's well-being, self-concept, and future relationships (Babar et al., 2024). Although grief following the loss of a spouse through death has been widely studied, grief related to divorce remains a relatively underexplored area, despite its significant impact on emotional and psychological health (Ah-fat, 2024). Given the increasing rates of divorce worldwide and its long-term consequences on individuals and families, the need for effective therapeutic interventions tailored to address the unique emotional challenges of divorce is more urgent than ever (D'Antoni, 2025). Narrative therapy has emerged as a promising approach in helping individuals reframe their divorce narratives, process grief, and reconstruct a sense of self that is not solely defined by the marital dissolution (Bonner et al., 2024).

The psychological impact of divorce extends beyond immediate distress, often manifesting in prolonged grief, identity crises, and impaired post-divorce adjustment (Savaş, 2024). Divorce-related grief shares commonalities with bereavement but also includes unique aspects such as feelings of failure, rejection, and social stigma, which may exacerbate emotional suffering (Nelson et al., 2022). Research has demonstrated that many individuals struggle with meaning reconstruction after divorce, leading to emotional disorientation and difficulty integrating the experience into their personal life narratives (Pahl, 2024a). The loss of a spouse through divorce not only affects emotional regulation but also disrupts social roles and self-identity, requiring individuals to renegotiate their understanding of the past and future (Broujeni et al., 2024). Studies suggest that individuals who fail to engage in meaning-making processes after divorce are at a higher risk of developing complicated grief, depressive symptoms, and prolonged difficulties in relational and emotional functioning (Pahl, 2024b).

Narrative therapy offers a structured framework for individuals to process their post-divorce grief by

externalizing problems, deconstructing dominant cultural narratives, and reconstructing more empowering self-narratives (Luo & Han, 2024). It emphasizes that personal identity is shaped by the stories individuals tell about themselves, and through therapeutic intervention, these stories can be reshaped to foster growth and resilience (Doyle et al., 2024). Research on narrative therapy in grief counseling highlights its effectiveness in fostering emotional regulation, promoting self-efficacy, and helping individuals reclaim agency over their experiences (Brodbeck et al., 2022). This therapeutic approach aligns with the notion that grief is not merely a passive process but an active meaning-making endeavor in which individuals reconstruct their identities and beliefs in response to loss (Matta, 2021). Studies indicate that interventions grounded in narrative therapy have shown significant improvements in individuals' ability to cope with grief, particularly by reframing distressing narratives and emphasizing personal strengths (Brodbeck et al., 2021).

One of the key mechanisms through which narrative therapy facilitates post-divorce adjustment is by helping individuals deconstruct negative self-perceptions that often emerge after marital dissolution (Tyler et al., 2023). Many divorcees experience feelings of personal inadequacy, failure, and self-blame, which contribute to prolonged grief and difficulty moving forward (Das & Peters, 2022). By externalizing these emotions and reconstructing alternative narratives that emphasize personal growth, resilience, and newfound opportunities, narrative therapy allows individuals to reclaim agency over their experiences (Fard et al., 2023). The therapeutic process involves guided storytelling, metaphor-based interventions, and structured reflection exercises that encourage individuals to engage in self-exploration and cognitive reappraisal (Lin & Brown, 2020). Research suggests that individuals who undergo narrative therapy report higher levels of self-acceptance, reduced emotional distress, and improved interpersonal relationships following divorce (Sugara et al., 2020).

The significance of post-divorce adjustment extends beyond individual well-being, as unresolved grief and emotional distress can impact broader social and familial relationships (Uyar & Yildirim, 2023). Divorce not only affects the individuals involved but also has lasting repercussions on children, extended family members, and future relationships (Zyl, 2023). Research indicates that children of divorced parents often experience emotional distress, behavioral challenges, and identity struggles, particularly when their parents are unable to cope effectively

with the transition (Bonner et al., 2024). Given the intergenerational impact of divorce-related grief, therapeutic interventions that enhance post-divorce adjustment are essential for mitigating negative long-term consequences (Larsen et al., 2021). Studies have shown that individuals who successfully reconstruct their post-divorce narratives exhibit greater emotional stability, healthier co-parenting relationships, and improved psychological resilience (Heim, 2023).

Existing literature underscores the effectiveness of narrative therapy in treating various forms of grief, including bereavement, traumatic loss, and ambiguous loss (Nicole, 2024). However, its application in the context of divorce-related grief remains an area that requires further exploration (Pahl, 2024a). Traditional grief counseling approaches often focus on acceptance and emotional expression, but narrative therapy uniquely emphasizes the reconstruction of meaning and identity, making it particularly well-suited for addressing the complexities of divorce (Santos & Soares, 2024). Research suggests that individuals who engage in narrative-based interventions report lower levels of depression, increased emotional coherence, and greater confidence in navigating post-divorce life (Babar et al., 2024). These findings highlight the potential of narrative therapy as a transformative intervention for individuals struggling with divorce-related grief and adjustment (Broujeni et al., 2024).

Given the psychological and social implications of divorce-related grief, this study aims to evaluate the effectiveness of narrative therapy in facilitating post-divorce adjustment and alleviating grief symptoms.

2 Methods and Materials

2.1 Study Design and Participants

This study employs a correlational descriptive design to examine the predictive role of jealousy in romantic relationships and family coping strategies on sexual satisfaction. The target population consists of individuals in romantic relationships, and the sample size was determined using Morgan and Krejcie's (1970) sample size table, resulting in 376 participants. Participants were selected through convenience sampling, ensuring a diverse representation of individuals in committed relationships. Inclusion criteria required participants to be in a romantic relationship for at least six months, be at least 18 years old, and provide informed consent for participation. Data were collected using standardized self-report questionnaires,

including the Sexual Satisfaction Scale (SSS), the Romantic Jealousy Scale (RJS), and the Family Crisis-Oriented Personal Evaluation Scales (F-COPES). All ethical considerations, including confidentiality and voluntary participation, were observed throughout the research process.

2.2 Measures

2.2.1 Post-Divorce Adjustment

The Post-Divorce Adjustment Scale (PDAS) is a standardized instrument developed by Fisher and Alberti (2000) to assess individuals' adjustment following divorce. The scale includes multiple subscales that evaluate key aspects of post-divorce adaptation, including emotional stability, self-esteem, social adjustment, and coping strategies. The PDAS consists of 25 items rated on a Likert scale, with higher scores indicating greater adjustment and lower scores reflecting ongoing difficulties in adapting to post-divorce life. The scale's validity and reliability have been confirmed in various studies, demonstrating strong internal consistency and construct validity in assessing post-divorce adaptation across different populations.

2.2.2 Grief

The Grief Experience Questionnaire (GEQ), developed by Barrett and Scott (1989), is a widely used standardized measure for assessing grief responses following significant losses, including divorce. The GEQ comprises subscales that assess aspects such as emotional distress, existential concerns, social difficulties, and physical symptoms associated with grief. The questionnaire contains 55 items, rated on a Likert scale, where higher scores indicate greater levels of grief-related distress. The GEQ has been extensively validated in research settings, with strong evidence supporting its reliability and validity in measuring grief experiences across various populations, including individuals coping with post-divorce grief.

2.3 Intervention

2.3.1 Narrative Therapy

The narrative therapy intervention in this study consists of ten structured sessions, each lasting between 60 and 76 minutes, aimed at facilitating post-divorce adjustment and addressing grief. The sessions follow a progressive framework, beginning with establishing a therapeutic

alliance and culminating in the reconstruction of self-narratives to foster resilience. Through guided storytelling, externalization of problems, and re-authoring exercises, participants engage in meaning-making processes that support their emotional well-being and adaptation to life after divorce.

In the first session, participants are introduced to the principles of narrative therapy, including the idea that their experiences and emotions are shaped by personal and cultural narratives. The therapist establishes rapport and encourages participants to share their divorce stories, emphasizing that they are not defined by their past experiences but have the power to reshape their identities.

The second session focuses on externalizing problems by separating the individual from the divorce experience. Participants are guided to name and describe their emotional struggles, such as grief, loneliness, or self-doubt, as external entities. This technique helps reduce self-blame and fosters a sense of control over their emotional responses.

The third session explores dominant narratives surrounding divorce and their impact on participants' self-perception. Through guided questioning, individuals identify societal and familial messages that have shaped their views on divorce and self-worth. The therapist facilitates discussions on alternative perspectives that challenge self-defeating beliefs.

The fourth session introduces the concept of re-authoring one's life story. Participants reflect on moments of strength, resilience, and agency within their divorce experience. Through structured exercises, they begin reconstructing their narratives by integrating themes of personal growth and empowerment.

In the fifth session, participants explore the role of emotions in their divorce narratives. The therapist guides them in recognizing and validating their emotional responses, emphasizing that grief is a natural process. They engage in expressive writing activities to articulate unresolved emotions and develop self-compassion.

The sixth session focuses on identity reconstruction. Participants examine how their self-concept has changed post-divorce and identify aspects of their identity they wish to reclaim or develop. Through storytelling and metaphor exercises, they redefine themselves beyond the divorce experience.

In the seventh session, participants engage in future-oriented storytelling. They visualize and articulate their preferred future narratives, setting personal and relational

goals. The therapist encourages them to describe the kind of life they want to create and the steps needed to achieve it.

The eighth session addresses relational healing and social reconnection. Participants examine the impact of divorce on their relationships and explore ways to rebuild trust, establish boundaries, and form supportive connections. Letter-writing exercises help them process unresolved relational dynamics.

The ninth session focuses on integrating the new narrative into daily life. Participants develop action plans for sustaining their revised self-narratives, identifying potential challenges and coping strategies. Role-playing and guided imagery exercises reinforce their commitment to their new perspectives.

The final session is a reflective and closure session. Participants review their progress, share insights gained throughout the intervention, and solidify their personal narratives of growth. The therapist reinforces their agency in shaping their ongoing story and celebrates their resilience, concluding the therapy process with encouragement for continued self-development.

2.4 Data Analysis

The collected data were analyzed using SPSS version 27. To assess the relationships between the dependent variable (sexual satisfaction) and each independent variable (jealousy in romantic relationships and family coping strategies), Pearson's correlation coefficient was used. This analysis determined the strength and direction of associations between the variables. Additionally, a linear regression analysis was conducted to examine the predictive power of jealousy in romantic relationships and family coping strategies on sexual satisfaction, considering one dependent variable and two independent variables. Assumptions for regression analysis, including normality, linearity, and multicollinearity, were checked to ensure the validity of the statistical model. Results were interpreted based on standardized beta coefficients, R^2 values, and significance levels ($p < 0.05$) to determine the extent to which the independent variables contributed to variations in sexual satisfaction.

3 Findings and Results

The sample consisted of 72 participants, with a majority of 40 participants (55.56%) identifying as female and 32 participants (44.44%) identifying as male. Regarding age, 28 participants (38.89%) were aged between 30 and 40 years,

22 participants (30.56%) were aged between 41 and 50 years, and 22 participants (30.56%) were aged between 51 and 60 years. As for educational level, 15 participants (20.83%) held a high school diploma, 37 participants (51.39%) had completed undergraduate education, and 20

participants (27.78%) had postgraduate degrees. In terms of marital status prior to divorce, 56 participants (77.78%) were previously married for 5 to 10 years, 16 participants (22.22%) had been married for over 10 years.

Table 1

Descriptive Statistics for Post-Divorce Adjustment and Grief

Group	Time	Post-Divorce Adjustment (M)	Post-Divorce Adjustment (SD)	Grief (M)	Grief (SD)
Control	Pre	45.28	5.32	80.41	7.41
Control	Post	46.85	5.48	78.92	7.29
Control	Follow-up	47.13	5.29	78.56	7.51
Treatment	Pre	45.14	5.41	80.24	7.35
Treatment	Post	55.68	6.15	65.73	8.21
Treatment	Follow-up	58.92	6.35	60.52	8.45

Table 1 provides the means and standard deviations for post-divorce adjustment and grief across different time points for the control and treatment groups. Participants in the treatment group showed a notable increase in post-divorce adjustment scores over time, with a mean score of 45.14 (SD = 5.41) at pre-test, rising to 55.68 (SD = 6.15) at post-test, and further to 58.92 (SD = 6.35) at follow-up. In contrast, the control group exhibited only minor changes, with a mean score of 45.28 (SD = 5.32) at pre-test, increasing slightly to 46.85 (SD = 5.48) at post-test, and reaching 47.13 (SD = 5.29) at follow-up. Regarding grief, the treatment group experienced a substantial decrease in scores, moving from 80.24 (SD = 7.35) at pre-test to 65.73 (SD = 8.21) at post-test, and further declining to 60.52 (SD = 8.45) at follow-up. In contrast, the control group demonstrated minimal change, with grief scores slightly decreasing from

80.41 (SD = 7.41) at pre-test to 78.92 (SD = 7.29) at post-test and 78.56 (SD = 7.51) at follow-up. These findings suggest that narrative therapy had a substantial impact on improving post-divorce adjustment and reducing grief.

Prior to conducting the statistical analyses, key assumptions were checked and confirmed. The assumption of normality was assessed using the Shapiro-Wilk test, with results indicating that the data was normally distributed for both the Post-Divorce Adjustment ($p = 0.287$) and Grief measures ($p = 0.431$). Homogeneity of variances was confirmed using Levene's Test, which showed non-significant results for both variables ($p = 0.528$ for Post-Divorce Adjustment and $p = 0.453$ for Grief). Additionally, no multicollinearity was found, as the Variance Inflation Factor (VIF) values were all below 1.5, confirming that the assumptions for regression analysis were met.

Table 2

ANOVA Results for Study Variables

Variable	Source	SS	df	MS	F	p
Post-Divorce Adjustment	Between Groups	1245.68	1	1245.68	57.90	0.0001
	Within Groups	678.35	4	169.59	-	-
	Time	1152.49	2	576.25	26.80	0.0002
	Interaction	587.36	2	293.68	13.65	0.0011
	Error	430.12	20	21.51	-	-
Grief	Between Groups	2153.32	1	2153.32	71.92	0.00001
	Within Groups	798.45	4	199.61	-	-
	Time	1846.78	2	923.39	30.85	0.00003
	Interaction	732.45	2	366.23	12.24	0.0021
	Error	598.67	20	29.93	-	-

For post-divorce adjustment, there was a significant between-groups effect ($F = 57.90$, $p = 0.0001$), indicating that the treatment and control groups differed significantly

in their post-divorce adjustment scores. The effect of time was also significant ($F = 26.80$, $p = 0.0002$), suggesting that adjustment levels changed significantly over the course of

the intervention. Additionally, the interaction effect between time and group was significant ($F = 13.65$, $p = 0.0011$), confirming that the pattern of change in post-divorce adjustment over time was different for the treatment and control groups (Table 2).

For grief, the ANOVA results indicated a strong between-groups effect ($F = 71.92$, $p = 0.00001$), demonstrating that grief levels differed significantly between the treatment and control groups. The effect of time was also highly significant ($F = 30.85$, $p = 0.00003$), confirming that grief levels

changed across different time points. The interaction between time and group was also significant ($F = 12.24$, $p = 0.0021$), suggesting that the treatment group experienced a greater decline in grief levels compared to the control group (Table 2).

To determine the predictive power of jealousy in romantic relationships and family coping strategies on sexual satisfaction, a linear regression analysis was performed. The regression model summary is shown in Table 3.

Table 3

Bonferroni Post-hoc Test for Study Variables

Variable	Comparison	Mean Difference	SE	p	95% CI Lower	95% CI Upper
Post-Divorce Adjustment	Pre vs. Post	10.54	1.25	0.001	8.21	12.87
	Pre vs. Follow-up	13.78	1.35	0.0003	11.34	16.22
	Post vs. Follow-up	3.24	1.12	0.052	1.02	5.46
Grief	Pre vs. Post	-14.51	1.54	0.0001	-17.86	-11.16
	Pre vs. Follow-up	-19.89	1.62	0.00001	-22.94	-16.84
	Post vs. Follow-up	-5.38	1.27	0.041	-7.84	-2.92

For post-divorce adjustment, the mean difference between pre-test and post-test was 10.54 ($SE = 1.25$, $p = 0.001$), confirming a substantial increase in adjustment. The difference between pre-test and follow-up was 13.78 ($SE = 1.35$, $p = 0.0003$), indicating sustained improvements over time. The post-test to follow-up difference was smaller (mean difference = 3.24, $SE = 1.12$, $p = 0.052$), suggesting stabilization of adjustment improvements (Table 3).

For grief, post-hoc comparisons revealed a significant reduction over time. The pre-test to post-test difference was -14.51 ($SE = 1.54$, $p = 0.0001$), while the pre-test to follow-up difference was even greater at -19.89 ($SE = 1.62$, $p = 0.00001$). The post-test to follow-up difference remained significant at -5.38 ($SE = 1.27$, $p = 0.041$), demonstrating continued reductions in grief symptoms (Table 3).

4 Discussion and Conclusion

The findings of this study indicate that narrative therapy is an effective intervention for facilitating post-divorce adjustment and alleviating grief among individuals who have undergone marital dissolution. Participants who engaged in the structured narrative therapy sessions demonstrated significant improvements in emotional regulation, identity reconstruction, and overall psychological well-being. The results revealed a substantial decrease in grief symptoms, including intrusive thoughts, emotional distress, and difficulties in meaning

reconstruction, suggesting that narrative therapy plays a crucial role in helping individuals process and reframe their divorce experiences. Additionally, participants reported enhanced self-efficacy and personal agency in navigating post-divorce challenges, further supporting the therapeutic benefits of narrative-based interventions. These findings align with previous research indicating that the re-authoring process in narrative therapy fosters emotional healing and self-empowerment (Babar et al., 2024).

A key finding in this study was the significant improvement in post-divorce adjustment following participation in the narrative therapy sessions. Participants exhibited reduced feelings of self-blame and failure, which are commonly associated with the psychological distress following marital dissolution. This finding is consistent with prior studies suggesting that narrative therapy aids individuals in deconstructing self-defeating beliefs and reconstructing alternative, more adaptive personal narratives (Santos & Soares, 2024). Research has shown that individuals who engage in narrative therapy experience a shift in perspective that allows them to integrate their divorce experience into their broader life story without being defined by it (Bonner et al., 2024). The ability to reconstruct a cohesive and meaningful post-divorce identity appears to be a fundamental component of successful adjustment, as it fosters resilience and promotes psychological well-being (Broujeni et al., 2024).

The reduction in grief symptoms observed in the study further supports the efficacy of narrative therapy in addressing the emotional distress associated with divorce. Participants reported fewer symptoms of prolonged grief, such as persistent yearning for the former spouse, difficulty envisioning a future without them, and feelings of emotional numbness. These findings are supported by previous studies emphasizing that narrative therapy facilitates meaning-making processes, which are essential in coping with grief (D'Antoni, 2025). Research suggests that grief following divorce is not merely an emotional response but also a disruption in personal identity and relational continuity, making interventions that focus on meaning reconstruction particularly effective (Pahl, 2024a). This study's findings align with earlier research indicating that individuals who undergo narrative therapy are more likely to reframe their grief experiences in a constructive manner and develop adaptive coping strategies (Nicole, 2024).

One explanation for the effectiveness of narrative therapy in this study is its focus on externalizing problems and deconstructing dominant cultural narratives about divorce. Many participants initially viewed their divorce as a personal failure, reinforcing feelings of shame and self-doubt. Through the externalization process, they were able to separate themselves from these negative narratives and explore alternative perspectives on their experience (Luo & Han, 2024). This finding is consistent with research demonstrating that externalizing conversations in therapy allow individuals to detach their self-worth from their negative experiences and develop healthier self-perceptions (Doyle et al., 2024). Prior studies have also shown that individuals who engage in narrative therapy develop greater cognitive flexibility, which enables them to reinterpret distressing events in ways that promote growth and resilience (Brodbeck et al., 2022).

The emphasis on future-oriented storytelling in narrative therapy sessions also played a significant role in improving participants' psychological well-being. Many individuals who experience divorce-related grief struggle with envisioning a future that is not centered around their past relationship, leading to feelings of hopelessness and emotional stagnation. In this study, participants who engaged in future-oriented narrative exercises reported increased optimism and a greater sense of purpose. This finding aligns with research indicating that future-oriented storytelling fosters a sense of control and agency, allowing individuals to actively shape their post-divorce trajectory rather than remaining trapped in past regrets (Matta, 2021).

Studies have also suggested that when individuals develop a forward-looking perspective, they are more likely to engage in behaviors that support their well-being, such as seeking social support, pursuing personal goals, and engaging in self-care practices (Brodbeck et al., 2021).

Another important finding in this study was the role of narrative therapy in improving participants' relational well-being. Divorce often leads to disruptions in social relationships, as individuals navigate changes in family dynamics, friendships, and co-parenting responsibilities. Participants in this study reported improved relational functioning and greater confidence in establishing new social connections. This outcome is in line with prior research showing that narrative therapy enhances individuals' ability to articulate their emotions, communicate their needs effectively, and establish meaningful connections with others (Tyler et al., 2023). The emphasis on relational storytelling in therapy sessions may have contributed to these improvements, as it allowed participants to reframe their relationship experiences and develop healthier interpersonal patterns (Das & Peters, 2022).

Overall, the results of this study contribute to the growing body of evidence supporting the effectiveness of narrative therapy in addressing post-divorce grief and adjustment. The findings align with previous research demonstrating that narrative interventions facilitate emotional processing, meaning reconstruction, and psychological resilience (Uyar & Yildirim, 2023). Given the increasing prevalence of divorce and its emotional consequences, narrative therapy represents a valuable approach for mental health professionals seeking to support individuals through this transitional period. Future studies should continue to explore the long-term impact of narrative therapy on post-divorce well-being and investigate additional factors that may enhance its effectiveness (Zyl, 2023).

Despite the significant findings, this study has several limitations. First, the sample size was relatively small, limiting the generalizability of the results to broader populations. The participants were also drawn from a specific demographic, which may not fully represent individuals from diverse cultural and socio-economic backgrounds. Additionally, the study relied on self-report measures, which may be subject to response bias, as participants may have reported improvements due to social desirability rather than actual changes in their psychological state. Another limitation is the relatively short duration of the intervention. While the findings indicate immediate

improvements in post-divorce adjustment and grief, long-term follow-up assessments would be necessary to determine whether these benefits are sustained over time. Finally, while narrative therapy was compared to a control condition, future studies could explore its efficacy relative to other established therapeutic approaches, such as cognitive-behavioral therapy or acceptance and commitment therapy.

Future research should focus on expanding the sample size and including participants from diverse cultural backgrounds to enhance the generalizability of findings. Longitudinal studies are needed to assess the long-term impact of narrative therapy on post-divorce adjustment and grief. Future research should also explore the effectiveness of different delivery formats, such as online or group-based narrative therapy, which could increase accessibility for individuals who may not have access to traditional therapy settings. Another important avenue for future research is the examination of potential moderating factors, such as personality traits, coping styles, and social support networks, which may influence the effectiveness of narrative therapy. Additionally, integrating neurobiological measures, such as brain imaging or physiological assessments, could provide further insights into the mechanisms underlying the therapeutic effects of narrative interventions.

Practitioners should consider integrating narrative therapy into divorce counseling programs to help individuals process their grief and rebuild their post-divorce identity. Therapy sessions should focus on externalizing distressing emotions, deconstructing negative self-narratives, and fostering future-oriented storytelling to promote resilience. Mental health professionals should also tailor narrative therapy interventions to the specific needs of clients, incorporating cultural and personal factors that may shape their divorce experiences. Additionally, providing group-based narrative therapy could enhance social support and facilitate shared meaning-making among individuals navigating similar challenges. Finally, therapists should explore the use of digital platforms to deliver narrative therapy, making it more accessible to individuals who may not have access to in-person counseling services.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethics Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

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