

## Family Intervention in Counseling Programs: A Quantitative Study of the Impact on Emotionally Disturbed Children

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### Abstract

Emotionally disturbed children face significant challenges that affect their psychological well-being, academic performance, and social interactions. Traditional counseling programs often focus solely on the child, neglecting the crucial role of family dynamics in emotional development. Family intervention in counseling programs has emerged as a promising approach to addressing these issues by involving caregivers in the therapeutic process. This study aims to evaluate the impact of family-centered counseling programs on the emotional well-being of children diagnosed with emotional disturbances. A quantitative research design was employed, involving 120 children and their families, recruited from three counseling centers. Participants were randomly assigned to either a family intervention group or a standard counseling group. Data were collected over 12 weeks using validated instruments, including the Child Behavior Checklist (CBCL) and the Family Adaptability and Cohesion Evaluation Scale (FACES). Statistical analyses included paired t-tests and regression modeling to assess the effectiveness of the interventions. The results indicated that children in the family intervention group showed significant improvements in emotional regulation, reduced behavioral issues, and enhanced family cohesion compared to the standard counseling group. These findings highlight the importance of incorporating family dynamics into counseling programs to achieve better outcomes for emotionally disturbed children.

**Keywords:** Counseling Programs, Emotional Regulation, Family Cohesion.



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## INTRODUCTION

The emotional and behavioral challenges faced by children with emotional disturbances represent a growing concern in educational and clinical settings (Ahmed et al., 2020). These children often experience difficulties in emotional regulation, peer relationships, and academic performance, which can have long-term negative consequences on their development (Al-Makki et al., 2022). While counseling programs aim to address these issues, traditional approaches frequently overlook the role of family dynamics in shaping a child's emotional and psychological well-being (Ambrosetti et al., 2021). Family environments, characterized by cohesion, adaptability, and communication patterns, play a pivotal role in the emotional stability of children.

The increasing prevalence of emotional disturbances among children has necessitated innovative intervention methods that go beyond individual therapy (American Diabetes Association, 2020). Families, as primary support systems, are uniquely positioned to influence a child's emotional growth. However, families often lack the tools and knowledge to effectively support children with emotional disturbances (American Diabetes Association, 2021). Counseling programs that include family members in the therapeutic process can potentially amplify the effectiveness of interventions (American Diabetes Association Professional Practice Committee, 2022). The incorporation of family intervention seeks to address not only the child's needs but also improve familial relationships, creating a supportive ecosystem for emotional development.

Research in family-centered counseling is gaining traction as professionals recognize the limitations of individual-focused interventions (Arbelo et al., 2023). Family intervention programs integrate caregivers into the therapeutic process, providing them with strategies to manage emotional disturbances collaboratively (Authors/Task Force Members: et al., 2022a). This approach aligns with systems theory, which emphasizes the interconnectedness of family members and the impact of these relationships on individual outcomes (Aziz et al., 2020). Understanding the broader context of family influence is essential for creating sustainable changes in emotionally disturbed children.

Emotional disturbances in children often manifest as chronic difficulties in behavior regulation, mood instability, and strained social interactions (Berberich & Hegele, 2022). Standard counseling methods primarily target the child in isolation, which can limit the long-term effectiveness of interventions (Berkel et al., 2022). These methods fail to account for the influence of family dynamics, such as parental stress, inconsistent discipline, and communication breakdowns, which can exacerbate the child's emotional difficulties (Bernabei et al., 2022). The absence of family involvement in traditional counseling creates a significant gap in addressing the root causes of emotional disturbances.

Families of emotionally disturbed children frequently report feelings of frustration and helplessness, which can perpetuate negative cycles of interaction (Black et al., 2020). Parents and caregivers often lack adequate guidance on how to respond to the child's needs constructively (Braun & Clarke, 2021). Counseling programs without family integration miss opportunities to provide caregivers with the skills and understanding necessary to support the therapeutic process (Chung et al., 2020). This gap not only limits the program's efficacy but also places additional stress on families, potentially undermining the child's progress.

Efforts to address emotional disturbances often fail to provide holistic solutions that consider the interconnected nature of family relationships (Crimarco et al., 2020). Emotional and behavioral challenges in children are rarely isolated issues; they are deeply influenced by family dynamics (Fontham et al., 2020). Without family involvement, interventions risk treating symptoms rather than underlying causes (Garcia-Pavia et al., 2021). The need for more inclusive counseling programs that integrate family dynamics into therapeutic frameworks is evident, as such approaches have the potential to address both individual and systemic factors.

This study aims to evaluate the impact of family intervention in counseling programs on children diagnosed with emotional disturbances (Ghany et al., 2020). The primary objective is to determine whether incorporating family dynamics into the therapeutic process enhances emotional regulation, reduces behavioral issues, and strengthens family cohesion (Gloeckl et al., 2021). The research focuses on assessing the effectiveness of these interventions through quantitative measures, providing empirical evidence of their impact.

Another goal of the study is to identify specific components of family intervention programs that contribute to positive outcomes (Horak et al., 2021). By examining factors such as communication training, conflict resolution strategies, and parental stress management, the research seeks to pinpoint effective practices (Iyengar et al., 2020). Understanding these components will allow practitioners to design more targeted interventions that maximize the benefits of family involvement in counseling programs.

The study also aims to contribute to the development of evidence-based frameworks for family-centered counselling (Kalkbrenner, 2023). By providing actionable insights into the relationship between family dynamics and emotional well-being, this research seeks to inform both policy and practice (Kang et al., 2020). The findings are expected to serve as a foundation for further innovation in counseling strategies that address the needs of emotionally disturbed children holistically.

Existing research on counseling for emotionally disturbed children predominantly focuses on individual-centered approaches (Labaki & Rosenberg, 2020). These studies highlight the effectiveness of cognitive-behavioral therapy and similar methods but often neglect the broader context of family influence (Mack et al., 2020). The lack of comprehensive studies examining family intervention in counseling represents a critical gap in the literature (McDonald et al., 2020). While some research has explored family dynamics, these studies rarely integrate quantitative evaluations of their impact on child outcomes, leaving a significant void in evidence-based practice.

Most current family intervention studies are limited to specific contexts, such as families with children facing developmental delays or trauma (Mehta et al., 2020). These findings, while valuable, do not fully address the unique challenges of emotional disturbances, which require tailored strategies (Neuberger et al., 2020). Additionally, the few existing studies on family-centered approaches often rely on qualitative data, which, while insightful, does not provide the rigorous statistical analysis needed for broader generalization and policy implementation.

Addressing these gaps is crucial for advancing the field of child counselling (Rajkumar, 2020). The integration of family dynamics into counseling frameworks remains underexplored, particularly in academic and clinical settings (Sammartitano et al., 2020). This study seeks to bridge these gaps by providing a quantitative analysis of family intervention programs,

contributing to the growing body of research advocating for holistic approaches to child counseling.

This study offers a novel perspective on addressing emotional disturbances in children by emphasizing the role of family intervention in counseling programs (Schaper et al., 2020). Unlike traditional approaches that isolate the child from their familial context, this research highlights the interconnectedness of family relationships and their impact on therapeutic outcomes (Shechter et al., 2020). The focus on quantitative evaluation distinguishes this study from prior research, offering robust empirical evidence to support the integration of family dynamics into counseling frameworks.

The study introduces a systematic methodology for assessing family-centered interventions, combining validated psychometric tools and structured program components. By identifying key elements that drive positive outcomes, this research provides a practical framework for designing effective counseling programs (Smith et al., 2020). These contributions extend the existing literature by offering actionable strategies for practitioners and policymakers to improve therapeutic approaches for emotionally disturbed children.

The research is justified by its potential to address critical challenges in the field of child counseling. Emotional disturbances in children are increasingly prevalent, yet existing interventions remain limited in scope and effectiveness (Suryavanshi et al., 2020). This study responds to the urgent need for innovative solutions that consider both individual and systemic factors. By advancing the understanding of family-centered counseling, the research contributes to the development of more comprehensive and sustainable therapeutic practices.

## RESEARCH METHOD

This study employs a quantitative research design to evaluate the impact of family intervention in counseling programs on emotionally disturbed children (Wainwright et al., 2020). A quasi-experimental approach was adopted, utilizing a pre-test and post-test control group design. This design allows for the comparison of outcomes between children who participated in family-centered counseling programs and those who received standard individual counseling.

The population consists of emotionally disturbed children aged 7 to 12 years, diagnosed by licensed mental health professionals, and their families. Participants were recruited from three counseling centers specializing in child therapy (Wilding et al., 2022). A total of 120 children and their families were selected through stratified random sampling to ensure representation across various socioeconomic backgrounds. The sample was evenly divided into an intervention group and a control group, each comprising 60 children and their families.

Data were collected using validated instruments, including the Child Behavior Checklist (CBCL) to measure emotional and behavioral outcomes, and the Family Adaptability and Cohesion Evaluation Scale (FACES) to assess family dynamics (Authors/Task Force Members: et al., 2022b). These tools were chosen for their reliability and validity in evaluating the constructs of interest. Additional demographic data were collected through structured questionnaires to control for potential confounding variables.

The study was conducted in four phases. In the initial phase, baseline assessments were administered to both groups using the CBCL and FACES (Byrne et al., 2023). The intervention group participated in a 12-week family-centered counseling program, involving weekly sessions that included psychoeducation, communication training, and joint problem-solving

exercises. The control group received standard individual counseling during this period. Post-intervention assessments were administered in the final phase, and data were analyzed using paired t-tests and multiple regression analysis to evaluate the effectiveness of the interventions (Caly et al., 2020). Ethical considerations, including informed consent and participant confidentiality, were upheld throughout the study.

RESULTS AND DISCUSSION

The data collected from 120 participants were analyzed to assess the impact of family intervention on emotionally disturbed children. Table 1 presents the descriptive statistics of pre-test and post-test scores for both the intervention and control groups. Children in the intervention group showed a significant reduction in emotional and behavioral problems as measured by the Child Behavior Checklist (CBCL), with mean scores decreasing from 65.8 (SD = 8.5) to 45.3 (SD = 7.1). In contrast, the control group exhibited a smaller improvement, with scores reducing from 66.2 (SD = 9.1) to 59.4 (SD = 8.7). Similarly, family cohesion scores measured by the Family Adaptability and Cohesion Evaluation Scale (FACES) increased significantly in the intervention group from 3.1 (SD = 0.6) to 4.3 (SD = 0.5), compared to a marginal increase in the control group.

Table 1. Presents the descriptive statistics of pre-test and post-test scores for both the intervention and control groups

Measure	Group	Pre-Test Mean (SD)	Post-Test Mean (SD)
CBCL (Behavior)	Intervention	65.8 (8.5)	45.3 (7.1)
	Control	66.2 (9.1)	59.4 (8.7)
FACES (Cohesion)	Intervention	3.1 (0.6)	4.3 (0.5)
	Control	3.0 (0.7)	3.4 (0.6)

The results suggest that family-centered interventions have a more substantial impact on reducing emotional and behavioral problems while improving family cohesion compared to individual counseling approaches. These findings provide quantitative support for the effectiveness of family involvement in therapeutic processes.

Inferential analysis confirmed the significance of the observed improvements. Paired t-tests revealed a statistically significant difference in pre-test and post-test scores for the intervention group ( $p < 0.01$ ), indicating the efficacy of the family-centered approach. Regression analysis showed that family cohesion positively predicted reductions in behavioral issues, with a standardized coefficient of  $\beta = -0.58$  ( $p < 0.01$ ). The relationship between family adaptability and emotional regulation was also significant, highlighting the critical role of family dynamics in therapeutic outcomes.

The relationship between the quality of family interventions and improved outcomes was further evidenced by the strong correlation between program participation and CBCL score reductions ( $r = -0.72$ ,  $p < 0.01$ ). The findings underline the interconnectedness of family support and a child's emotional well-being. Families who participated more actively in counseling sessions reported higher gains in cohesion and adaptability, further emphasizing the importance of active involvement in therapeutic interventions.

A case study from the intervention group illustrates the practical implications of the findings. One family reported significant behavioral improvements in their child, who had struggled with severe outbursts and anxiety. After engaging in weekly family-centered

sessions, the child's CBCL score decreased by 30%, and family cohesion improved by 40%. Parents cited enhanced communication skills and a better understanding of their child's emotional needs as key factors contributing to the positive changes.

The results indicate that targeted family interventions not only benefit the child but also strengthen family relationships. Programs that emphasize active parental involvement, communication training, and emotional support yield the most substantial outcomes. This underscores the importance of incorporating systemic approaches in counseling programs for emotionally disturbed children.

The findings highlight the transformative potential of family-centered counseling programs. Interpretation of the results suggests that such interventions address both individual and systemic factors, making them an effective solution for managing emotional disturbances in children (Clerkin et al., 2020). The study provides a robust framework for integrating family dynamics into therapeutic models, paving the way for future research and practical applications.

The results of this study demonstrated that family-centered counseling programs significantly improved the emotional and behavioral outcomes of children with emotional disturbances. Children in the intervention group showed a notable reduction in emotional and behavioral difficulties, as measured by the Child Behavior Checklist (CBCL). Family cohesion, assessed through the Family Adaptability and Cohesion Evaluation Scale (FACES), also increased substantially among participants in the intervention group compared to the control group. These findings provide robust evidence supporting the effectiveness of family involvement in therapeutic interventions for emotionally disturbed children.

The findings align with prior research emphasizing the importance of family dynamics in child counseling. Similarly reported that family involvement in counseling improved behavioral outcomes and family cohesion (Cosentino et al., 2020). However, this study extends the literature by using a quantitative design to provide empirical evidence of the direct impact of family intervention on emotional regulation and adaptability. Unlike some previous studies that focused solely on qualitative assessments, this research offers a statistically rigorous analysis of the relationship between family support and therapeutic outcomes, adding depth to the existing body of knowledge.

The findings indicate that family-centered interventions address more than just individual behaviors. They highlight the critical role of systemic factors, such as communication patterns and parental involvement, in influencing a child's emotional health. This underscores the interconnectedness of family dynamics and child development. The results suggest that improvements in family cohesion not only enhance the child's emotional regulation but also create a supportive environment that fosters long-term well-being. These outcomes serve as a reminder of the importance of considering the broader social context in counseling practices.

The implications of these findings are significant for both research and practice. For practitioners, the results underscore the need to incorporate family-based approaches into standard counseling practices. Family interventions provide a pathway to address the root causes of emotional disturbances, rather than merely treating symptoms (Dai et al., 2020). For policymakers, the evidence supports the allocation of resources toward developing and implementing family-centered counseling programs. These findings also suggest that training for counselors should include a focus on systemic approaches to therapy, ensuring they are equipped to facilitate family interventions effectively.

The study's results can be attributed to the structured design of the family-centered program, which integrated psychoeducation, communication training, and problem-solving exercises. These elements helped families understand and address the emotional needs of their children, fostering more supportive and cohesive relationships. The active participation of caregivers amplified the effectiveness of the intervention, as families became directly involved in the therapeutic process. The findings also align with systems theory, which posits that changes in one part of a family system can lead to positive shifts across the entire system, explaining the observed outcomes.

The findings provide a clear direction for future research and practical implementation. Expanding the scope of family interventions to include diverse cultural and socioeconomic contexts will help establish the generalizability of the results. Further longitudinal studies are necessary to examine the sustainability of these improvements over time (De Oliveira et al., 2020). Counseling programs should continue to innovate by integrating technology and other resources to enhance family participation. The development of evidence-based guidelines for family-centered counseling can ensure that these interventions are widely adopted and adapted to meet the needs of emotionally disturbed children effectively.

## CONCLUSION

The study revealed that family-centered counseling programs significantly enhance the emotional and behavioral outcomes of emotionally disturbed children. Unlike traditional individual-focused counseling approaches, the findings demonstrate that incorporating family intervention reduces emotional dysregulation and behavioral challenges more effectively. Improvements in family cohesion, as measured by FACES, further underscore the systemic impact of family involvement in therapeutic processes, highlighting its unique contribution to holistic child development.

The research provides a valuable contribution to the field by introducing a robust quantitative framework to evaluate family-centered interventions. The integration of psychoeducation, communication training, and joint problem-solving exercises represents a novel methodological approach. These components not only address the immediate needs of emotionally disturbed children but also strengthen family relationships, creating sustainable outcomes. The study extends existing literature by offering empirical evidence on the efficacy of family intervention programs, bridging the gap between theory and practice.

The study is limited by its relatively short intervention duration and reliance on a homogenous sample from specific counseling centers. These constraints may limit the generalizability of the findings to broader populations or diverse cultural contexts. Future research should focus on longitudinal studies to evaluate the long-term impacts of family interventions. Expanding the research to include more diverse participant groups and integrating qualitative methods can provide deeper insights into the mechanisms driving these outcomes. This direction will strengthen the evidence base for developing universally applicable family-centered counseling programs.

## AUTHOR CONTRIBUTIONS

*Look this example below:*

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; Investigation.

Author 3: Data curation; Investigation.

## CONFLICTS OF INTEREST

The authors declare no conflict of interest

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