



Emotional Core Therapy is Scientifically Proven to be the Most Effective Psychology Approach Available Worldwide to Treat Depression

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Abstract

With Emotional Core Therapy, we have a behavioral psychology approach that can effectively treat the root cause of depression. This has never been done before. The key is to use the eight step Emotional Core Therapy (ECT) flowchart properly. This is not very easy of a task and likely takes 5-20 hours or more to comprehend. Once you learn and apply the ECT flowchart to one's daily lives, you will have a psychological process that works each and every time you use it to treat relationship stress such as depression.

What is depression? If you asked this question to the vast majority of psychiatrists, psychologists, social workers, nurses, counselors, preachers, ministers, etc, you would get an incorrect answer. For the most part it is not their fault as schools and training centers have not yet been made aware of the Emotional Core Therapy process (ECT). Yet those professions are tasked with treating those afflicted with the stress of depression. That is the dilemma I face as a journal writer on the topic of behavioral psychology and stress. For years I have tried to teach and spread the word of ethical psychotherapy to professionals throughout the world. This is no small task as the field of psychology is ripe with fraud and flawed measuring practices such as the "evidenced based movement" which was recently shut down by the federal government of the United States. The USA for years relied on flawed research to approve the over 550 evidenced based models [1]. See Journal article below.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6013894/> This journal article will review how behavioral psychology models are tested and certified. Then outline a scientifically proven way for anyone to test Emotional Core Therapy. By using the tools and rules of scientific evidence any reader of this journal article can gain access to the most effective psychological approach available worldwide to treat depression. This illusive goal can be finally accessed for those who need it most. Human beings suffering stress such as anxiety or depression.

Keywords: Therapy; Psychology; Worldwide; Depression

Introduction

For years, anyone that wanted to have their behavioral psychology approach measured scientifically and certified had to follow certain procedures. First, some type of measuring and monitoring of behavioral psychology was needed for participants and patients suffering from stress such as anxiety or depression. Universities and clinics were some of the places where hundreds of different psychological approaches such as Cognitive Behavioral Therapy or Dialectical Behavioral Therapy were tested. Since it is impossible to measure any psychological approach over an extended period of time, thousands upon thousands of hours were wasted in a flawed attempt to measure the impossible. Why is it impossible

to measure stress such as anxiety or depression? People experience stress differently. People take on new stress each and every day. No therapist uses the same techniques in therapy. Also, people take on stress that is unique to them and cannot be replicated. For these reasons and more, it is impossible to measure psychic stress. The governing board that oversaw the certification process for the United States is Substance Abuse and Mental Health Services Association (SAMSHA.) SAMSHA outsourced their certification process to a small company that SAMSHA stopped using for certification. This is all public information that anyone can access at any time by researching on the internet. The only evidence that any of the 500 or more evidenced based programs work to treat anxiety or de-

pression is circumstantial. There doesn't not exist any direct scientific proof that any of these supposed effective healing approaches work to treat stress.

As a licensed therapist in Illinois, I have been certified to train professionals throughout the United States on Emotional Core Therapy. Why is the ECT process different than any of the hundreds of psychology approaches currently being used throughout the world? Emotional Core Therapy will address the root cause of relationship stress each time it is used properly. What is the root cause of stress? The true cause of stress is the arousal of one of the four true emotions. The four authentic emotions are joy, grief, fear and relief. These four emotions cause one stress and evolve from entering and leaving relationships such as a job or a family. Fear is another word for anxiety. When you go towards something you dislike you experience the emotion of fear. Grief is another word for depression. When you leave something you like, you experience grief. As one can readily see, most humans experience these four emotions on at least a minor scale each and every day. Relief can easily be experienced when one is bloated and has to go to the bathroom. Joy is just another word for happiness, which is a goal of all humans.

The AS Medical Sciences Journal is an excellent tool for disseminating the truth about behavioral psychology and the eight step ECT process. Since all humans experience these four emotions from the time they are born till the time they die, it is critical to educate them through journals and schools that train therapists and healers. Why is this so? The four emotions serve as a navigation tool throughout one's life span. Humans desire joy and relief and dislike fear and grief. More importantly, fear and grief can cause danger and harm to the central nervous system. Some of the most common forms of mental illness are acute anxiety and severe depression. Many humans suffer these toxic emotions for weeks, months, and sometimes years, without getting appropriate medical and mental health treatment. ECT works well with the medical model. ECT has been featured in several psychiatric and medical journals. See below article in the Journal of Physical Medicine and Rehabilitation Journal which cites eight journal articles on ECT in the reference section [2].

As we move forward in this article, I embark on a path to teach all readers of the AS Medical Sciences Journal the quickest path to learning the eight step ECT model. Once you have learned and applied the model to your own situational stress you have an invaluable tool to protect you from toxic and unwanted stress.

A key feature of ECT process is the aspect of learning how to cope with stress and the ability to unlearn bad behaviors. Emotional Core Therapy (ECT) helps patients by teaching one how to relearn positive habits. This is not an easy task and likely takes an average or above average reading level to comprehend Emotional Core Therapy. Sometimes patients can regress so support is needed. ECT utilizes a supportive team atmosphere focusing on educating the client. It is critically important to look at what in the environment is helping or harming the patient. This includes the latest pharmaceutical drug/medication management as well as education on what toxic stress can do to the human mind and body.

In the case example I present below I will discuss the loss of a loved one. Stress can come in countless ways. For a list of some of the top 43 stresses in one's life, I will introduce the Holmes and Rahe Scale. This scale allows one to self-report the situational stress in one's life. Remember, with ECT, we can process any situational stress that is temporary in nature through the eight step flowchart. So please review the Holmes and Rahe Scale below [3].

By learning about various stress and how to properly treat stress, readers of the AS Medical Sciences Journal will begin to become familiar and comfortable with their surroundings. For a more complete understanding of the ECT process it will be very helpful to read the entire Emotional Core Therapy book which is attached below in the Journal of Medical Sciences and Clinical Intervention [4].

In addition, the one hour, Emotional Core Therapy Training video is attached below. This tool will help visual learners comprehend the eight step ECT process [5].

Also attached is a comprehensive reading featuring eight journal articles on Emotional Core Therapy which are published in International Physical Medicine and Rehabilitation Journal below [6].

In this journal article the author will outline a case of a patient named Judy (not her real name to protect confidentiality rights). Judy suffered from severe depression as a result of the death of her husband Martin. Judy and Martin were married for 25 years before his tragic and sudden death from a heart attack. I saw Judy in treatment for a period of 2 months. Part of the ECT process is the concept of self-reporting situational stress. Judy, like all my clients, would report her level of stress to me while in therapy. We would have a rating scale of 1-10 where 10 is feeling the worst possible. Often times during the first several months of therapy, Judy would report feeling a 7-8 rating which meant she was feeling serious

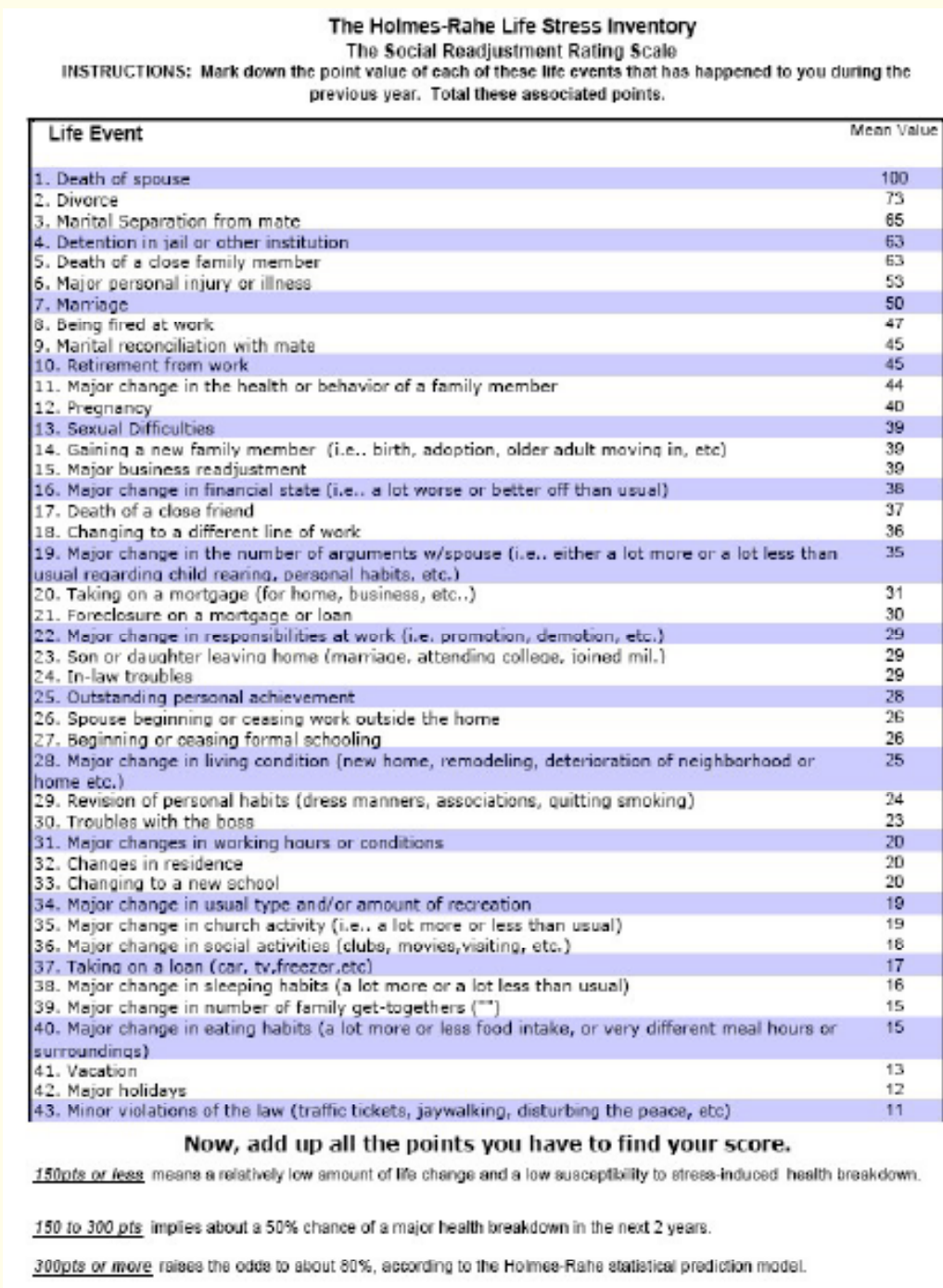


Figure 1

bodily stress. Judy was seeing a psychiatrist who had her on a low dosage of depression medicine. Judy had to switch therapists because of a change in her insurance policy. By the end of her treatment she was reporting that she was around a 4-6 rating regarding

her feelings of grief, with an occasional moment or two where she felt a 7 rating. This is a good case to highlight as the feeling of “Utopia” does not exist in reality. In all likelihood, Judy will have moments of sadness for a few more years. Full acceptance of clients is

necessary; however, they feel. That is why reading the entire manuscript and watching the training video will help in learning ECT. Over the years I have found that reading and watching videos is a non-intrusive way to have patients learn about ECT. One can view and read about 20 or so cases of clients embracing and learning the ECT process. Invariably, as with all behavioral psychology and medical management, regression and relapse can occur from time to time. Please review my published article in the ACTA Medical Sciences Journal called, "Learn to effectively minimize regression and relapse with Emotional Core Therapy" [7].

The case of Judy will be another way I use ECT as a teaching tool, I will utilize the eight step process to see how I treated Judy. Judy was processing literally hundreds of thoughts of grief during therapy. Here are ten examples of some of the many thoughts of grief that Judy encountered. 1) Not having Martin at the home for breakfast every morning. They had started nearly every day together for 25 years with a breakfast chat. 2) Not having Martin around for Christmas and to help put up the annual Christmas tree. 3) Not having Martin around for financial help to help pay the mortgage. 4) Not having Martin around to cuddle next to the fireplace during the winter. 5) Not having Martin around to help walk the dog. 6) Not having Martin around to help with grocery shopping. 6) Judy was worried about going back to work full time with her bad back. 7) Judy had trouble doing the chores to fix up the house such as cutting the lawn and raking the leaves. 8) Judy was having thoughts of sadness every time she saw Martin's empty recliner chair in the living room. 9) Judy was sad that on couple's night with some of the neighbors, she did not have Martin to tag along with. 10) Judy was nervous about taking her daily nature walk alone in the forest preserve nearby. For years, Martin and her would walk together as a form of exercise.

As one can imagine, the type of stress that Judy was facing can be quite debilitating. Fortunately, for Judy, Emotional Core Therapy accurately helped her treat her stress with techniques that she felt comfortable using. Judy was able to do this at her own pace and time. Often times, grief such as Judy's can take years to unwind and process. It is helpful to let each reader to view and learn the ECT process at their own pace. It is helpful to be affirming to each patient's learning style and accept them wherever they are in the treatment process. Patients have different levels of cognition so they will learn ECT at different speeds. Some patients may not be fully engaged in the healing process while others may want to learn all they can. Oftentimes patients may fully embrace ECT. It

is important to respect the individual uniqueness of each patient. There are many internal and external variables that can adversely impact someone suffering stress. In order to build trust with a patient proper support needs to be given at all times. Especially as the patient is tasked with learning a behavioral psychology approach such as ECT. This means not overwhelming a patient with information. All mental health counseling needs to go at a patient's pace, or the possibility of rejection can occur. Ongoing assessment of a client is critical to success. That is why it is important to tailor the eight step model to each individual.

Two dynamics occur which the reader of the AS Medical Sciences Journal will likely be excited to comprehend. The ECT model is the only behavioral psychology model available worldwide that is equipped to effectively treat the issues that Judy brings to therapy. Why is this so? ECT can effectively treat any situational stress if used properly. Again, how is this possible? Aspects of the eight step ECT flowchart happen in any situational stress one faces. It is well known that situational stress can harm human beings. An analogy would be leading a stray dog home with doggy snacks on a cold day. If the goal is to get the dog home, no one would lead the dog down an errant path with doggie snacks. Why? It may be harmful and dangerous for the dog. If the dog doesn't make it home it may starve or freeze to death. Any kind hearted human being would take the time to get the doggie snacks on the correct path in the shortest amount of time. Now, let us transfer that analogy to Judy. Why would anyone lead a suffering human being down an errant path to recovery? That is unethical to say the least. Medical Doctors take a Hippocratic Oath to "First Do No Harm". Therapists are often held to the same high regard. One cannot damage or hurt a client in any way in any intentional manner. So, if therapy techniques are available to effectively release one's stress, why not use it? Especially when a client such as Judy complains of the same stress (grief) arising from the same person (Martin).

Recently, I have published several journal articles covering addictions and eating disorders. The same ethical dilemma is faced by therapists for these issues. If a person is abusing cigarettes 20 times a day, why would a therapist lead the patient down an errant path of treatment over and over again? That would be harmful and unethical.

We are now ready to examine one of Judy's many stresses through the eight step ECT Flowchart which is also attached below. Number three was not having Martin around to help pay the

mortgage. Let us review how the eight step process is used for this stressful encounter that Judy faced while in treatment. Repetition is key to learning. So, after utilizing ECT dozens and dozens of time, it becomes automatic. I have even developed acronyms which make the process of memorizing ECT easier. The acronyms are listed below.

THE EIGHT STEP ECT FLOWCHART

- 1) RELATIONSHIPS**
Self, Other People, Places, Things
- 2) NEEDS**
Emotional, Financial, Spiritual, Physical
- 3) FIVE SENSES**
Seeing, Touching, Smelling, Tasting, Hearing
- 4) FOUR AUTHENTIC FEELINGS**
Joy, Grief, Fear, Relief
- 5) EFFECTS**
Brain/Central Nervous System
- 6) UNCOMFORTABLE SYMPTOMS**
Muscle Tightness, Fatigue, Etc.
- 7) RELEASING PROCESS**
Learn to Discharge Toxic Feelings
- 8) BALANCING YOUR EQUILIBRIUM**
Practice Various Daily Meditative Techniques

Figure 2: <http://emotionalcoretherapy.com/2015/12/18634/8-step-flowchart/>

Step one of the ECT flowchart is to examine each stressful relationship one enters into. The relationship stress can be compartmentalized into three areas. People, places, and things. In this instance, Judy is suffering grief due to the financial loss of her husband. Martin had a salary of 65,000 dollars a year which was no longer available. So, for Judy, she was suffering a loss of the approximately 4,000 a month in income. For years Judy had counted on this monthly income which was no longer available. Judy had outstanding bills including the mortgage and utilities that had to be paid for. So, the relationship stress Judy is suffering is the loss of monthly income. Step one deals with the autonomy and individuality of each individual patient. When each patient realizes that they have the power to enter and leave each relationship they enter into, this can help them gain more strength and autonomy over their treatment goals.

The second step of the Emotional Core Therapy is to look at the needs that cause one stress. In this case, Judy had a financial relationship that had ended suddenly. These needs are placed into four categories, Emotional, financial, spiritual, and physical. Some of the dramatic needs that are causing Judy stress are financial. Every month for many years Judy was able to use the monthly income provided by Martin for shelter and utilities. Now this financial sum of almost 4,000 a month was gone forever. Part of the healing process was to let Judy be aware of this shocking reality. This of course, takes time and empathy. So, part of our treatment is letting Judy examine some short term and long term substitutes for her financial stress. The ECT model is well equipped to handle environmental stressors that cause the body and mind stress. With the advent of the internet, much of this information is readily available. So, for Judy, she looked at available jobs on the internet. The first two steps act as a basic strategy to see the proper way to examine a stressor in one's life.

The third step of the ECT process is to examine which senses are used when encountering stress. The five senses are seeing, touching, smelling, tasting, and hearing. This third step happens almost automatically for nearly all humans. For Judy, she was used to seeing her monthly balances in her checking account. So that sense of sight was used. Generally speaking, our five senses happen quite automatically. So as therapists, we don't have to spend a great deal of time teaching much more about this step than the basic facts that this step happens pretty much automatically while we are dealing with stress.

The fourth step of Emotional Core Therapy is to examine which emotion was triggered by entering into a new relationship they have chosen. This is likely the most important step for most patients. Why? Emotions are what cause the human body stress. For humans, there exist only four true and authentic emotions. These four true and authentic emotions are joy, grief, fear, and relief. These four emotions evolve from entering and leaving relationships. When you go towards a relationship you like, you experience joy. When you leave that relationship, you experience grief. When you go towards a relationship you dislike, you experience fear. When you leave that relationship, you experience relief. These four emotions are all temporary, unless one has experienced permanent physical or psychological damage. It is very helpful for patients to comprehend the temporary nature of stress as they have renewed hope that their psychic stress will dissipate or disappear altogether. (Source www.emotionalcoretherapy.com)

Judy sought treatment as she was experiencing some physical and mental pain because of her many debilitating feeling of grief. The loss of steady income provided many thoughts of losing things that were dear to Judy, including her house. These debilitating emotions serve as a navigation tool for Judy. Since she recognized she didn't like these emotions of grief she was more likely to change his behavior and seek help. It was most helpful for Judy to realize she only had to learn about four emotions. Since these emotions are with Judy her entire life. Therefore, she began to recognize that it was important to take charge of this tragic life event. It is important to remember that Judy is making hundreds of relationship choices each day. Some of these choices are big, such as a mortgage, while some are small. According to the ECT model, each relationship is deemed as a separate incident.

The fifth step of the ECT process is to have the emotions register with the brain and central nervous system. This is an pretty automatic step for Judy and nearly all humans. It helps people to understand the cause and effect relationship with stress. The brain notifies certain body parts of stress on the nervous system. Again, the emphasis on toxic emotions needs to be made. The sooner in life one learns that having excess fear and grief in your body and mind is harmful, the better.

The sixth step of the ECT process is to experience the bodily stress. Each person likely experiences bodily stress uniquely. Some may have pain in their chest, while others suffer stress in their lower back. Judy suffered bodily stress in her chest area as well as tightening in the neck area. These physical ailments serve as vital information that can ultimately be used to help Judy. With ECT, we do a complete history on the stress facing Judy, including the loss of her husband. Toxic grief like the loss of a loved one can cause harm to the organs. Sometimes the pressure can be very intense. That is why it is important to utilize the medical model if the pain becomes immense and the pressure uncontrollable. Each patient is in charge of their treatment and all types of remedies need to be examined for efficacy. Medicine, just like psychotherapy is a trial and error process. No one can say for sure that this psychotherapy technique will work 100% of the time. The same is true for medicine. No one can say a certain medication will alleviate psychic grief or fear. It is important to note, medications cannot be prescribed for emotions specifically. There doesn't exist a medication to stop grief or to stop fear. The medications can only alter the central nervous system which in turn alter one's perceptions of how your body feels. Human behavior is often learned over months and years. Therefore,

short term, quick fixes don't work. How long will it take for Judy to stop experiencing grief? Often times this can take months or years. Judy ended therapy with my office while still experiencing grief. But the therapy was successful as she lessened her stress level and learned the basics of the eight step ECT process. Why didn't she completely stop having grief? She likely needed much more time in therapy to process the many joyful memories she had of Martin. Every patient varies in their recovery outcomes. That is why it is essential to treat therapy as a supportive process to recovery.

Acceptance of a client's reality is paramount to treatment and recovery. Sometimes patients like Judy can regress. Therapy is not a linear process. The more we can have patients like Judy learn to rate themselves with their emotions, the more likely treatment will improve and move in a positive direction. Why? The patient is learning to feel empowered by having some control over their treatment. One can begin to see how easy it is to transfer the ECT process to other stress that Judy may face during treatment. What if Judy is prescribed more medications for her feelings of grief? Step by step, we examine and rate Judy on her perception of how she feels. Medications entail learning about the chemical makeup of these products. Step two discusses how to process these medications. Also, some of the other journal articles on ECT go into more detail on medication management. By transitioning the ECT process to all of the factors causing Judy stress some positive outcomes may occur. Judy will likely become more confident in the ECT process to treat her situational stress. Judy will realize the temporary state of stress. Learning to resolve emotional duress can often help patients to feel empowered by their treatment and more in control of their lives.

Bodily stress for grief can take many forms. It is important to take notice of the emotional component as that is where some of the most insightful learning can take place. People are often more motivated to change when things make them sad, versus happy. That is why crisis's can indeed be learning opportunities.

Step seven is the releasing process. Learning to express oneself and cathartically release the emotions that cause one stress. Any psychology technique that has demonstrated effectiveness at releasing stress can be utilized. Verbalization of emotional duress is the most common. Otherwise known as talking therapy is the most common way to release emotions. An empathy based approach, like Emotional Core Therapy focuses on having a receptive milieu to cathartically release emotions like grief and fear. Some other common ways to release emotions are Role Playing, Gestalt

Therapy, Music Therapy, Art Therapy, Prayer, etc. Both the attached manuscript and video offer ways to release emotions. The focus of ECT is to externalize stress. In Judy's case, we used verbalization of emotions and to express her feelings of financial loss. Once Judy realized the harmful impact that grief was having on her body, she became more motivated in therapy. By giving a voice to this psychic pain, and taking ownership of this grief, Judy was able to begin to take steps to ameliorate her condition.

The last and final step of ECT is to regain one's equilibrium. Every stressful event in one's life can be viewed as a "cause and effect" situation. That means there exists a beginning and end. For all intents and purposes, there really only needs to be seven steps for the ECT process to be successful. Why? Once a patient releases stress, the activity is over, and they begin to take on new stress. ECT builds off the work of other successful psychology and religious approaches where a "reset button" occurs. The reset button is the state of returning to a balanced equilibrium. Since nearly all psychic pain dissipates over time, it becomes very helpful to learn how to reset one's emotions. During the last 10-20 years lots of research has focused on ways to reset and relax. Prayer and mindfulness are two of the more well researched topics. For a more exhaustive explanation of the role of mindfulness and prayer, please review my published in the Journal of Current Medical Research and Opinion below. cmro.in/index.php/jcmro/article/view/77

In the case of Judy, she focused on Mindfulness as a way to relax. Mindfulness is well research to relax and calm one's central nervous system down by staying in the "here and now" and focusing on deep, relaxed breathing techniques. As we finish our case study of Judy, it is helpful again to remind the reader that ECT effectively identifies and treats situational stress. Nearly all situational stress human being like Judy encounter can be identified and processed effectively through the ECT flowchart. Why can no other behavioral psychology or religious approach boast this claim? Aspect of the eight steps happen in any stressful activity or event one encounters. This occurrence happens whether you like it or not. Therefore, a full understanding of ECT allows one exceptional confidence that they can overcome some of the traumatic and debilitating events in one's life. Behavioral psychology has some limitations that are outlined in the full manuscript attached above.

The Emotional Core Therapy process works just like entering data in a computer. Just input your situational stress into the ECT process and the product can be a peaceful state of being. It is that exacting, if used properly and correctly. The easiest way to test the process is to reflect on past stressful events. In regard to the

topic of grief, there are hundreds, if not thousands, of external stressors effecting patients like Judy. My point is that there exist many stressors. With the internet and sources of information such as "wiki.com" and "Ask me.com" many answers to health questions can be found.

Materials and methods

Since each person is unique in how they identify and treat relationship depression and situational stress, the main tools you need to prove effectiveness are your own personal stressful events, my Emotional Core Therapy manuscript and training videos. You will also need the rules of scientific evidence and Emotional Core Therapy link. Access to all these materials can be found in the links below. It may take between 5-20 hours or more to completely master the ECT process. Therefore, time, patience, and a good support system can aid in learning the eight step Emotional Core Therapy process. Remember, the ECT process can be transitioned to use for any relationship stress [7].

Results

Although many people have utilized parts or all of the ECT process successfully to identify and treat stress, these results only provide circumstantial proof of effectiveness. For direct scientific proof, one needs to utilize the eight step process oneself. See guidelines on scientific evidence below along with the journal review on how to proceed. Scientific evidence can be done with the naked eye. In the case of psychology approaches, this is the most optimum way of demonstrating effectiveness. Since each individual perceives depression and situational stress differently, results will vary from person to person [7].

Conclusions

In conclusion, anyone at any time can review the eight step Emotional Core Therapy flowchart. All one needs for a conclusive understanding of how ECT works is to fully comprehend the model. You also need to learn the rules of scientific evidence which are attached below. A review of the scientific method (source scientific psychic.com) and how to test the scientific method and Emotional Core Therapy please review the Emotional Core Therapy model in the Journal of International Medicine and Clinical Intervention below [1]. This journal article featuring Emotional Core Therapy highlights case studies which allow one to test, learn and utilize the eight step ECT Flowchart. Also, please review the one hour training video at the bottom of this article for an explanation on how the Emotional Core Therapy model works and can be proven with direct evidence. Again, the reader of this journal can test,

learn and utilize the eight step ECT flowchart which is necessary to prove the ECT process works every time it is used properly. Both the video and manuscript offer the reader of this journal article 20-30 examples of how the ECT behavioral psychology process works. Here is the conclusion.

Observation made both visually and with scientific equipment

Stress occurs on the mind and body. There exists a cause and effect relationship with stress. Often times this stress can be uncomfortable for humans [4].

Formulation of a hypothesis to explain the hypothesis in the form of a causal mechanism/method/approach

Many psychology methods (Rational Emotive Therapy, Cognitive Behavioral Therapy, Acceptance Commitment Therapy, Dialectical Behavioral Therapy, etc.), Religious and spiritual approaches (Buddhism, Christianity, 12 steps, etc.), educational programs (Smart Recovery) have attempted to fully and completely explain via a model, and how this cause and effect relationship with stress occurs. Up until this point in time, we have not had a model in the world that can successfully depict how this stress occurs each and every time. To their credit, many of these methods partially work and have contributed greatly to humanity. The evidence that these aforementioned programs work to treat stress is circumstantial. With the invention/discovery of Emotional Core Therapy (ECT) we now have a Psychology method that accurately can depict this causal relationship between stress and humans through Bob Moylan's Eight Step Emotional Core Therapy Flowchart. ECT does share and borrow many psychological techniques from the aforementioned approaches [4].

Test the hypothesis

The Eight Step flowchart has been tested thousands of times by Mr. Moylan and others and works accurately and completely to depict the situational stress affecting humans. The ECT process has never been disproven and is currently the only model in the world capable of depicting how the natural state of stress occurs at this time [4].

Establish a theory based on repeated verification of the results

Billions of people suffer relationship stress can be helped by Emotional Core Therapy. Every effort needs to be made to ensure

people suffering from stress have access to this model. Every effort needs to be made to educate the human population on the ECT process as all humans suffer stress from time to time. Because of the inclusiveness of Emotional Core Therapy, many effective psychology techniques that have been demonstrated to release stress can be incorporated into ECT. It takes time and will to learn and apply ECT. Behavioral psychology, including ECT has some limitations, which are addressed in Mr. Moylan's work. Some of the requirements to effectively learn ECT are a level of cognition generally at or above a high school level. Also, those with long term physical or psychological damage may not be able to utilize all steps effectively. ECT can incorporate any psychology or religious method that can successfully release emotions. The following approaches are some of the many techniques that have been shown to successfully release emotions. Gestalt Therapy, psychodrama, art therapy, music therapy, hypnosis, EMDR, biofeedback, pet therapy, journaling, Mindfulness, some aspects of prayer, yoga, verbalization of emotions, etc., as part of the eight step process. View wiki for detailed explanations of these techniques. Humans release stress in many ways and it is critically important to work from a person's worldview and utilize techniques that may be familiar to them [4].

Emotional Core Therapy Acronyms: My clients write down these acronyms in their book next to the flowchart at the end of each chapter. If you can remember these three acronyms, you are well on your way to identifying and processing the stress you encounter in life through Emotional Core Therapy.

Real Nervous Souls Experience Bodily Stress Racing Everywhere (Acronym for 8 steps).

R-Relationships N- Needs S- Five Senses E- Emotions B- Bodily S- Symptoms R-Releasing process E- Equilibrium Balanced.

Every Feeling Soul Prospers (Acronym for the four needs that can cause us stress) E- Emotional F- Financial S- Spiritual P- Physical.

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