



## Learn to Effectively Minimize Regression and Relapse in Patients with Emotional Core Therapy

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### Abstract

The AS Medical Sciences Journal is a vital key to ensuring proper assessment and care for those suffering from physical and psychological stress. Physical and mental stress can be very uncomfortable for human beings. Emotional Core Therapy (ECT) is the only behavioral psychology approach that is scientifically proven to treat the root cause of physical and mental stress. With this important discovery in the field of psychology, we can effectively minimize relapse and regression, if we use ECT properly.

Why does relapse and regression occur in physical and mental health issues? There are a variety of reasons. For certain, some patients have incurable or long term health issues that behavioral psychology cannot effectively treat. Examples would be incurable cancer, dementia, or downs syndrome patients. This journal article is limited to address those physical or psychological issues that are curable and treatable. Examples of curable and treatable stress include temporarily straining your back lifting a heavy object or suffering depression from a divorce. For a list of the major stressful events in one's life and how to rate this stress, see the Holmes and Rahe Scale at the bottom of this article.

Relapse and regression occur for a variety of reasons. First and foremost, nearly all behavioral psychology methods currently in use in the world today do not treat the root cause of psychological stress. The only exception is Emotional Core Therapy, which treats the root cause of stress each time it is used properly. This journal article will show the reader of the AS Journal how to properly use the eight step ECT process and minimize relapse and regression with patients.

**Keywords:** Regression; Relapse; Emotional Core Therapy

### Introduction

As we begin to learn how to minimize stress with our patients, a humbling fact will occur. We cannot cure psychological stress. Stress is with all humans from the time they are born till the time they die. What is stress? The discovery of the root cause of psychological and relationship stress only occurred in the last 15 years. How do I know this? I discovered the root cause of stress back in 2005 and have a federal copyright on Emotional Core Therapy. ECT is scientifically proven to treat the root cause of stress each time it is used properly. This fact is undisputed and has never been disproven. The AS Medical Journal can help reach those medical and mental health communities have very little knowledge of ECT.

Why can we not have the federal government put out a consent decree and mandate all counselors and healers use ECT? The federal government body that oversees the approval of behavioral

psychology approaches is called SAMSA. SAMSA stands for the Substance Abuse and Mental Health Services Organization. SAMSA outsources the inspection and oversight of behavioral psychology programs to a private company. Currently, there are 677 programs that have been approved/endorsed by SAMSA to treat psychological stress. All these programs come with the federal government endorsement of being "evidenced based". Indeed, several hundred programs have been approved and endorsed by SAMSA as "evidenced based" within the last 3 - 7 years. Why does this phenomenon occur? All 677 programs have been determined by the SAMSA oversight body to be evidenced based as they offer circumstantial evidence of effectiveness.

What does the term "circumstantial evidence" mean? According to wiki.com, "Circumstantial evidence is evidence that relies on an inference to connect it to a conclusion of fact-such as a finger-

print at the scene of a crime. By contrast, direct evidence supports the truth of an assertion directly-i.e. without need for additional inference. On its own, circumstantial evidence allows for more than one explanation. Different pieces of circumstantial evidence may be required, so that each corroborates the conclusions drawn from the others. Together, they may strongly support one particular inference over another. An explanation involving circumstantial evidence becomes more likely once alternative explanations have been ruled out”.

Therein lies the dilemma faced by all behavioral psychology approaches available in the world today. On one hand, it is indisputable that certain psychological techniques can reduce stress and feel good on the mind and body. For example, music therapy, art therapy, mindfulness, gestalt therapy, etc. There are literally hundreds of ways to reduce temporary stress. So, the likelihood of SAMSA approving more and more programs as “evidenced based” is very high. One can assume, in 5 - 10 years there will be over 1,000 evidenced based programs approved by SAMSA based on the current yearly approval rate as it currently stands. For sure, the process of choosing a behavioral psychology approach for daily use by a patient is overwhelming and daunting. For this reason, I hope my efforts to bring forth Emotional Core Therapy to medical professionals and healers alike will be far reaching.

As wiki.com explains above, circumstantial evidence allows for more than one explanation. This explains how nearly all these SAMSA approved programs can be certified as “evidenced based” without having direct scientific proof of effectiveness. As we dig deeper, what are some of the other circumstances that allow a patient to get relief and obtain health. First and foremost, time heals most psychic pain that is not permanent in nature. An example of this would be a young child getting a tetanus shot at the doctor’s office. The young child feels the prick of the needle and cries. A quick hug from a parent, and an hour or two later, all is forgotten. What really happened here in this hypothetical situation? The psychical and psychological pain was so small that is dissipated over time. The circumstantial evidence that the hug from the parent was the real reason for the child feeling better is in dispute. I think we can all agree, that regardless of the hug, this child would have forgotten about the pain caused by the small needle prick a week or two later, regardless if a hug, piece of candy, icepack on the wound, or a dab of medicine occurred immediately after the needle prick occurred.

Why does psychic pain dissipate over time? Human beings are mobile creatures that move forward in life and encounter new

relationships hourly and daily. Relationship stress is not a static process that can be measured such a major league pitcher throwing a fastball. Other factors that preclude measuring behavioral psychology approaches over an extended period of time include the fact that people perceive stress differently. For example, not every child perceives a needle prick exactly alike. Further, each child in this hypothetical example may release their stress differently. For example, some may cry, some may just want a piece of bubble gum, or a smile or hug from a parent. Another problem with measuring behavioral psychology is people encounter stress in varied ways. For example, it is impossible to accurately test how one responds to an addiction treatment program using cognitive behavioral therapy. Why? One patient may be smoking three marijuana cigarettes, another may smoke just one cigarette. A third person may smoke four marijuana cigarettes a day. The point here is that people encounter varied relationship stress that is impossible to replicate in any scientific fashion.

**Research Article:** Going forward, it is clear that one cannot measure any psychological approach for effectiveness over an extended period of time for the reasons stated above. This includes Emotional Core Therapy. Behavioral psychology has some limitations that will never be overcome. That being said, we can teach patients how to effectively identify and process the root cause of their psychological stress with only one model currently in existence. Which model is that? Emotional Core Therapy or ECT can identify and treat the root cause of nearly all situational stress if used properly. Attached here is the eight step ECT flowchart. The readers of the AS Medical Sciences Journal can learn and apply ECT to their own situational stress that they faced previously in their life. It is easy to do. Pick 10-20-30 events of stress you encountered in your life and then utilize the eight step ECT flowchart and there will be your proof. ECT works each and every time you use it.

#### Emotional Core Therapy Flowchart

<http://emotionalcoretherapy.com/2015/12/18634/8-step-flow-chart/>

For the readers benefit, I am attaching the complete manuscript of Emotional Core Therapy (attached in Valley International Journal) and the ECT one hour training video at the bottom of this article. The first step is to master the ECT process. Often times, this can take 5 - 20 hours or more to learn, depending on your experience with stress and the field of psychology. Once you have learned the ECT process, the next step is to apply the ECT process to your own life and stresses you faced earlier in life. Then, the final step is

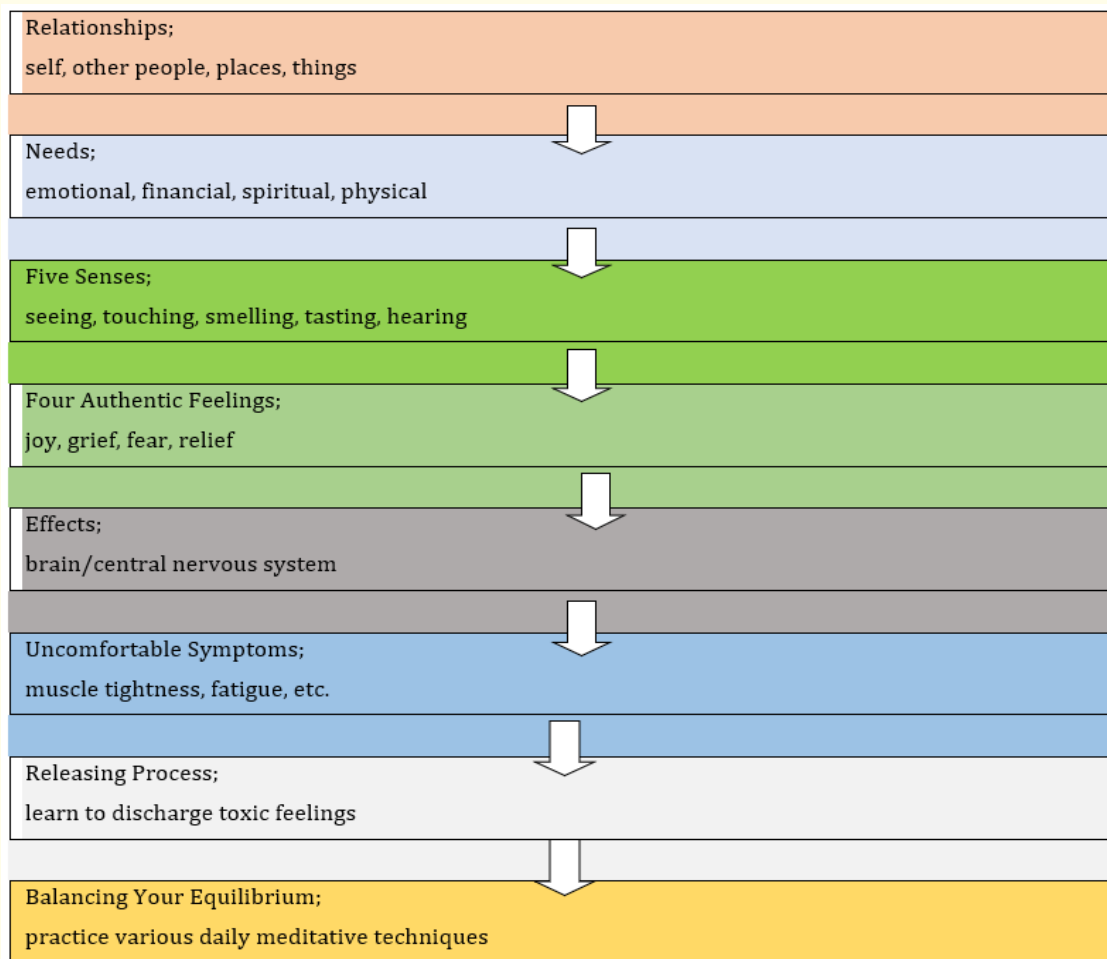


Figure 1: ECT Flow Chart.

to learn help others facing stress by utilizing the only psychological approach currently in existence that treats stress properly.

ECT uses only psychological approaches that have been accepted as having some positive effect on helping people cope with stress. ECT does not purport or state that anything about this process was not in existence prior to 2005. Nearly all therapists and doctors use some form of the ECT process hourly and daily. So, what differentiates ECT from every other behavioral psychology approach currently available in the world. Simply put, it is the organization of the basic psychology principles in an orderly fashion that was never done before in history. The ancient Chinese were studying the seven emotions hundreds of years ago. However, my research proves there only four true and authentic emotions. These emotions are joy, grief, fear, and relief. These four emotions arouse the central nervous system causing human beings stress. These emotions evolve from entering and leaving relationships.

Nearly 57 years old, my motivation as a counselor has been to help other human beings. As a teen, young adult, and adult, I suffered acute depression and anxiety for months and years at a time. I was raised predominately by a single mother and had 12 siblings. I left home for prep school at age 14. So, I have had 43 years to review and apply behavioral psychology as a way to feel better. I wish upon no human being the bodily stress I have faced. For this reason, I offer my journal articles and videos for free for public use. Many of the important questions regarding the use of ECT can be found in the eight journal articles attached in med crave online link below. Wisdom tells me that nearly all humans will encounter debilitating stress from time to time in their life. For those people that wish to learn how to eliminate this uncomfortable stress as quickly as possible, the attached ECT links serve as a valuable resource.

What then causes relapse or regression? Lack of knowledge of what stress is and how to cope with one’s stress properly is a

key reason for recidivism. The underlying emotion for nearly all relapsing individuals is grief. As a counselor, I see approximately 100 or so clients a year. During treatment, I encounter my clients facing some sort of relapse or regression, just as I imagine other therapists or doctors face. As one can easily surmount, relapse of a stressful event may occur if the root of the problem is not addressed. The root cause of nearly all psychological and physical pain is grief. Grief is one of the four true emotions. Since nearly everyone experiences grief differently, it is important to embrace grief early on in life. The earlier the better, as then one can learn how to effectively eliminate grief in one's life. As the reader of this journal can see, it is paramount to have the patient identify and embrace the external variable in one's life causing him grief. Once the same individual has learned to properly identify and treat the root cause of his stress using the ECT process, you can likely lessen the chance at recidivism. How can we be sure? Who wants grief in their life? No emotionally healthy person would embark on a path towards grief. Especially, if they were seeking treatment for the relationship causing them grief in the first place. Behavioral psychology, including ECT cannot promise happiness for our clients. It can only be used to help clients feel empowered by choosing healthy relationships that bring them joy and relief and leaving relationships that bring them grief or fear. Ultimately, each individual has to make their own informed decision regarding which relationships they want to encounter in life.

The hard work of a medical doctor or therapist is to provide a supportive environment where learning of the eight step ECT process can occur. Humans spend countless hours in schools, therapist's offices, doctor's offices, and religious settings learning improper methods to deal with stress. Examples of his include Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, the 12 steps, Christianity, Taoism, Hinduism, Buddhism, the Four Noble Truths, etc. Therefore, it is vitally important that teaching of the ECT process occurs at an early age. The ECT process can incorporate prayer into the 7<sup>th</sup> and 8<sup>th</sup> steps as research has demonstrated some effectiveness, albeit, circumstantial, that prayer helps release stress. That is why, several of my seven books I have authored cover prayer as a technique to release and relax. For hundreds of years prayer has helped calm the spirit of individuals while providing some educational benefits on what a healthy relationship with oneself and others. Why not borrow and utilize these resources just as the medical community has done with mindfulness?

Once a patient has regained a healthy equilibrium and state of being, the task of the doctor or mental health professional dimin-

ishes for all practical purposes. Some follow up can likely occur as patients can forget some parts of the ECT process or encounter new and more complicated stresses. By training the patient with Emotional Core Therapy, the patient is equipped and confident they can handle nearly all situational stress in their life. The process works just like entering data into a computer. One can input their hourly and daily stress into the eight step ECT process and get back to a peaceful state of being. What does the ECT model require of the patient? The ECT model ensures the patient is vigil about the needs of his or her environment that cause them stress. For example, being a parent to a newborn child. Sure, nearly all parents enjoy hugging and holding an infant. But most anyone will tell you, that is only part of the relationship tasks you encounter when being a parent for the first time. Colds, sickness, crying, and diaper changing are just many of the other relationship needs of a child.

With the ECT process, the doctor or therapist can feel confident they treated the root cause of the patient's stress. The patient can leave feeling empowered by their knowledge of how to combat stress. Essentially, one is becoming a responsible adult who takes responsibility for one's relationship choices. These include outcomes that are good or bad. An example would be a golf professional who tries a new swing in practice. The swing doesn't work, and the golf pro moves on to try another swing. Most individuals want this peace and understanding regarding life stressors. It is our ethical duty as healing professionals to provide updated resources and healthy choices for our patients. Since, no one can predict the future, we can only hope the choices our patients make will bring them joy and relief, not grief and fear. These four emotions serve as a navigation tool in life. As we become more comfortable monitoring our bodily symptoms, this becomes an easier process. Why? One becomes used to a relaxed state of being. Stress on the body, although temporary, can feel uncomfortable. Cathartically releasing such stress can become a daily self-soothing process, much like brushing one's teeth.

For 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 Valley International Journal at the bottom of this page. 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 Emotional Core Therapy and steps to the Scientific Method.

### 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.

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

Although many psychology methods (Rational Emotive Therapy, Cognitive Behavioral Therapy, Acceptance Commitment Therapy, Dialectical Behavioral Therapy, etc.), Religious approaches (Buddhism, 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. 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.

### 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.

### 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.

### Materials and Methods

Since each person is unique in how they identify and treat relationship 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. The Holmes and Rahe Scale identifies the leading cause of stress for human beings. This scale is attached below. Typically, clients test the Emotional Core Therapy process by making a list of 10 - 20 stressful events that have occurred in their lives. Then, having learned and applied the eight step process through the reading of the manuscript and watching the training video, they begin to start applying ECT to their own stressful events in their lives. Aspects of the eight steps highlighted in the ECT flowchart occur in each and every stressful event. The reader will readily see that the true cause of stress is the temporary arousal of one of the four true emotions. These emotions are joy, grief, fear, and relief. These four emotions evolve from entering and leaving relationships. Since grief and fear can be debilitating and harmful for the central nervous system, it is essential for all humans to monitor their body and learn from psychic pain [1-8].

## 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 above. 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 addiction stress differently, results will vary from person to person. Since each person perceives stress differently. Their bodies will process the stress differently. Thus, making long term measuring of stress impractical and impossible.

The Valley International Journal link

<http://valleyinternational.net/index.php/ijmsci/article/view/443>

Emotional Core Therapy Training Video

<https://www.youtube.com/watch?v=ty9OE2lqNX8>

Access to eight journal links on Emotional Core Therapy with the International Physical Medicine and Rehabilitation Journal

<https://medcraveonline.com/IPMRJ/IPMRJ-03-00120.pdf>

Holmes and Rahe Scale

<https://www.stress.org/holmes-rahe-stress-inventory/>

Emotional Core Therapy website for CEU Training

[www.emotionalcoretherapy.com](http://www.emotionalcoretherapy.com)

## Conclusion

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 addiction stress differently, results will vary from person to person.

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.

Just Get for Real (Acronym for the four true emotions) J- Joy G- Grief F- Fear R- Relief.

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