

## Using the Breakthrough Behavioral Psychology Approach Emotional Core Therapy to Effectively Treat those Suffering Acute and Prolonged Stress

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### Abstract

One of the reasons I wanted to write this article was to address how Emotional Core Therapy can adequately and effectively treat an at-risk population. A large percentage of my private practice deals with the treatment of substance abusers. Many of these patients who are afflicted with addictions, are also charged with criminal offenses such as driving while intoxicated or impaired. Generally, the age range for my work with this sector of the population deals with those aged 17 and higher. Sometimes as old as 75 - 85 years old. Sometimes the drug of choice varies from alcohol, marijuana, cocaine, and heroin. I will outline the challenges this group of people face as their stresses on their body and mind can vary in intensity, frequency, and duration. Each individual offender also varies in their perception and response to behavioral psychology methods and treatment.

As the reader can readily see, the situational stress that each patient of mine suffers can vary widely in intensity. The stress on the central nervous system can reach almost intolerable levels at times for some of these individuals. This psychic overload will take time and patience to treat effectively. This article will focus on the role of behavioral psychology in treating these patients. The goal of this article is not to differentiate these patients from others suffering situational stress. Rather, to see how the Emotional Core Therapy model can readily respond to some of the more drastic situations a patient can face. All one has to do is learn how to utilize the ECT process effectively, and then use it for whatever situational stress you face in life.

Emotional Core Therapy is scientifically proven to be the most effective psychology approach available worldwide to treat the situational stress that individuals face on a daily basis. Why is this so? Stress on the central nervous system is caused by the temporary arousal of one of the four true emotions. These emotions are aroused when an individual enters or leaves a relationship. The four true and authentic emotions are joy, grief, fear, and relief. Currently, the only behavioral psychology model available worldwide that adequately identifies and treats this situational stress each time the model is used effectively is Emotional Core Therapy. This article will teach the reader how to use the model effectively for the sector of the population listed above. Once learned, you can transfer the model and techniques to your own stress in life. If you are in the healing professions, you can likely teach those suffering stress how to effectively combat debilitating emotional stress in an efficient manner. The eight step Emotional Core Therapy model is the only behavioral psychology approach that has never been disproven to treat psychological stress. All other psychological methods and approaches have been disproven from time to time.

What makes the Emotional Core Therapy model so drastically different from the others? After all, the author, Robert Moylan has not discovered any new and unique psychological techniques. All the psychological techniques used and applied by users of Emotional Core Therapy have been published in other journals or on wiki.com. So what makes Emotional Core Therapy so different? Simply put, it is the organization of psychological principals and techniques in appropriate manner. There exists a cause and effect relationship with psychic stress. All previous behavioral psychology models redirect the user from how they truly feel. This indirect path of treatment ends up circumventing the true path to recovery and healing. Since the four true emotions are what cause stress. Only the direct treatment and elimination of these four emotions will give the patient the quickest relief. Only the Emotional Core Therapy process does this quickly and readily, when used appropriately.

**Keywords:** Behavioral Psychology Approach; Emotional Core Therapy; Stress

## Introduction

Let us now review for the readers of the Journal of EC Neurology, what happens to patients suffering stress using Emotional Core Therapy. Stress for these patients mentioned above undergoing criminal prosecution can come from many sources. First, let's look at the substances they are abusing. Heroin, cocaine, marijuana, alcohol, etc. All of these substances have varying ways of altering the mind and body. Sometimes these drugs or alcohol can have high levels of toxicity when used. Indeed, some of these drugs can be extremely dangerous. So, one of the initial steps of treatment is to inform the patient of makeup of each drug used. For this, one can go readily to wiki.com or consult with a medical doctor or pharmacist to ascertain the exact components of the drug or alcohol substance that one is intaking, inhaling or ingesting. The process of learning about the complex and often times, synergistic nature of drug interactions on the mind and body is best learned when one is relaxed. This is not often the case for those afflicted with additions, thus compounding the relationship stress.

So which model is best equipped to allow a patient a vehicle for understanding how these drugs work to harm the mind and body? The answer lies in the trial and error process of discovery. The ECT model allows one an avenue to examine in full detail the complex and dangerous substances mentioned above. How does this happen? Emotional Core Therapy's eight step process has a mechanism to address these complex needs in the first two steps. The first step of Emotional Core Therapy is to examine each relationship you enter into. This typically is relationships with people, places or things. Often times, when you own body suffers stress, your relationship with oneself is affected. So, by utilizing the ECT model, we are becoming fully aware and fully engaged in the surrounding world. Being fully informed about the side effects and addictive tendencies of various drugs and alcohol is a normal occurrence for those utilizing the ECT model. Why does this occur? Whenever one has bodily stress. One uses the eight step process to flush out the stress. So, the examination of external stimuli causing one undue stress is a natural occurrence.

Step One of Emotional Core Therapy is to examine the needs of each relationship a patient enters into that causes him or her stress. Needs are broken down into four categories. Emotional, Financial, Spiritual, and Physical. Let us see how this step two works with when one abuses alcohol. For a patient drinking six vodka and tonics, while smoking a half a pack of cigarettes, we need to examine each relationship. What are the short term and long term effects of this large amount of alcohol on one's body. What is the absorption and elimination rates? What are the withdrawal and addictive tendencies? Much of these questions fall into the "physical needs" which cause one stress. One needs to also consider the financial costs also. Also, what will this amount of alcohol do to suppress one's emotions? The same process needs to be done for the nicotine involved in cigarette smoking.

Let us also examine what happens when one of these abusers gets charged criminally for an offense such as driving while intoxicated. What other relationship stress does he or she undertake? For example, going to court, paying court costs and fines. Doing community service, jail time, and court mandated counseling. These needs of the court system often cause patients prolonged stress. This stress comes in the form of the physical and financial needs placed upon them by the court system which includes judges, prosecutors, and criminal defense lawyers to name a few. With the eight step ECT flowchart, the patient is trained to calmly identify the varying needs of external forces which cause him or her stress. No other behavioral psychology approach is equipped to tackle such complex variables causing human beings stress.

Step three happens quite automatically. This step has the person identify which one of his five senses are involved in the particular situational stress he or she is encountering. These five senses are seeing, touching, smelling, tasting, and hearing. The purpose of this step is to show the cause and affect relationship with stress and how the senses are aroused in the process.

The fourth and perhaps, most vital step is identifying which of the four true emotions are aroused when one encounters stress. Once again, the four true emotions are joy, grief, fear, and relief. From birth to death, the four emotions can serve as a navigation tool for those who desire to live an emotionally balanced lifestyle. Each individual patient varies in their response to external stimuli causing them stress. For example, a millionaire may not perceive a 2,000 dollar fine as stressful. Whereas, and indigent person may consider this hefty

fine as very threatening. As one can see from just these four steps, it is impossible to measure any behavioral psychology approach over an extended period of time for effectiveness. Why? Way too many external variables cause the human being stress. Psychic pain naturally dissipates over time, even without therapy.

The brain and central nervous system are automatically used in step in step five to regulate and alert the body to the situational stress described above. Each patient will experience this body stress differently. Experience the bodily symptoms of stress is step six of the ECT process. The ECT process can sometimes take 25, 50, or more hours to learn. It is not an overnight process. Kindness and empathy are key traits of an effective healer. One of the key aspects of learning ECT is repetition. Once you can acquire all eight steps, you can identify and flush out any situational stress (such as an addiction to cocaine) as long as no long term damage has occurred.

So why is therapy needed? And why Emotional Core Therapy specifically? After all, time will help dissipate stress eventually. The answer lies in the cathartic nature of various psychology techniques. Various psychology methods such as expressive therapies (art, music, pet, and play therapies) have been researched and proven to effectively release bodily stress. There are also literally hundreds of other psychology techniques such as Reiki, mindfulness, Gestalt therapy, etc. that have had positive results in releasing bodily stress. Step Seven of Emotional Core Therapy is the step that allows the patient to release his emotions. Verbalization and written exercises are two of the most common ways of releasing emotions. The key aspect of step seven is to work from the patient's point of view. That is to say, try and use what makes them feel most comfortable. Learning to release stress and externalize stress out of the body is the quickest and easiest path to long term peace. Since, the ECT model is the only model in existence that actually treats the root cause of stress, it currently is the only behavioral psychology path to a balanced equilibrium

A balanced equilibrium is the eighth and final step of the ECT process. My patients like all individuals, maintain a peaceful state of being in varying ways. Some well researched ways to relax are prayer and mindfulness. Other peaceful measures are found in my books and videos. There exists a beginning and ending to any situational stress. By regaining one's equilibrium, one has a better chance of learning to cope effectively next time one undergoes the same stressful experience. For a practical example, I look no farther than my own experience this past July 4<sup>th</sup> weekend. I rarely drink alcohol, and if I do, it is only a sip or two. On a hot day, while at the July 4<sup>th</sup> fireworks display, I accidentally drank two wine coolers which I had mistaken for pink lemonade. It was so hot outside that I hardly even noticed till someone approached me a few hours later. I had mistaken my slight lightheadedness as a sign of the heat which was upwards of 90 degrees. Still, I was somewhat in control of my senses and made certain to not put myself or anyone else in danger by driving a vehicle. The next day, I was back to my usual self. Rest assured, the next time I grab a drink out of a cooler, I will make sure I read the label and make sure the drink is non-alcoholic. This is the same process I hope all individuals utilize, no matter what extent they are in with stress. Say for example, a college teen drinks a six pack of beer and smokes a marijuana cigarette. The next day he feels hungover and lethargic. Can he examine fully what he has ingested and inhaled? With the ECT model, he has the tools to do so.

Materials and Methods. The ECT Training videos and book are attached below in the Valley International Journal and U-Tube video. The next step is to learn the process. You can see a counselor or try and learn the steps oneself. I have seen patients learn the process in many ways, including the two just mentioned. Be patient and kind to yourself as mastery of the eight steps will surely take some time. Here are acronyms for the eight step process to make the studying and learning a bit easier.

### 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

**Results:** Attributing success to any behavioral psychology measurement, including ECT, is fruitless and impossible. Human beings are entering and leaving relationships all the time. This includes before therapy, during therapy, and after therapy. The only variable that stays constant is the ECT model of stress. For every stressful event one encounters in life, the eight steps will be activated. Hence, it is up to each individual to decide which stressful events they want to encounter. This powerful bit of wisdom can be very empowering for those who master ECT. The temporary nature of stress does not overwhelm those individuals as much as they are aware of a vehicle for regaining their equilibrium. Look no further, than a champion golfer at a major tournament. He or she won't allow themselves to get too excited or down as they know they have to prepare for the next golf shot. If they hold onto their stress, their next shot may be not as effective. The same goes with healthy individuals. There exists a constant examination of the environment they choose to live and work in. For example, you likely won't see too many shirtless citizens of Tucson, Arizona on a hot day. Or the same shirtless individual in Anchorage, Alaska, on a cold day. They have learned somewhat the dangers of their environment. These examples are what my hopes are for readers of this journal article. Having a vigilant awareness and open mind is essential for a healthy life.

**Materials and Methods**

Since each person is unique in how they identify and treat relationship stress, the only tools you need to prove effectiveness are your own personal stressful events, my Emotional Core Therapy book and training videos which are provided below for free.

**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. Links: Journal manuscript of Emotional Core Therapy <http://valleyinternational.net/index.php/ijmsci/article/view/443>.

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