

Using Emotional Core Therapy to Effectively Treat those Individuals Suffering from Cigarette Addiction

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Abstract

Today I am honored and privileged to share with the Journal of *EC Psychology and Psychiatry* the most effective psychology approach available worldwide to treat cigarette addiction and relationship stress. There are many factors that need to be considered when treating a person suffering from addiction to cigarettes. These include toxicity of various cigarettes, amounts of cigarettes inhaled, physical health of person abusing cigarettes, etc. The ECT model is the only behavioral psychology model currently in existence that accurately treats this stress when used properly. Emotional Core Therapy is scientifically proven to be the most effective behavioral psychology approach available worldwide to treat relationship stress such as cigarette addiction. This journal article will outline the process for learning to identify and process relationship stress using Emotional Core Therapy. Each individual identifies and processes relationship stress in a unique and individualistic manner. For this reason, replication, measurement and testing of any behavioral psychology approach is impossible. Yet, one can prove that ECT is the most effective psychological approach available worldwide by using the rules of scientific evidence. The rules of scientific evidence are outlined in the *Journal of Medical Sciences and Clinical Intervention* below [1]. As the rules point out, scientific evidence can be done with the naked eye. In the case of behavioral psychology, this is the only way possible. As any individual can attest to, each person responds to stress differently. Also, each person processes stress differently. For that reason, it is essential that each individual test the ECT process out themselves using the rules of scientific evidence.

Key to this process is the aspect of learned behavior and the capacity to unlearn negative behaviors. Emotional Core Therapy (ECT) uses compassion and empathy while teaching one how to relearn positive eating habits. This often takes a great deal of time and often times regression and relapse occur as the ECT process often takes between 5 - 20 hours or more to learn and apply to a patient's life. ECT utilizes a team approach which seeks to empower clients through informed knowledge of environmental stressors. This includes the latest medication management as well as education on what food particles one is digesting. The Journal of *EC Psychology and Psychiatry* plays an important role in sharing with medical doctors and the readers of this journal how the rules of scientific evidence are used to disseminate the truth behind behavioral psychology research and Emotional Core Therapy.

In this journal article the author will outline a case of a patient named Thomas. Thomas suffered from cigarette addiction. By learning about Thomas, readers of this journal will begin to become familiar with the eight step ECT process. For a more complete understanding of the ECT process it will be very helpful to read the entire Emotional Core Therapy Manuscript attached below in the *Journal of Medical Sciences and Clinical Intervention* [1].

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 [2,3].

Lastly, eight journal articles featuring the Emotional Core Therapy process are published in *International Physical Medicine and Rehabilitation Journal* below [4].

These journal articles highlight some of the important features of Emotional Core Therapy.

It is important to utilize the eight step Emotional Core Therapy process for any prolonged stress one faces in life. The ECT Emotional Core Therapy can be transitioned to any stress one encounters in life. This includes such life stressors as divorce, job loss, and death of loved ones, etc. For a list of many of the top 43 stresses in one's life, view the Holmes and Rahe Scale in the Introduction section below [5]. Often times addicts have dual diagnosis's so it is important they learn how to combat all situational stress in their lives. Please review the Holmes and Rahe Scale as it helps to learn to begin to rate one's stress. Although not completely accurate, the Holmes and Rahe Scale helps us begin to monitor stress, just like the ECT model.

Lastly, Robert A Moylan, LCPC has a Federal Copyright on the Emotional Core Therapy process granted by the Register of Copyrights, United States of America. The attached registration number is provided attesting to it's originality [6].

Keywords: *Emotional Core Therapy; Cigarette Addiction*

Introduction

This Journal article will offer an exhaustive list of resources for those afflicted with a cigarette addiction. That being the case, it is important to allow each reader to view and learn the ECT process at their own pace. Having taught the ECT process for years, it is vitally important to give needed support to those trying to acquire knowledge on a complex group of issues. Acceptance to the varying learning styles as well as different aptitude levels is important. Some readers may only want to learn a few steps of the ECT process. Others may want to learn all eight steps over a span of several weeks or months. It is important to respect the autonomy of each individual patient. There are many internal and external variables that can adversely impact a cigarette addict. 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.

Let us begin with a patient that was treated with Emotional Core Therapy named Thomas who is 25 years old. (Thomas is not his real name to protect confidentiality rights). Thomas had been smoking cigarettes for eight years, prior to his first visit with my office. At the time of his initial consultation, Thomas was abusing cigarettes at a pace of approximately two packs a day. Thomas had an above average intelligence which helped him during his five months in counseling. Thomas also had some substance abuse issues related to alcohol which were also addressed in counseling. Thomas also was dealing with a lack of support and intimacy issues. Although, many of these issues were discussed in counseling. The predominant theme was the harmful affect that cigarette addiction had on his body and mind. Also, the long term risk of abusing cigarettes was a clear motivation in therapy.

Two dynamics occur which the reader of this 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 Thomas 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. One of the most well-known assessment tools available to identify situational stress is the Holmes and Rahe Scale. The Holmes and Rahe Scale list some of the major stresses one can encounter in life. See attached Holmes and Rahe Scale which will help one gauge and rate their stress [5].

Over a span of the first few months Thomas was able to learn most of the ECT process. He had been seeing me two to three times a week during this time. Some of his chief complaints were having a sore throat and coughing a great deal. Some trouble concentrating and relaxing. Also, Thomas had excessive anxiety and some trouble sleeping. Finally, Thomas had some excess fear related to thinking about getting cancer as he aged. An interesting point in the case of Thomas is that he never quit smoking during his therapy sessions. He did reduce his smoking cigarettes from two packs a day to one pack a day over a period of five months. However, that is not the point of this article. This article is being written to highlight the eight step ECT model and how it works. Whether a patient quits smoking or increase his smoking is not the point of this article. Nearly all therapists deal with clients that relapse and we have to unconditionally accept patients at each stage of the learning process. It is one thing to learn the eight step ECT model. Thomas was able to do that quite well over the first few months. The vital step is to start applying ECT to your daily life. That is the integral part that was not done with this patient. As a therapist my work is to support Thomas whichever stage of recovery he is encountering. Thomas reduced his visits to once a month for the last three months and then terminated therapy. Still, like nearly all my clients, I considered his progress to be very good. Why? He was able to recite all eight steps and along with comprehending each step to some degree. This article will look at Thomas's progress through the eight step ECT process. By doing so, the readers of this journal will begin to master ECT for themselves. They will also see the limitations of behavioral psychology in general as well as it's usefulness.

For readers of the *Journal of EC Psychology and Psychiatry*, I have attached below the eight step Emotional Core Therapy Flowchart for easy access and review. This journal article serves as a teaching tool for the readers as you can learn the eight step ECT model while reading this article. As we examine how Thomas used the eight step ECT flowchart to reduce his cigarette intake, the reader can see the benefits of this behavioral process.

The Holmes-Rahe Life Stress Inventory
The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

Life Event	Mean Value
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e.. birth, adoption, older adult moving in, etc)	39
15. Major business readjustment	39
16. Major change in financial state (i.e.. a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e.. either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc..)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e.. a lot more or less than usual)	19
36. Major change in social activities (clubs, movies,visiting, etc.)	18
37. Taking on a loan (car, tv,freezer,etc)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers ("")	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	11

Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.

150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.

300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.

Emotional core therapy flowchart

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

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.

Step one of the ECT flowchart is to examine each relationship one enters into. This includes relationships with people places and things. In this instance, Thomas is engaging in a relationship with a “thing”. In this instance the ‘thing’ is cigarettes. Thomas has been taking hundreds of puffs of his cigarettes daily for years. Each puff can be viewed as a separate relationship. Step one deals with the autonomy 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 autonomy over their treatment goals. Although sometimes patients like Thomas seek out medical attention as an adjunct in treatment, this did not happen in Thomas’s case. The ECT model treats the medical model of treatment just as any other relationship choice. These are all decisions that that the patient has to make. The more information the client has regarding medical options, the better decision making will be done in his treatment.

The second step of the ECT process it to examine the needs that cause one stress. In this case, Thomas has a relationship with cigarettes for much of his day. According to the ECT model, needs are broken down into four categories, Emotional, financial, spiritual, and physical. Some of the dramatic needs that are causing Thomas stress are physical. These include inhaling nicotine into his body. Part of our treatment focuses on the adverse and toxic properties of nicotine. Wiki.com has nearly all the research available on nicotine. So part of our treatment is researching the harmful effects of nicotine on the body. Of course, there are financial costs of smoking cigarettes also. Thomas was spending thousands of dollars a year on his cigarette addiction. The more informed Thomas became regarding his choice of abusing nicotine, the better chance he would have of reducing or ending this relationship which was causing his mind and body harm. 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.

The third step of the ECT process is to examine which senses are affected by the external needs one faces in the environment. The five senses are seeing, touching, smelling, tasting, and hearing. This third step happens quite automatically for nearly all humans. For Thomas, he was touching his cigarettes. So that sense of touch was used. He was also looking at his cigarettes, so his sense of sight was used also. Thomas also inhaled his cigarette so his sense of taste and smell was used also. 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 evoked 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. There exist only four true and authentic emotions. These 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.

Thomas sought treatment as he was experiencing some minor physical and mental pain because of his cigarette abuse. Some of his symptoms were already mentioned above. This included coughing, sore throat, headaches and trouble sleeping along with fatigue. Also, excess worrying occurred for Thomas. These debilitating emotions serve as a navigation tool for Thomas. Since he recognized he didn’t like these emotions of grief and fear, he was more likely to change his behavior and seek help. It was most helpful for Thomas to realize he only had to learn about four emotions. Since these emotions are with Thomas his entire life, he began to recognize that is was important to take charge of his poor decision making. It is important to remember that Thomas is making hundreds of harmful relationship choices each day by inhaling a cigarette. Each puff of a cigarette 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 automatic step for Thomas 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 differently. Some may have pain in their chest, while others suffer headaches. Thomas suffered bodily stress in his throat and head, as well as chest area. These physical ailments serve as vital information that can ultimately be used to help Thomas. With ECT, we do a complete history on Thomas's abuse of cigarettes. Sure, I would like all clients to quit "cold turkey" but that is not realistic. Toxic human behavior like cigarette smoking is often learned over months and years. Therefore, short term, quick fixes don't work. How long will it take for Thomas to quit smoking? Often times this can take months or years. Thomas ended therapy without stopping his smoking of cigarettes. But the therapy was successful as he reduced his intake and learned the basics of the eight step ECT process. Why didn't he completely stop smoking? He never learned to apply the eight steps hourly and daily to his own life. Perhaps he will learn to apply ECT to his own situational stress later in life.

I often have clients like Thomas rate themselves from 1 - 10 with 10 being the most severe. Healthy people with normal eating habits likely have a 1 - 2 rating throughout the day. In the case of Thomas, he rated his stress as a 4 - 5 during the day. This is his perception. The goal of therapy would be to have Thomas back to a 1 - 2 when therapy concludes. Every patient varies in their recovery outcomes. That is why it is essential to treat therapy as a supportive process to recovery.

Acceptance of clients is paramount to treatment and recovery. Sometimes patients like Thomas regress. Therapy is not a linear process. The more we can have patients like Thomas 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 Thomas may face during treatment. What if Thomas is prescribed medications for his smoking addiction? Step by step, we examine and rate Thomas on his perception of how he 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 Thomas's stress some positive outcomes may occur. Thomas will become more confident in the ECT process to combat his addiction. Thomas 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 cigarette patients 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 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 Thomas's case, we used music therapy and role playing were a few of the techniques used to help him release his emotions. Once Thomas realized the harmful impact of his behavior of inhaling cigarettes, some improvement occurred. By giving a voice to this pain, and taking ownership of this grief, Thomas was able to begin to take steps to ameliorate his 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 intensive 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 [7].

In the case of Thomas, he focused on prayer as a way to relax. As we finish our case study of Thomas, it is helpful again to remind the reader that ECT effectively identifies and treats situational stress. Nearly all situational stress human being like Thomas 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 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.

Also, Thomas, like many clients has learn how to lessen the possibility of relapse. Patients suffering addictions needs support while learning to self soothe appropriately. The *ACTA Scientific Medical Sciences* Journal article below called, "Learning to Effectively Minimize Regression and Relapse with Emotional Core Therapy" [8] deals with the topic of relapse.

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 regards to the topic of cigarette addictions, there are hundreds, if not thousands, of external stressors effecting patients like Thomas. This includes variations of cigarette products, variations of medicines available, variations of amount of cigarettes smoked, etc. 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 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.

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

Discussion and 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.

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.

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.

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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