

Emotional Core Therapy (ECT) is Scientifically Proven to be the Most Effective Model Available Worldwide for Teaching Human Happiness. In this Journal Article, we Examine the Case of Jake, who Identifies and Monitors his Body for Happiness/Joy while Drinking Chamimile Tea

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Abstract

Can attaining the temporary state of happiness/joy be taught? Is it possible to monitor one's happiness? Is there a spiritual or psychological approach capable of identifying and releasing the emotion of happiness? How does the emotion of happiness occur? Has Emotional Core Therapy succeeded in what the major religions and major psychology research facilities have failed to do? For hundreds and thousands of years both the religious and psychology fields have attempted to demonstrate, through a model or approach, a path to human peace and happiness. Yet all have failed, except Emotional Core Therapy. Why has this occurred? This journal article will answer and explain all of the above questions. Surprising to most therapists and healers is the fact that happiness is an emotion that can be monitored and identified readily easily through the eight step Emotional Core Therapy flowchart. This is the first time in history that we have a behavioral psychology approach that is capable of identifying and treating happiness as an emotion. For thousands of years, religions have tried unsuccessfully to teach happiness through various religious and spiritual doctrines. Psychology experts over the last 150 years have also failed to ascertain the root cause of happiness. Surprisingly, the goal is attainable for nearly all humans. As we embark upon the path to proving these above assertions, the readers of this journal will be tasked with several ways to prove the efficacy of Emotional Core Therapy.

Keywords: *Emotional Core Therapy (ECT); Emotion of Happiness*

Introduction

In proving the process of learning how to identify and process joy/happiness in one's life, it becomes important to clarify the limitations of behavioral psychology. There are, unfortunately, humans who cannot respond or benefit from behavioral psychology for various reasons such as long term physical or psychological damage. These exceptions are outlined in my Emotional Core Therapy (ECT) manuscript below.

This manuscript showcases cases of clients learning to monitor their mind and body for the four true emotions [1].

My one hour training video also helps teach one the ECT process [2,3].

Further insight into the ECT process can be discovered in the comprehensive review of ECT completed in the *International Physical Medicine and Rehabilitation Journal* below [4].

You will need these tools to comprehend the ECT process. At one's leisure, it will be helpful to review these materials. Also, each reader will need to make a list of ten life events that made them exceedingly happy/joyful. We will use that list to prove that ECT works to treat the root cause of joyful experiences each and every time it is used properly.

A simple concept to comprehend is that there are only four emotions. The four true emotions are happy/joy, sad/grief, anxiety/fear, and relief. These four authentic emotions are with us throughout our lifespan. By entering into a relationship you are pleased with, you experience joy. When you leave that pleasurable experience, you experience grief. When you go towards something you are not fond of, you experience fear. When you leave something you are not fond of, you experience relief.

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Since each individual perceives stress differently, each person will have their own unique experience in attaining happiness/joy. A simple example would be having a teenager buy an ice cream cone. Some teens like vanilla, some like chocolate. Some may like a combination of both. Some may even prefer other flavors besides vanilla and chocolate. The ECT model teaches one how to respect and honor their four true emotions. By embracing and learning from one’s emotions, one can gain the autonomy, will, and confidence to choose healthy relationships and leave unhealthy ones.

An easy way to examine some of the top ways to make oneself happy is to review the Holmes and Rahe Scale. The Holmes and Rahe Scale lists the top 43 stresses in one’s life. As one can see from the chart below, losing a loved one from divorce or job loss can be painful. Losing money or property can also cause havoc to the central nervous system for a prolonged period of time. As the chart demonstrates, losing these relationships can cause one stress which takes the form of grief and fear. Hence, the opposite can occur when one gains pleasure from attaining these valued relationships. Some of the great joys in life are finding the love of your life. Real happiness can also occur in finding the house, career, and friends that you value the most. Although, it has never been done, one can guesstimate that one can rate one’s happiness in much the same way as one can rate one’s unhappiness. Both rating systems would only give circumstantial evidence as it is quite obvious that one’s unique perceptions are unmeasurable. See Holmes and Rahe Scale below [5].

The ECT model is the only behavioral psychology model currently in existence that accurately treats this stress when used properly.

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)	36
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.

Figure 1

ECT is a model that has direct scientific evidence of success in treating relationship stress such as one’s happiness. Here is a list of a 100 ways to make oneself happy. Again, although, not perfect, a list like this, gets one thinking in the right direction regarding the topic of happiness [6].

This journal article will outline the process for learning to identify and process relationship joy using Emotional Core Therapy. Each individual identifies and processes relationship joy in a unique and individualistic manner. For this reason, replication, measurement and testing of any behavioral psychology approach is impossible. Each person can use their unique stress and joyous experiences to test the process using the rules of scientific evidence. Please review in the attached journal, the rules of scientific evidence. See *Journal of Medical Sciences and Clinical Intervention* below [7]. As any individual can attest to, each person responds to stress such as joy differently. Also, each person processes stress such as joy 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) works by being patient and kind to the client while the client learns to bring joy into his life. As mentioned, 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. Much of the psychiatric and psychological communities focus on treating the negative aspects of stress. Often overlooked are the positive responses to stress that happiness and relief can bring. Nearly all human beings have felt bloated from overeating from time to time. Once one releases that feeling of being bloated a sense of relief has occurred. So, as all of my journal articles attest, these bodily sensations of joy, grief, fear, and relief are with humans throughout their lifespan. When we examine the treatment options of nearly all therapists, we can see that the topics of joy and relief come up from time to time. Why not embrace them and learn from all four (emotions) symptoms of stress. For that reason, I have developed acronyms for each of the emotions and each of the eight steps. I have placed these acronyms near the bottom of this article.

Let us know review how a client named Jake processed his joy using the eight step ECT model. Jake is not his actual name as counseling sessions are privileged and confidential. Although Jake was seeing me for some addiction issues, the topic of his unhappiness in life came up in the intake and initial session. Jake was addicted to alcohol and cigarettes. One of the techniques we used in our sessions was to brainstorm ways that Jake can find happiness besides smoking cigarettes and drinking alcohol. The topic of making a list of 20 things that bring Jake joy had come up in therapy. Jake readily gave 20 examples of relationships that he would love to do that bring him joy. One of his reasons for drinking was to calm himself down. So, we looked at drinking Chamomile tea as a way to calm himself down. Attached are 13 ways that Chamomile tea can bring the body benefits (joy) [8].

Jake was able to start drinking his Chamomile tea over a period of several months and enjoyed the changes that drinking tea brought him. He was able to see his body become calmer and calmer each day. Although Jake still smoked cigarettes, he was able to cut this bad habit in half during our treatment. He also stopped drinking alcohol completely during our therapy sessions. So, let us know introduce the eight step Emotional Core Therapy flowchart below and show how Jake used each step in the flowchart to bring more joy in his life.

Emotional core therapy flowchart

Step one of the ECT flowchart is about examining each relationship choice one encounters. This includes relationships with people

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- 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/>

or places or things. In this instance, Jake is engaging in a relationship with a “thing”. In this instance the ‘thing’ is Chamomile tea. Jake was drinking between 4 - 5 cups of tea a day for several months. Each sip of tea, along with each cup of tea, can be viewed as a separate relationship. Step one will help Jake be more autonomous. When Jake empowers himself by taking over his relationship choices, he is becoming more independent. He is realizing that he has the power to enter and leave each relationship he encounters. Although sometimes patients like Jake seek out medical attention as an adjunct in treatment, this did not happen in Jake’s case. The ECT model treats the medical model of treatment just as any other relationship choice. These are all decisions that often the patient has to make. The more information the client has regarding medical options, the better decision making will be done in his treatment. Jake was trying to make more wholistic and natural decisions regarding his treatment for addictions to cigarettes and alcohol. Again, it is important to respect the decision making process for each client as much as possible. Sometimes an extremely stressed out client is a danger to himself or others. In those extreme cases, often doctors need to make decisions for clients. An example, would be a suicidal client needing to be hospitalized without their consent or an eating disorder client needing a feeding tube.

The second step of the ECT process is to examine the needs that cause one stress. In this case, Jake has an addictive relationship with cigarettes and alcohol for much of his day. According to the ECT model, needs are broken down into four categories, physical, emotional, spiritual, and financial. Emotional, Financial, Spiritual, and Physical. In treating patients like Jake, we are literally using the ECT flowchart numerous times a day. In our example of the Chamimile tea that Jake is choosing to drink. We can focus on the physical needs that Chamimile tea brings to the table. As mentioned above, there exists numerous positive qualities of Chamimile Tea. Chamimile tea contains Apigenin that can help one calm down and relax. Sure, there are financial costs associated with drinking tea, but in this case, they caused Jake very minimal stress. The ECT model is well suited to deal with environmental stressors that can wreak havoc on the mind. The internet is one way to research how to deal with environmental stresses. One of the real benefits of the ECT model is its flexibility in dealing with external stressors that can impact a patient. Jake can use the very same model to examine the toxic nature of alcohol and cigarettes later on in therapy. For more complex health questions, my clients review wiki.com and askme.com for detailed information on the products they are using. This includes prescription medications and drugs such as heroin or cocaine.

The third step of the ECT process is to examine your five senses. The five senses are hearing, tasting, smelling, touching, and seeing. This third step happens doesn’t require much thinking and happens rather quickly. For Jake, he was touching his Chamimile tea. So that sense of touch was occurring. He was also looking at his Chamimile tea, so his sense of sight was used also. Jake would drink his Chamimile tea 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 quickly while we are dealing with stress.

The fourth step of Emotional Core Therapy deals with how our relationship choices trigger our emotional state. This step is important to fully comprehend. Why? Emotions serve as an alarm to the central nervous system by saying our body is being awakened. Fortunately, we only need to understand how four emotions work. These emotions are happiness/joy, sadness/grief, anxiety/fear and relief. These four emotions are triggered by entering and leaving relationships. When you go towards a relationship you like, you experience happiness/joy. When you leave that relationship, you experience sadness/grief. When you go towards a relationship you dislike, you experience anxiety/fear. When you leave that relationship, you experience relief. These four emotions are not permanent, unless one has experienced some sort of physical or psychological damage such as Alzheimer’s condition. These four emotions can help direct us to live a healthy lifestyle if we learn and embrace them fully. We want clients to be fully informed about all their relationship choices. Hopefully, they pick relationships that give them joy and relief and leave those that bring them grief and fear. Anger is a reaction to grief. So, obviously, we want patients to remove themselves from situations that cause them anger, whenever possible. It is very critical for patients to understand that stress will dissipate over time if properly treated. Thus, clients will have renewed hope that their psychic stress will dissipate or disappear altogether.

Jake sought treatment as he was experiencing some minor physical and mental pain because of his cigarette and alcohol abuse. Some of

his symptoms were coughing, headaches, and trouble sleeping. During this time in therapy, we sometimes focused on trying to make Jake make better decisions. This included drinking more Chamimile tea throughout the day. Jake would rate from 1 - 10 how he felt periodically, throughout the day. Oftentimes, he became a bit calmer and happier after drinking some tea. So his level of feeling joy was around a 3 or so. In many ways, this fourth step is critical for mastery. Why? All four authentic emotions (joy, grief, fear, and relief) vary in their intensity. Jake also is a musician. So if he can master some sounds on the piano keyboard, he may become a happier person. With emotions, it is always a trial and error process. Another patient may dislike drinking Chamimile tea. For years, patients have often times looked to the medical model and pharmacology for hopes of treating addictions like alcohol and cigarette. Some patients undoubtedly have a positive response to medical aids such as "medications, patches, pills, etc. Again, for each relationship choice a client like Jake chooses for treatment, it is critically important to have him rate how he feels. Jake may decide in treatment he has another idea to make him happy. For example, listening to spa music throughout the day. Once again, having Jake rate how joyful he is after listening to spa music is key for feedback and autonomy for Jake.

These debilitating emotions serve as a navigation tool for Jake. Since he recognized he liked the emotion of Joy, he was more likely to change his behavior and seek other relationships that bring him more joy. Since these emotions are with Jake his entire life, he began to recognize that it was important to take charge of his decision making. It is important to remember that Jake is making hundreds of relationship choices each day such as drinking tea, inhaling a cigarette, drinking alcohol, etc. According to the ECT process, each relationship choice is deemed as a separate incident. Therein lies the true reason why ECT is more effective than any religious, spiritual, or psychological method at treating stress. Every other model in existence, trains the patient to look away from how they truly feel. Even the 12 steps has one examine a higher power, yet does little to deal with the emotional component. Why is that significant? It is the emotions that cause a body stress. Monitoring them will help one make better decisions. A simple way to examine this is a golfer on a golf course. A calm golfer will have his central nervous system aroused each and every time he hits a golf shot. Smart golfers learn from their mistakes as well as their pleasurable golf shots. Here is an interview I did on Golftalklive radio explaining how I help athletes like golfers have more fun with golf [9].

The fifth step of the ECT process is to have the emotions register with the brain and central nervous system. This step is nearly automatic for Jake and all humans. It is helpful for patients to know that two of the steps (3 and 5) of the ECT process are nearly automatic and don't require much in the way of thinking and learning. Hence, we are really learning to comprehend six steps that have key components to learn. It also helps people to understand the cause and effect relationship with stress. The brain sends signals to certain body parts of stress on the nervous system.

The sixth step of the ECT process is when clients experience the bodily stress. Each person likely experiences bodily stress differently. Some may have pain in their arms, while others suffer stomach pain. Joy is an emotion that causes the body stress also. Joy is a pleasurable feeling caused by the release of Dopamine and Serotonin which are two chemicals released in our brain. These physical pleasurable feelings serve as vital information that can ultimately be used to help Jake. With ECT, we do a complete history on Jake's relationship choices. In doing so, we try and find out what brings him happiness and relief, while minimizing relationships that ring him grief and fear. Sure, I would like all clients to quit "cold turkey" but that is not realistic. Toxic human behavior like alcohol and cigarette smoking is often learned over months and years. Therefore, short term, gimmick fixes usually will not work. Often times needed change can take months or longer to ameliorate one's behavior. A therapist needs to be patient with the process. The sooner in life one learns that having excess fear and grief in your body and mind is harmful, the better. The remarkable concept I have learned over time is that most patients have to experience a good deal of bodily discomfort before deciding to make changes in their life. I often have clients like Jake 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 Jake, he had some short term, momentary relief while drinking Chamimile tea. Since, Jake was still making poor decisions regarding his smoking, he didn't feel his usual self. Jake would benefit from therapy lasting a year or longer as he had displayed some highly addictive qualities. Every patient varies in their recovery outcomes. That is why it is essential to treat therapy as a supportive process. Bodily stress for of joy 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.

Step seven helps the patient learn how to release his emotions. Cleansing of the self is key to a balanced mind. ECT can incorporate any proven psychological technique that works to release emotions. There exist literally hundreds of ways to release emotions. Expressing emotions verbally is the most common form of releasing stress. Otherwise known as talking therapy is the most common way to release emotions. My hope is to one day make an ECT app so people can monitor their body for daily stress. For simplicity sake, I will likely only use talking and writing as ways to release emotions on the App. There exist many mental health Apps in the market today. Yet none treat the root cause of stress. An empathy based approach, like Emotional Core Therapy focuses on having a receptive milieu to cathartically release emotions like joy, grief, fear, and relief. Jake examined a list I have of ways to release emotions. My list contains some common ways to release emotions are Role Playing, Gestalt Therapy, Music Therapy, Art Therapy, Psychodrama, Prayer, etc. Jake and I used over a dozen therapy techniques to release his emotions while in therapy. Jake was very verbal, so we mainly talked out his feelings of joy regarding his usage of tea. The focus of ECT is to externalize stress. By giving a voice to his pleasurable response to Chamimile tea. Jake was taking ownership of his mind and body.

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 published research 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

In the case of Jake, he focused letting his mind wander, daydream, and free float. Much like the state of Mindfulness that is well researched to calm people down. During this state of being, we tried to limit all thoughts and cognition. In doing so, we focused on deep, calm breathing exercises. Soon enough, the joyful experience of drinking the tea dissipated. Religions such as Christianity, Islam, and Hinduism have used prayer and rituals to calm the body down from time to time. These are all positive tools and have been well researched. The missing piece, that religions and spiritual approaches have failed to incorporate is how emotions can adversely alter a peaceful state of being. The Chinese have thought for thousands of years that there existed seven emotions. So the effort has been around for hundreds and thousands of years how to bring peace and joy in one's life. Fortunately, this goal is now attainable for nearly all humans with ECT. To see how easily ECT can be incorporated into the religious and spiritual realms, please review my published article on spirituality and mindfulness using ECT below. This article was published in the *Journal of Current Medical Research and Opinion* [10].

Nearly all situational stress human beings like Jake 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. A great deal of my work has to do with helping people like Jake trust the ECT process. ECT works like entering data in a computer. Just input your stress and get back to a peaceful state.

Now that each reader has had a chance to review and learn the tools for learning the ECT process, the next step is to apply the ECT process to one's own lives. So, take out the list you have made of the ten most pleasurable experiences you have encountered in your life. Next, go step by step with the above ECT flowchart. As one can readily see, all stress is identified through the eight step process whereby one can return to a peaceful state of being. Win the lottery? Get Married? Have children? Find your dream house or job? All these joyous experiences can be identified and processed through the eight steps. Since joy is a temporary emotion, one can thus return back to a balanced equilibrium. So after months and months of learning to monitor your body for joy, you can have an invaluable tool at your disposal to grow and prosper in the world as we know it.

Materials and Methods

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Jake was a patient in my private practice who consented to the use of my psychotherapy methods outlined in my books and videos. Before utilizing my various psychotherapy techniques with Jake, I would fully inform him of the process that would be undertaken. This helped Jake have less anxiety related to his treatment. Since each person is unique in how they identify and treat relationship stress such as happiness/joy, 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 attached in the Journal cited above. It may take several weeks or months to fully learn Emotional Core Therapy.

Results

Jake made some moderate gains and improvement in his emotional well-being while under my care. He reported that he had mild to moderate discomfort towards the end of our treatment. His self-reported scores were between 3 - 5 on a 1 - 10 scale with 10 being the worst possible. This was solid improvement from his scores of 7 - 8 when we began therapy. Our therapy lasted several months. Jake utilized many therapy techniques outlined in my books and videos while in treatment. Although many people have utilized parts or all of the ECT process successfully to identify and treat joy and 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.

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.

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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