

Book Review

Emotional Core Thera-An Exciting New Psychology Approach

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I am happy to share an important discovery in the field of psychology with the with the Mental Health in Family Medicine Journal. Direct scientific proof is now available which demonstrates that Emotional Core Therapy is the most effective psychological model available worldwide for mental health and medical professionals. Why? Only the Emotional Core Therapy Flowchart and model can identify and treat the root cause of stress that psychiatrists and psychotherapists and their patients face emotionally. Scientific proof can be done with the naked eye so any person can learn and apply the eight-step flowchart to their own situational stress and see for themselves how this revolutionary new model can help reduce psychological pain. Typically, people try and process 20 to 30 or more stressful events through the flowchart to demonstrate scientific evidence of effectiveness. Since each person perceives stress uniquely, it is important that when trying the model, you look for repeated results of effectiveness.

When we examine the field of psychology today we see a plethora of models that attempt to help one combat the stress one feels hourly and daily in life. The United States governing body overseeing the review and approval of these psychological processes is called SAMSA or Substance Abuse and Mental Health Services Administration. SAMSA has approved over 300 various models of psychology as being effective, or evidenced based. All the current evidenced based psychology approaches listed on SAMSA's directory of approved programs redirect a client from their true emotions. They do this with techniques such as "Reconceptualization". "Emotional Regulation" "Just Noticing" or many of the other techniques used to sway or change a person away from how they truly feel when stressed. From the time of birth to death, the four true emotions of joy, grief, fear, and relief are what causes stress to the central nervous system. Emotions are what causes stress for patients. Releasing and treating of psychic stress is why patients enter into treatment with a doctor or therapist. Some concerns of therapists and Medical professionals such as nurses, doctors, and psychiatrists are listed below.

All one has to do is review the Holmes and Rahe stress scale to see the list of 40 prominent stresses in one's life. Nearly all adults have experienced one of the stresses on this list from time to time. When you experience a major stress, common sense tells us to find the most appropriate relief mechanism. Over the last 150 years the psychology field has researched and found over 100 various techniques to release this stress. Now, let's take a look at what causes stress to doctors, therapists, and their clients. Below is a list of some of their common stresses.

1) Patient welfare. 2) Seeing patients improve and live happy and peaceful lives. 3) Effective assessment and treatment. 4) Empowering patients to make informed and knowledgeable

decisions. 5) Having positive outcomes from medical and psychological treatment of clients. 6) Avoiding burnout. 7) Avoiding legal and ethical issues. 8) Having a healthy support system outside of work. 9) Making sure medications that are prescribed are effective. 10) Making sure clients are informed about the medications they are prescribed. 11) Making sure clients are fully informed about pros and cons of medications. Successful care of clients, along with self-care of medical professionals such as psychotherapists, nurses, doctors, and psychiatrists can best be obtained when one accurately treats relationship stress.

For the first time in history, a scientifically proven model that identifies and treats the root cause of stress exists. With a proven model, mental health and medical professionals can feel confident they are treating clients without redirecting their true emotions. This new psychology model has demonstrated to be the most effective mental health approach available worldwide to treat addictions, eating disorders, and most relationship stress.

I am happy and excited to share the ECT model with Mental Health Family Medicine Journal. So many people are looking at a pathway out relationship stress of most any kind. When doctors, nurses, psychiatrists work together as a team and put the needs of the patient first, good things can happen. The more medical professionals can empower patients, the better the client satisfaction.

Both the medical and psychology fields have improved tremendously over the last century. There now exist many medications along with psychology techniques that are now available to relieve psychic stress. Often times, introducing medicine or psychology techniques to a patient becomes a trial and error process.

Why? No one can say for sure as to what will be the most receptive response (medicine and/or psychotherapy) by a client or patient. What we can best do to serve a client is present the best research out there regarding scientifically effective medicines and psychology techniques. This process of educating patients can take time. Sometimes days, weeks, or months. Being a healing professional is a very humbling process.

Yet our wisdom as therapists tells us that often patients enter our doorsteps after learning inappropriate self-soothing techniques over months and years. This process of relearning positive self care can take long sometimes. Below is a detailed explanation of how ECT works along with links to the highly successful psychology model.

Remember, it may take 10, 20, 30 or more hours to comprehend and then learn to apply these methods for successful self-care. There exists a cause and effect relationship with stress. Often times these feelings are uncomfortable for humans. Many psychology methods such as (Rational Emotive Therapy, Cognitive Behavioural Therapy, Acceptance Commitment

Therapy, and Dialectical Behavioural Therapy) have some effectiveness. The evidence is only circumstantial that these aforementioned psychology approaches work to eliminate stress. Why? Previous models in psychology don't accurately show how this cause and effect relationship of stress occurs.

Up until this point in time, we have not had a therapy method that accurately can depict how this stress occurs each and every time. To their credit, those methods mentioned above partially work and have contributed greatly to humanity. It needs to be mentioned that nearly all stress humans face can be comprehended through Bob Moylan's Eight Step Flowchart. ECT does share and borrow many psychological techniques from the aforementioned approaches. Indeed, all the psychology techniques mentioned by the author have been demonstrated by scientific research to be effective through various journals and research foundations.

When we can learn to completely depict the situational stress affecting humans, we will have an easier time treating said stress. One can now see how the natural state of stress occurs at this time through various psychology techniques.

Anyone can view the model which is on his website, www.emotionalcoretherapy.com. This site has an explanation and description how to utilize this approach to aid in treating stress. Every effort needs to be made to ensure people needing help have access to this model. Every effort needs to be made to educate people as all humans suffer stress from time to time. Because of the inclusiveness of this therapy, many effective psychology techniques demonstrated to release psychological pain may be incorporated into ECT. There are some exceptions to the population that can be served which are addressed in Mr. Moylan's work. For example, those people with psychological damage may not be able to utilize all steps effectively.

There exists so many techniques that work to successfully release emotions. For example, Gestalt Therapy, prayer, verbalization of emotions, are just some of the many techniques that can release stress. View wiki for detailed explanations of these techniques as well as those mentioned in the published books on Emotional Core Therapy. Humans will be best served to utilize techniques that may be familiar to them from past experiences, or those introduced by a practicing doctor or therapist.

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