

# Emotional Core Therapy is an Innovative and Scientifically Proven Approach to Helping Neurologists Treat the Root Cause of Stress



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## Commentary

I am excited and honored to share with the Journal of Neurology and Neurosurgery this important new discovery in the field of psychology. We now have a psychology approach that is scientifically proven to be the most effective worldwide to treat the root cause of stress. Neurologists throughout the world can now have at their fingertips this important new discovery which, when used properly treats the root cause of stress that neurologists see every day in their practice and medical office. This behavioral psychology process called Emotional Core Therapy helps empower clients by giving them the autonomy to make clear and effective decisions regarding their physical and emotional wellbeing. At the same time, practicing neurologists can help guide their patients on a proper care of treatment by outlining the most effective medical and psychological treatments available to each patient. Individualized treatment for each client is essential as every relationship stress varies from person to person.

What exactly is stress? For thousands of years people have had a close proximity or guesstimate of the answer. Stress is the temporary arousal of emotions. The Chinese erroneously thought for thousands of years there were seven emotions. The Chinese bought into this concept because people often became better once they had relief from emotional stress. The idea was that if you release the seven emotions you get better as there existed a cause and effect process related to stress. My work has built off the Chinese as well as thousands of years of psychology and religious work. As I explain the Emotional Core Therapy model, I have to advise readers there is no quick fix. Oftentimes my patients need 20, 30, 50 or more hours to learn Emotional Core Therapy. The good news is once they do, they have a process they can effectively use their entire lives to treat stress. Stress is the

temporary arousal of one of the four true emotions. There are only four true authentic emotions. These four emotions come from entering and leaving relationships, thus causing stress to human beings.

What are the four emotions? Joy, grief, fear, and relief. From the time we are born, till the time we die, these four emotions cause our body stress which can be very uncomfortable at times. Especially grief and fear. Long term stress from grief and fear are generally what Neurologists try and treat with medicines and psychotherapy. The dilemma is what is the quickest and most effective path to wellbeing. Every patient is different in their emotional intelligence to learn Emotional Core Therapy. Also, every person perceives stress differently. Also, each person relaxes and releases stress in a unique manner. Lastly, each person varies in how they handle and respond to medicine in their body. For these above reasons, is it vitally important to empower clients by having them see a mental health counselor when feasible.

The Emotional Core Therapy works just like entering data into a computer. A patient inputs their situational stress into the ECT model. If used properly, the model will effectively identify and treat this stress and get one back to a balanced equilibrium or meditative state of being. There are literally thousands upon thousands of different stress that hurts or hinders people on a daily basis. As a teaching tool, I use the Holmes and Rahe scale. This scale lists the major stress in one's life. As you can see, these situational stressors that people encounter can be debilitating for almost all human beings. The key is that healthy humans have the resources to identify and treat this stress. Please review the Holmes and Rahe model [1].

### Life change index scale (The stress test)

1. Event Impact Score My Score
2. Death of spouse 100
3. Divorce 73
4. Marital Separation 65
5. Jail Term 63
6. Death of close family member 63
7. Personal injury or illness 53
8. Marriage 50
9. Fired at work 47
10. Marital reconciliation 45
11. Retirement 45
12. Change in health of family member 44
13. Pregnancy 40
14. Sex difficulties 39
15. Gain of a new family member 39
16. Business readjustment 39
17. Change in financial state 38
18. Death of a close friend 37
19. Change to a different line of work 36
20. Change in number of arguments with spouse 35
21. Mortgage over \$20,000 31
22. Foreclosure of mortgage or loan 30
23. Change in responsibilities at work 29
24. Son or daughter leaving home 29
25. Trouble with in laws 29
26. Outstanding personal achievement 28
27. Spouse begins or stop work 26
28. Begin or end school 26
29. Change in living conditions 25
30. Revisions of personal habits 24
31. Trouble with boss 23
32. Change in work hours or conditions 20
33. Change in residence 20
34. Change in schools 20
35. Change in recreations 19
36. Change in church activities 19
37. Change in social activities 19
38. Mortgage or loan less than \$20,000 17
39. Change in sleeping habits 16
40. Change in number of family get-togethers 15
41. Change in eating habits 15
42. Vacation 13
43. Christmas approaching 12
44. Minor violation of the law 11

### Total

Directions If an event mentioned above has occurred in the past year, or is expected in the near future, copy the number in the score column. If the event has occurred or is expected to occur more than once, multiply this number by the frequency of the event.

### Scoring the life change index

The body is a finely timed instrument that does not like surprises. Any sudden change stimuli which affects the body, or the reordering of important routines that the body become used to, can cause needless stress, throwing your whole physical being into turmoil.

The following chart will give you some idea of how to informally score yourself on Social Readjustment Scale. Since being healthy is the optimum state you want to achieve, being sick is the state of being you most want to avoid.

### Life change units likelihood of illness in near future

- A. 300+ about 80 percent
- B. 150-299 about 50 percent
- C. less than 150 about 30 percent

The higher your life change score, the harder you have to work to get yourself back into a state of good health [2]. The next step is to learn and process these types of stressful events through the Emotional Core Therapy flow chart (Figure 1). My one hour training video and books can be accessed for free on my blog and website which is attached on the link below. Give yourself ample time to learn ECT and begin the process of healthy emotional living. The goal of emotional wellbeing, although allusive, is attainable from time to time. The field of Neurology is a great place to embrace and learn to empower oneself. My hope is that people can access and learn from these free teaching tools at their own pace. The world has a lot to offer. When we make healthy decisions on our mental and physical wellbeing, we can optimize our chances of living a full life [3].

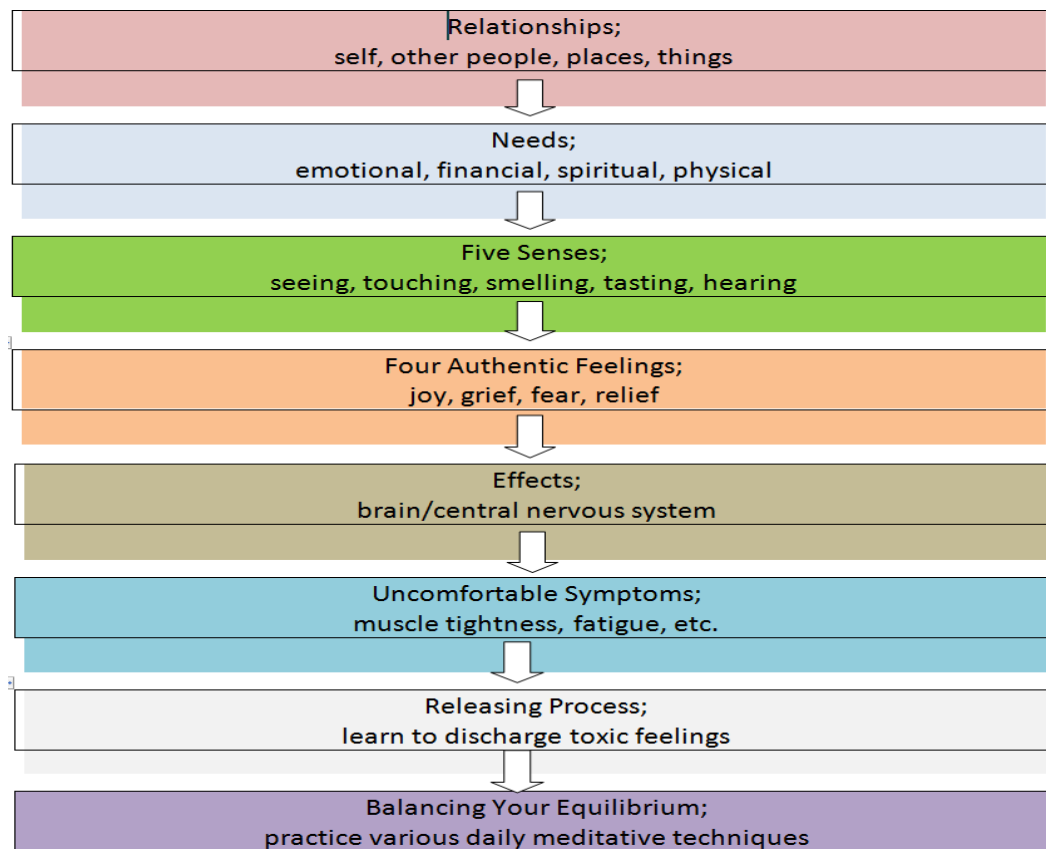


Figure 1: ECT Flow Chart.

## References

1. <https://www.dartmouth.edu/~eap/library/lifechangestresstest.pdf>
2. Holmes TH, Rahe TH (1967) The Social Readjustment Rating Scale. J Psychosom Res 11(2): 213-218.
3. <http://emotionalcoretherapy.com/2015/12/18634/8-step-flowchart/>



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