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# Emotional Core Therapy and Scientific Proof-We Now have Direct Scientific Proof that Emotional Core Therapy is the Most Effective Psychology Approach to Treat the Root Cause of Relationship Stress. How can we Deliver this Message to the Entire Human Population so that much needed Human Suffering is Alleviated



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## Abstract

The mind is a very powerful tool and if used correctly can help alleviate much needed suffering in the world. For hundreds of years, medicine and psychology have been useful tools to help those suffering stress. My Emotional Core Therapy approach has embraced the psychiatric medicine thought process [1]. My books can be accessed for free on my website [www.emotionalcoretherapy.com](http://www.emotionalcoretherapy.com). With all the time and energy spent on stress related illnesses, don't we have an effective cure for psychological stress? Why then, is there not a consensus on utilizing the best practices in psychology to help alleviate the suffering of psychological stress? After all, millions of people throughout the world are suffering needlessly because they don't have access to Emotional Core Therapy (ECT), which is scientifically proven to be the most effective psychology approach available worldwide to treat psychological stress. Am I saying that Emotional Core Therapy is a cure for stress like the vaccine that helped stopped the spread of polio? No. Not at all. From the time we are born, to the time we die, we will always have stress. What I am saying is that for the first time in the history, we now have a behavioral psychology approach that can, if used properly, identify and treat the root cause of stress. This discovery, is a watershed (turning point or milestone) in the field of psychology and medicine. Why? We now have a proven psychology method and model which can identify and treat the root cause of stress. All one needs is time, energy, and a mind that is not permanently damaged physically.

## Introduction

Journals are excellent vehicles for establishing the truth via the scientific method. Most medical and mental health professionals seek the truth through journals such as the Global Journal of Addiction and Rehabilitation Medicine. My goal is to reach ethical medical and mental health providers through providing direct scientific evidence that Emotional Core Therapy identifies and treats the root cause of psychological stress.

## 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.

### Discussion

I am pleased to present my latest research to the Global Journal of Addiction and Rehabilitation Medicine. The mind is a very powerful tool and if used correctly can help alleviate much needed suffering in the world. With all the time and energy spent on stress related illnesses, don't we have an effective cure for psychological stress? Why then, is there not a consensus on utilizing the best practices in psychology to help alleviate the suffering of psychological stress? After all, millions of people throughout the world are suffering needlessly because they don't have access to Emotional Core Therapy (ECT), which is scientifically proven to be the most effective psychology approach available worldwide to treat psychological stress. Am I saying that Emotional Core Therapy is a cure for stress like the vaccine that helped stop the spread of polio? No. Not at all. From the time we are born, to the time we die, we will always have stress. What I am saying is that for the first time in the history, we now have a behavioral psychology approach that can, if used properly, identify and treat the root cause of stress. This discovery is a watershed (turning point or milestone) in the field of psychology and medicine. Why? To explain the answer, let's look at the polio vaccine that was developed by Jonas Salk.

Once developed, the polio vaccine developed by Salk was used successfully by millions of people throughout the world to help prevent people from contracting polio. The cause and effect relationship of the penicillin used to alleviate suffering was very clear. If you take the vaccine, you will likely not have to suffer the debilitating effects of polio. Why was there widespread acceptance of the polio vaccine? In the USA, one of the greatest fears of the USA population in the early part of the 20th century was polio. Even the president of the United States, Franklin Roosevelt had polio. For these reasons there was great funding and support for this illness. The rest is history. We need to have this same focus and resolve to treating stress and mental health issues of all kinds.

Now, let's turn the spotlight on psychology. Do we now have a cure for the treatment of relationship stress like we do polio? The answer is clearly and unequivocally no. Why? Stress is derived from entering and leaving relationships. Hence, much like a puppy dog hunting for food, human beings are nearly always entering and leaving relationships. Therefore, we will nearly always have stress as human beings. That being the case, what we can do to aid the human population from the debilitating feelings of relationship and psychic stress? We can help educate humans on what exactly stress is and then highlight the most effectively researched treatment options available worldwide. By doing this, we will help humans manage stress as best as possible. Some stress is even pleasurable [2].

So what is stress? If you asked 99 out of a 100 medical or mental health professionals in the world, you would get an incorrect answer. Although most would give you an answer closely resembling the truth, the fact is unless you are utilizing the Eight Step Emotional Core Therapy Flowchart to identify and treat psychological stress, you run the risk of repeating the stressful event because you are not treating the actual cause of stress. So, if the healing professions and medical community are not aware of the cause of stress, how in the world can they treat it? Therein lies the crux of my dilemma as a psychotherapist who does know what the root cause of stress is and has been treating it for years. For those who have comprehended successfully, the Emotional Core Therapy process, they now have an effective tool to treat stress. It is then up to each individual to apply ECT to their daily lives.

For a practical example, let's look at something as simple as putting your hand on a hot stove. There is a cause and effect relationship with this behavior. Put your hand on the stove repeatedly and you will suffer stress. Smart and educated people will not repeat this behavior. Once learned, my ECT process works in much the same fashion. Stress is caused by the temporary arousal of one of the four true emotions. The four true emotions are joy, grief, fear, and relief. These four emotions arise from entering and leaving relationships. From the time we are born, till the time we die, these four true and authentic emotions arouse the central nervous system causing the body stress. Any viable psychology program or approach has to include a detailed and exhaustive explanation of these four emotions. Since, I have a federal copyright on Emotional Core Therapy, I can say with certainty, that I have invented and discovered this process which is the only one currently available worldwide to identify and treat psychological stress. Because I am certain my approach can help millions of people, I have decided to have my online version published for free to help the masses [3].

Quite clearly, there is a cause and effect relationship with psychological and relationship stress. With Emotional Core Therapy, we now have a psychological approach that can treat the root cause of stress. So, for the vast majority of human beings, we now have a treatment option, just like Salk had for polio, to treat stress. The US government mandated the polio vaccine. My hope is that someday, they mandate Emotional Core Therapy as the treatment for psychological stress when psychology is deemed as the proper treatment. Whenever stress occurs on the mind and body, aspects of each step of my eight step Emotional Core Therapy Flowchart occur. There exists direct scientific evidence that this occurrence happens each time we experience psychological stress. By using the flowchart, your mind, body, and central nervous system will experience these eight steps. The analogy I use is entering data into a computer. All one needs to do is enter the data (the situational stress you experience) into the flowchart, and outcomes a balanced equilibrium, if used properly [4].

Let us now look at a practical example of why this has not occurred to this date. It can take weeks, even months to learn and apply ECT to your daily life. Often times my clients take 10, 20, and 30 hours to learn ECT. Some, just like the general population throw up their hands and give up before completely learning ECT. That does not mean ECT does not work. I often give the example of seeing or viewing prime numbers that exceed 100. Mathematicians have proven that prime numbers go on and on until infinity. Anyone can review prime numbers past 100 by going to [wiki.com](http://wiki.com). So anyone can just ignore the fact that prime numbers exist past 100 by not viewing scientific fact. Since Emotional Core Therapy is scientifically proven to be the most effective psychology approach available worldwide to treat stress, why would a professional therapist or doctor ignore the treatment? Why would one do so (ignore the truth), when ethically they are causing harm to clients by not having them receive proper care? The same analogy can be used for Emotional Core Therapy. Many hospitals, doctors, therapists, and mental health professionals don't have access to my approach to treat psychic pain and don't really understand how to use this successful treatment option. Still, I am optimistic that there are enough ethical providers of mental health and medical treatment that over time, ECT will have a similar effect as Jonas Salk did with polio [5].

For the Global Journal of Addiction and Rehabilitation Medicine, let us now look at how we can prove Emotional Core Therapy is scientifically proven to be the most effective psychology approach available worldwide to treat relationship stress. All one has to do is list between 10, 20, or 30 stressful events in one's life. Stress can also be as simple as throwing out your back when lifting a baby or missing a free throw in basketball. Now, just review those stressful events using ECT and you will see with clarity that all stressful events have aroused one of the four true emotions. That is truly what stress is! So why not treat stress accurately? Having trouble remembering stress in your lives? Try and review the Holmes and Rahe scale below. Only ECT effectively treats the root cause of stress of the Holmes and Rahe Scale (top stresses in one's life)! No other psychology approach treats the root cause of any stress one faces on a day to day basis [5].

As you can see from visiting past and present stressful events, the eight step ECT model highlights the natural state of psychological stress. As my book and training video highlight, each individual perceives stress differently. For that reason, each person varies in intensity of their emotional response. Also, each person releases and meditates differently. There is always a trial and error method when trying psychology techniques to release bodily stress. That is why it is important to let each individual make his or her own decision regarding treatment. Since each individual will have stress their entire lives, having access to the ECT books and videos are paramount for long term care. Whenever one feels stress, access to ECT will allow for them

to treat the root cause of their stress, thereby decreasing the chances it will reoccur.

### Conclusion

All able bodied human beings suffer relationship stress. Every effort needs to be taken to ensure they receive the most effective treatment for psychological stress. The Eight Step Emotional Core Therapy video and book provide the most encompassing process to treat stress at this time. Efforts going forward need to be taken to expand the ECT process to include the many various ways to release stress and meditate properly.

### Acronyms

I have developed three acronyms to help you remember the Emotional Core Therapy Flowchart and process. 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

Just Get For Real (Acronym for the four true emotions)

J- Joy

G- Grief

F- Fear

R- Relief

### References

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