

Journal of Psychiatry and Psychiatric Disorders

Volume 1, Issue 4

Research Article

Using Emotional Core Therapy to Help Psychiatrists and their Patients

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Received: 09 June 2017; **Accepted:** 15 June 2017; **Published:** 04 July 2017

1. Abstract

Emotional Core Therapy is scientifically proven to be the most effective psychology approach to treat the root cause of relationship stress. With this important discovery in the field of psychology, psychiatrists now have an effective tool to treat their patients. Never before in the history of psychology have we had a behavioral psychology model that treats the root cause of stress. For all psychological disorders where there is no long term damage to a patient's mind, behavioral psychology can help a patient learn to deal with stress in an optimum manner. Traditional psychology has never completely worked to treat the root cause of stress because no one knew what exactly stress was when it occurred. Now, with Emotional Core Therapy, we have direct scientific proof that the eight step model identifies and treats the root cause of stress. Emotional Core Therapy embraces any process that can help clients including medicine and the medical model. This important tool will help empower patients while giving them the option of using medication or behavioral psychology.

When clients arrive in a psychiatrist's office they can obtain medicine and, depending on the doctor, psychotherapy from the psychiatrist. This important meeting is crucial for many reasons. Patients arrive seeking solutions in a doctor's office for psychological pain and discomfort. The medical doctor has immense knowledge of usefulness of the medications he or she prescribes. The psychiatrist also has some training in psychology which varies from doctor to doctor. Most anyone with an 11th grade reading level can learn the key aspects and techniques to Emotional Core Therapy. So now, with these valuable tools, psychiatrists have a much better chance at delivering ethical and proper care to a patient. An important point for all patients to remember is it takes time to learn both psychology and medicine. Clients sometimes take weeks and months to learn Emotional Core Therapy. A similar process occurs with taking medicine. It can take time to learn the chemical makeup, addictive tendencies, side effects, and absorption rates of the medicines one is ingesting or inhaling. Real empowerment comes from gathering the information in a timely manner. Once a patient truly understands both ECT and the medicine they are using, they can make an informed decision on how to proceed with the healing process.

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. My books can be accessed for free on my website www.emotionalcoretherapy.com [1]. Kindness, empathy, and compassion are key traits to use when teaching people behavioral psychology and medicine management.

Keywords: Emotional Core Therapy; Psychological pain; Psychiatric medicine; Mental disorder

2. Introduction

The Journal of Psychiatry and Psychiatric Disorders is an excellent vehicle for disseminating the truth. The Eight Step Emotional Core Flowchart is linked on www.robertmoylanlpc.blogspot.com [2] so that the readers of this journal can test the model to ensure accuracy. Any stressful event that a psychiatrist faces during his workday and at home can be identified and processed through the eight step flowchart. Also, any stress that a patient faces during the day can also be identified and processed through the flowchart also. No other psychology approach can accurately treat the stress that psychiatrists and their patients face on a daily basis. Why? Because all psychology and religious approaches used to treat stress redirect one from their true emotions. The four true emotions are the

root cause of psychic stress. What are the four true emotions? Joy, Grief, fear, and relief. From the time we are born, to the time we die, these four emotions are what cause are central nervous system to be aroused, causing us stress. Why not have psychiatrists and their patients embrace this process to help prevent future toxic stress. Below is the Emotional Core Therapy Training video which explains the ECT process, <https://www.youtube.com/watch?v=ty9OE2lqNX8>.

Journals are excellent vehicles for establishing the truth via the scientific method. 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. See link below describing Emotional Core Therapy and Scientific Evidence below. This link also has my published book which is used as a training tool for psychologists, social workers, counselors and nurses throughout the world for continuing education credit. The Emotional Core Therapy course has been certified by several state and national boards for CEU training. See www.emotionalcoretherapy.com [1] for course information [3].

3. 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 for free on link attached. Typically, people make a list of 15-20 past stressful events in their life. Then, all one needs to do is learn the process of Emotional Core Therapy and you can test the process yourself. All your prior stress occurs because one of the four true emotions are aroused.

4. 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. Let us look at what causes both psychiatrists and their patient's stress. For Psychiatrists, there are many including, 1) providing optimum medical and psychological care to client. 2) Handling and managing burnout from dealing with the stress of clients. 3) Dealing with at risk or volatile clients. 4) Following proper patient protocol. 5) Dealing with client's who don't take medications as prescribed. 6) Dealing with

insurance companies and hospitals for reimbursement and proper care. 7) Stress at home and with their own personal life. These are just some of the many problems doctors face on a daily basis. For patient's the list is much larger as they often bring the vast problems of the world to a psychiatrist's office to seek solutions. The Holmes and Rahe Scale lists the top 43 stresses that patient's face in their life. Although there are literally thousands upon thousands of different stresses one can face, this list is helpful to see what really can cause one psychic pain. Each stressful event has a rating. The Emotional Core Therapy model is the only model currently in the world today that accurately identifies and treats this stress. Furthermore, once patients utilize and learn the Emotional Core Therapy process, they have the model at their fingertips (both the book and video) so they can properly deal with any stress going forward in their life. The process works just like entering data into a computer. Just input the situational stress into a computer, and once processed you get back into a peaceful state of being. Emotional Core Therapy can also utilize spirituality if the client feels this is important in his or her life [4].

5. Discussion

Every effort needs to be made to deliver the Emotional Core Therapy process to psychiatrists and their patients to bring them optimum joy and peace in their lives. The four emotions serve as a navigation tool in life. Just like a rudderless sailboat, we want to move towards joyful relationships and leave those that bring us fear and grief. For psychiatrists, using techniques that are scientifically proven to be effective can help them derive more satisfaction and appreciation for the wonderful field of psychiatry. Respect for the uniqueness of all individuals is essential for proper care of patients using Emotional Core Therapy. Why? Each person perceives stress differently. In other words, people vary in their level of stress (joy, grief, fear, and relief). For a practical example of this, let us look at someone who has a snake or spider phobia. Those individuals will have a heightened response to grief and fear around snakes. Contrast that response with someone who loves snakes and spiders and possibly is licensed to train and care for them. The other dynamics that come into play with stress is that each person releases and meditates differently. What works for one person, may not work for another. There is always a trial and error method when using psychology techniques. This is similar to the use of medicine by doctors to treat patients. Patients often vary in their response to medicines based on their individual makeup of their body chemistry. The benefits to psychiatrists and their patients for using Emotional Core Therapy can be exceedingly high if used properly. Primarily, you will have a higher rate of client satisfaction. This in turn, will lead to a more robust career for psychiatrists while empowering clients to make sound decisions for their well-being.

6. Conclusions

All able bodied psychiatrists and their patients 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.

References

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