

ABOUT THE AUTHOR

Robert A. Moylan has worked for over 30 years as a teacher, coach and counselor. He is the author of two books-Emotional Core Therapy and Emotional Core Therapy for Adolescents. He delivers lectures on his Emotional Core Therapy techniques as well as bullying, substance abuse and career counseling. He currently works as a psychotherapist with offices in Naperville and Lisle, Illinois.

EMOTIONAL CORE THERAPY

I am excited to share with Journal of Emergency Mental Health and Human Resilience my exciting new discovery in the field of psychology and addiction and mental health treatment.

My Emotional Core Therapy (ECT) approach is the simplest behavioral psychology approach to treating teen and adult addictions because my techniques are all rooted in modern psychology. The psychology field is evolving and getting better every day. What I have done with ECT is utilize the best psychology tools available to get at the root cause of addictions. I will note that my ECT approach is also the simplest approach available to treat depression, anxiety, anger, marital therapy, and most relationship stress. It is very important to treat the underlying causes of addiction so that the patient does not relapse. My ECT approach examines the underlying debilitating emotional stress that is the cause of why someone abuses substances in the first place.

Both my revised video along with my adult book, Emotional Core Therapy prove the effectiveness of my Emotional Core Therapy approach. All one has to do is list ten to fifteen stressful events in one's life. Then use my eight steps ECT Flowchart to identify and process your relationship stress. You will notice that ECT can be used to successfully process any relationship stress one encounters. All other psychology approaches cannot boast that claim! Why? They all redirect one's emotions through psychology techniques that take you away from how you truly feel.

Key to my discovery of ECT was the uncovering of the four true and authentic feelings. These four are joy grief, fear, and relief. Every relationship stress has one of these four feelings. So why not learn from these four feelings rather than suppress them or run away from them. I have written a book for both teens and adults. I did this as most poor coping mechanisms for emotions occur early on in life. My book for teens is similar to my book for adults except I change the names and scenes to make them more teen friendly. By focusing on the four true feelings I have made sure that my ECT approach is

It is so critically important for anyone desiring to live a prosperous life to master these four emotions. Why? They are with