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Emotional core therapy

Robert A Moylan
LCPC Therapist, USA

The Emotional Core Therapy approach is the simplest and most effective behavioral psychology approach available worldwide to treat most relationship stress. This includes eating disorders, addictions, depression, anxiety, anger, personality disorders, marital discord, and childhood trauma. In 2014, Emotional Core Therapy has been ranked the top rated book on Amazon in two categories, "Emotions" and "Mental Health". Negative human emotions can wear down and deplete the energy and passion in one's life. The author's exciting new discovery in the field of psychology can help teens and adults to have lasting emotional power and balance in their lives.

Biography

Robert A Moylan attended both Lake Forest Academy and Northwestern University on scholarship. He also wrestled for Northwestern and learned valuable lessons about life through sports. He has a Master's degree and 84 hours of Post graduate study. He has worked as a teacher, athletic coach, and counselor since graduating from NU in 1984. He also has presented seminars on bullying, substance abuse, career counseling and mental health counseling.

bmoylan111@yahoo.com