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Emotional core therapy for adolescents

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Addictions come in so many variations that it would be difficult to list all of them, as they range from alcohol to pornography to gambling and just about everything in between. The purpose of this presentation is not to explore any one particular addiction in detail, but to show you in a very easy to follow way how Emotional Core Therapy, or ECT, can help you overcome any addiction. Right now that probably sounds like a pretty audacious claim, but by the time you finish reading you will understand how ECT will empower you to beat addiction while showing you a better way to cope with other aspects of life at the same time. However, the fact of the matter is, as we shall see, for a variety of reasons The Twelve Steps may not be the optimum solution for everyone with an addiction problem. That is why the author wants to offer Emotional Core Therapy as a viable and highly effective alternative. In this chapter the author will compare and contrast each of The Twelve Steps with ECT. The purpose is not to demonstrate the superiority of one over the other, but for you to learn what is required of people to successfully participate in either treatment option.

- We admitted we were powerless over alcohol - that our lives had become unmanageable.
- Came to believe that a Power greater than ourselves could restore us to sanity.
- Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Made a searching and fearless moral inventory of ourselves.
- Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Were entirely ready to have God remove all these defects of character.
- Humbly asked Him to remove our shortcomings.
- Made a list of all persons we had harmed, and became willing to make amends to them all.
- Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Continued to take personal inventory, and when we were wrong, promptly admitted it.
- Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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.

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