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## Using Prayer and Spirituality in the Healing Professions with Emotional Core Therapy

Robert A. Moylan<sup>1</sup>

### Abstract:

With Emotional Core Therapy, we have a behavioral psychology approach that is scientifically proven to be the most effective spiritual and psychological approach available worldwide at treating relationship stress. Spiritual beliefs and prayer can offer hope to those suffering stressful events. This research article will demonstrate how the eight step Emotional Core Therapy flowchart can be utilized to allow spiritual beings access to their spiritual selves in a time of need. By allowing access to hope and prayer, patients can access some of the valuable resources available for recovery. Stress can be debilitating at times. Stressful events such as job loss and divorce can sometimes cause major discomfort on the body. The Holmes and Rahe Scale identifies the leading cause of stress for human beings. This scale is attached below and allows one to rate the various stress in one's life. Since each person experiences bodily stress differently, this site can only offer a rough guideline of the adverse effect of accumulative stress on the mind and body. Holmes and Rahe Scale  
<https://www.stress.org/holmes-rahe-stress-inventory/><sup>1</sup>

### Introduction:

The Journal of Current Medical Research and Opinion plays an important role in disseminating the latest research to combat physical and psychological illness. There is a great deal of research supporting the use of prayer as a tool for healing. Most religions offer prayer as a form of healing. Here is one research article supporting prayer below.

<https://www.ncbi.nlm.nih.gov/pubmed/3393937><sup>2</sup>

As one examines the research on prayer, such as the article above, it is evident that the evidence of prayer as an effective tool to combat stress is only circumstantial. There is certainly no direct scientific evidence that prayer alone provides healing for patients in physical or psychological pain. For a clarification on the difference between circumstantial and direct evidence review [wiki.com](http://wiki.com) below.

“What does the term “circumstantial evidence” mean? According to [wiki.com](http://wiki.com), “Circumstantial evidence is evidence that relies on an inference to connect it to a conclusion of fact-such as a fingerprint at the scene of a crime. By contrast, direct evidence supports the truth of an assertion directly-ie, without need for additional inference. On it's own, circumstantial evidence allows for more than one explanation. Different pieces of circumstantial evidence may be required, so that each corroborates the conclusions drawn from the others. Together, they may strongly support one particular inference over another. An explanation involving circumstantial evidence becomes more likely once alternative explanations have been ruled out.”

What the readers of the Journal of Current Medical Research and Opinion can benefit from is being able to use the power of prayer to bring joy and hope in one's life in time of dire need. This can be done through tapping

into the power of spirituality. Spiritual approaches utilize the supportive mechanisms of music, rituals, and supportive group settings as curative factors for healing. These tools are analogous to the 11 curative factors associated with group therapy researched by Irvin Yalom. Examples of curative factors are “installation of hope” and “universality”

See attached Yalom research article.

<https://nextsteptherapy.ie/groups/group-psychotherapy/yaloms-therapeutic-factors-2/>

Caution again needs to be given to the readers of the Journal of Current Medical Research and Opinion as these curative factors have only circumstantial evidence of effectiveness. So, going forward, the real concrete benefit of this article to readers is ascertaining the direct scientific evidence that Emotional Core Therapy is scientifically proven to be the most effective psychological and spiritual approach available worldwide. This can be done through the rules of scientific evidence below. Please review these rules as we set out to identify and process stress which interferes with one's spiritual being. How does this occur? How can we truly access our spiritual self? How can we tap into our spiritual power. How can Emotional Core Therapy be scientifically proven to be a more effective spiritual approach than the Holy Bible, Quran, or Bhagavad Gita? The answers to all these questions can be found using the rules of scientific evidence.

Here are the rules of scientific evidence and Emotional Core Therapy (ECT). For a review of the scientific method (source [scientificpsychic.com](http://scientificpsychic.com)) and how to test the scientific method and Emotional Core Therapy please review the

<sup>1</sup> Private Practice Naperville, Illinois

Emotional Core Therapy model in the Valley International Journal at the bottom of this page. This journal article featuring Emotional Core Therapy highlights case studies which allow one to test, learn and utilize the eight step ECT Flowchart. Also, please review the one hour training video at the bottom of this article for an explanation on how the Emotional Core Therapy model works and can be proven with direct evidence. Again, the reader of this journal can test, learn and utilize the eight step ECT flowchart which is necessary to prove the ECT process works every time it is used properly. Both the video and manuscript offer the reader of this journal article 20-30 examples of how the ECT behavioral psychology process works.

### **1). Observation made both visually and with scientific equipment**

Stress occurs on the mind and body. There exists a cause and effect relationship with stress. Often times this stress can be uncomfortable for humans.

### **2) Formulation of a hypothesis to explain the hypothesis in the form of a causal mechanism/method/approach**

Although many psychology methods (REBT, CBT, ACT, DBT, etc.) , Religious approaches (Buddhism, 12 steps, etc.), educational programs (smart recovery) have attempted to fully and completely explain via a model, and how this cause and effect relationship with stress occurs. Up until this point in time, we have not had a model in the world that can successfully depict how this stress occurs each and every time. To their credit, many of these methods partially work and have contributed greatly to humanity. **With the invention/discovery of Emotional Core Therapy (ECT) we now have a Psychology method that accurately can depict this causal relationship between stress and humans through Bob Moylan's Eight Step Emotional Core Therapy Flowchart.** ECT does share and borrow many psychological techniques from the aforementioned approaches.

### **3) Test the hypothesis**

**The Eight Step flowchart** has been tested thousands of times by Mr. Moylan and others and works accurately and completely **to depict the situational stress affecting humans.** The ECT process has never been disproven and is currently the only model in the world capable of depicting how the natural state of stress occurs at this time.

### **4) Establish a theory based on repeated verification of the results.**

Billions of people suffer relationship stress can be helped by **Emotional Core Therapy.** Every effort needs to be made to ensure people suffering from stress have access to this model. Every effort needs to be made to educate the human population on the ECT process as all humans suffer stress from time to time. Because of the inclusiveness of **Emotional Core Therapy**, many effective psychology techniques that have been demonstrated to release stress can be incorporated into ECT. It takes time and will to learn and apply ECT. Behavioral psychology, including ECT has some limitations, which are addressed in Mr. Moylan's work. Some of the requirements to effectively learn ECT are a level of cognition generally at or above a high school level. Also, those with long term physical or psychological damage may not be able to utilize all steps effectively. ECT can incorporate any psychology or

religious method that can successfully release emotions. The following approaches are some of the many techniques that have been shown to successfully release emotions. Gestalt Therapy, psychodrama, art therapy, music therapy, hypnosis, EMDR, biofeedback, pet therapy, journaling, Mindfulness, some aspects of prayer, yoga, verbalization of emotions, etc., as part of the eight step process. View wiki for detailed explanations of these techniques. **Humans release stress in many ways and it is critically important to work from a person's worldview and utilize techniques that may be familiar to them.**

For readers of the Journal of Current Medical Research and Opinion, I have attached below the eight step Emotional Core Therapy Flowchart for easy access and review.

Emotional Core Therapy Flowchart<sup>3</sup>

<http://emotionalcoretherapy.com/2015/12/18634/8-step-flowchart/>

It is critically important for the readers of the Journal of Current Medical research to examine the difference between spirituality and religion. They are, for all practical purposes, as different as apples and oranges. Please review the expansive article on the difference between spirituality and religion below in the article written by Steven Harsant on thequestion.com website

"Religion and spirituality are intertwined but quite different. Spirituality has seen a spike in interest over the years, as seen by Google's use of the word "spirituality".

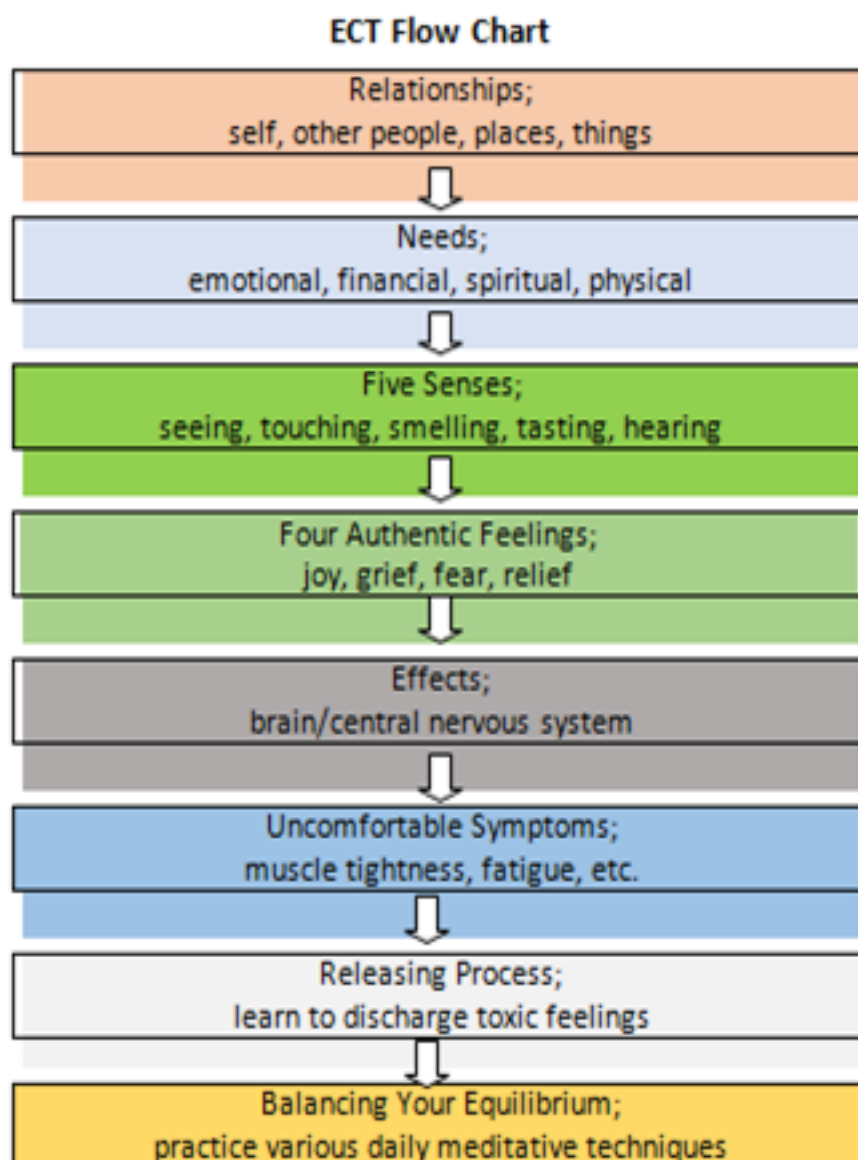
The Oxford Dictionary defines religion as "the belief in and worship of a superhuman controlling power, especially a personal God or gods" and spirituality as "the quality of being concerned with the human spirit or soul as opposed to material or physical things". Yet religion often teaches about the soul and rejection of an excess of material goods, and spirituality can consist of beliefs.

Religion and spirituality are not at odds with each other and have areas of historic and doctrinal overlap. However, as it is understood today, spirituality gives the individual autonomy over his or her interpretation of the soul or spirit, whereas religion implies participation in a communal practice and interpretation of divine belief and worship.

An easy way to differentiate between the two today is via structure. Religion typically has set creeds and teachings, a long history of scholars and texts and clear leadership. Religion places an emphasis on communal gathering, communities of faith that organize around a shared belief. It requires membership and embodies practices and beliefs shaped over the course of history. Although it can vary widely between groups, religion often has some sort of leadership structure – whether within a specific and local community of believers, or a global structure similar such as the Roman Catholic Church.

***Spirituality gives the individual autonomy over his or her interpretation of the soul or spirit, whereas religion implies participation in a communal practice and interpretation of divine belief and worship.***

It should be noted that many religious traditions contain a "spiritual" element to them. For example, in Christianity the Holy Spirit is one part of the Holy Trinity. In Islam, a strong mystical tradition can be found in Sufism; in Judaism, one can look at Kabbalah.



**Figure 1.** ECT Flow Chart

Use over time for: spirituality



**Figure 2.** Spirituality

Today, many people often speak of spirituality as a personal self journey that connects one with a deeper meaning, without the clearer and more rigid boundaries of institutional religion. Spirituality can be thought about as a market-based system of “religious” consumerism, with individuals piecing together a mosaic of religious and secular teachings and philosophies to better one’s own non-material life. This often coopts religious practices or beliefs, with Christianity and Buddhism often combined in the West. Since the individual is the sole actor for this interpretation of spirituality, there is no leadership structure or communal gathering.”

*For the purposes of this journal article, the focus on spirituality as a tool for healing will necessitate using the Oxford definition of spirituality. Again, that is, “spirituality as “the quality of being concerned with the human spirit or soul as opposed to material or physical things”. A clearly researched example of a spiritual technique or tool for healing is Mindfulness. Buddhism utilizes the spiritual approach of mindfulness for healing and self soothing. Mindfulness is, according to Webster’s dictionary, “***Definition of mindfulness**

1: the quality or state of being mindful

2: the practice of maintaining a nonjudgmental state of heightened or complete awareness of one’s thoughts, emotions, or experiences on a moment-to-moment basis;  
*also:* such a state of awareness

Mindfulness has been well researched to provide circumstantial evidence of effectiveness. See below article authored by Daphne Davis, PhD and Jeffrey Hayes, PhD, on the American Psychological website.

Empirically supported benefits of mindfulness

The term “mindfulness” has been used to refer to a psychological state of awareness, the practices that promote this awareness, a mode of processing information and a character trait. To be consistent with most of the research reviewed in this article, we define mindfulness as a moment-to-moment awareness of one’s experience without judgment. In this sense, mindfulness is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them.

Several disciplines and practices can cultivate mindfulness, such as yoga, tai chi and qigong, but most of the literature has focused on mindfulness that is developed through mindfulness meditation — those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration (Walsh & Shapiro, 2006).

Researchers theorize that mindfulness meditation promotes metacognitive awareness, decreases rumination via disengagement from perseverative cognitive activities and enhances attentional capacities through gains in working memory. These cognitive gains, in turn, contribute to effective emotion-regulation strategies.

More specifically, research on mindfulness has identified these benefits:

**Reduced rumination.** Several studies have shown that mindfulness reduces rumination. In one study, for example, Chambers et al. (2008) asked 20 novice meditators to participate in a 10-day intensive mindfulness meditation retreat. After the retreat, the meditation group had significantly higher self-reported mindfulness and a decreased negative affect compared with a control group. They also experienced fewer depressive symptoms and less rumination. In addition, the meditators had significantly better working memory capacity and were better able to sustain attention during a performance task compared with the control group.

**Stress reduction.** Many studies show that practicing mindfulness reduces stress. In 2010, Hoffman et al. conducted a meta-analysis of 39 studies that explored the use of mindfulness-based stress reduction and mindfulness-based cognitive therapy. The researchers concluded that mindfulness-based therapy may be useful in altering affective and cognitive processes that underlie multiple clinical issues.

Those findings are consistent with evidence that mindfulness meditation increases positive affect and decreases anxiety and negative affect. In one study, participants randomly assigned to an eight-week mindfulness-based stress reduction group were compared with controls on self-reported measures of depression, anxiety and psychopathology, and on neural reactivity as measured by fMRI after watching sad films (Farb et al., 2010). The researchers found that the participants who experienced mindfulness-based stress reduction had significantly less anxiety, depression and somatic distress compared with the control group. In addition, the fMRI data indicated that the mindfulness group had less neural reactivity when they were exposed to the films than the control group, and they displayed distinctly different neural responses while watching the films than they did before their mindfulness training. These findings suggest that mindfulness meditation shifts people’s ability to use emotion regulation strategies in a way that enables them to experience emotion selectively, and that the emotions they experience may be processed differently in the brain (Farb et al., 2010; Williams, 2010).

**Boosts to working memory.** Improvements to working memory appear to be another benefit of mindfulness, research finds. A 2010 study by Jha et al., for example, documented the benefits of mindfulness meditation among a military group who participated in an eight-week mindfulness training, a nonmeditating military group and a group of nonmeditating civilians. Both military groups were in a highly stressful period before deployment. The researchers found that the nonmeditating military group had decreased working memory capacity over time, whereas working memory capacity among nonmeditating civilians was stable across time. Within the meditating military group, however, working memory capacity increased with meditation practice. In addition, meditation practice was directly related to self-reported positive affect and inversely related to self-reported negative affect.

**Focus.** Another study examined how mindfulness meditation affected participants’ ability to focus attention and



suppress distracting information. The researchers compared a group of experienced mindfulness meditators with a control group that had no meditation experience. They found that the meditation group had significantly better performance on all measures of attention and had higher self-reported mindfulness. Mindfulness meditation practice and self-reported mindfulness were correlated directly with cognitive flexibility and attentional functioning (Moore and Malinowski, 2009).

**Less emotional reactivity.** Research also supports the notion that mindfulness meditation decreases emotional reactivity. In a study of people who had anywhere from one month to 29 years of mindfulness meditation practice, researchers found that mindfulness meditation practice helped people disengage from emotionally upsetting pictures and enabled them to focus better on a cognitive task as compared with people who saw the pictures but did not meditate (Ortner et al., 2007).

**More cognitive flexibility.** Another line of research suggests that in addition to helping people become less reactive, mindfulness meditation may also give them greater cognitive flexibility. One study found that people who practice mindfulness meditation appear to develop the skill of self-observation, which neurologically disengages the automatic pathways that were created by prior learning and enables present-moment input to be integrated in a new way (Siegel, 2007a). Meditation also activates the brain region associated with more adaptive responses to stressful or negative situations (Cahn & Polich, 2006; Davidson et al., 2003). Activation of this region corresponds with faster recovery to baseline after being negatively provoked (Davidson, 2000; Davidson, Jackson, & Kalin, 2000).

**Relationship satisfaction.** Several studies find that a person's ability to be mindful can help predict relationship satisfaction — the ability to respond well to relationship stress and the skill in communicating one's emotions to a partner. Empirical evidence suggests that mindfulness protects against the emotionally stressful effects of relationship conflict (Barnes et al., 2007), is positively associated with the ability to express oneself in various social situations (Dekeyser et al., 2008) and predicts relationship satisfaction (Barnes et al., 2007; Wachs & Cordova, 2007).

**Other benefits.** Mindfulness has been shown to enhance self-insight, morality, intuition and fear modulation, all functions associated with the brain's middle prefrontal lobe area. Evidence also suggests that mindfulness meditation has numerous health benefits, including increased immune functioning (Davidson et al., 2003; see Grossman, Niemann, Schmidt, & Walach, 2004 for a review of physical health benefits), improvement to well-being (Carmody & Baer, 2008) and reduction in psychological distress (Coffey & Hartman, 2008; Ostafin et al., 2006). In addition, mindfulness meditation practice appears to increase information processing speed (Moore & Malinowski, 2009), as well as decrease task effort and having thoughts that are unrelated to the task at hand (Lutz et al., 2009).

Mindfulness and spirituality techniques fit in well as the 7<sup>th</sup> and 8<sup>th</sup> steps in the Emotional Core Therapy Flowchart. The 8<sup>th</sup> step is having a balanced equilibrium and returning to a calm state of being. This occurs after the 7<sup>th</sup> step of releasing stress. For all intensive purposes, there are only

seven steps to the ECT process. However, because there exists a cause and effect relationship with stress, one needs to have a beginning and an end to clarify a working behavioral psychology process.

Most human beings reset their equilibrium in a variety of ways. One can review the manuscript to see the varied ways humans regain their spiritual center after encountering stress. Familiarity with the eight step process is the beginning step for testing one's ability to stay spiritually centered. What causes a spiritually centered person to lose his equilibrium or calm state of being? Stress of course! What is stress? Stress is the temporary arousal of one of the four true emotions. The four true and authentic emotions are joy, grief, fear, and relief. These emotions evolve from entering and leaving relationships. I discovered the root cause of stress in 2005 and have a United States federal copyright on the eight step Emotional Core Therapy process, attesting to its originality. Since each person has a unique comprehension and understanding of their own spiritual being, replicating testing of spiritual approaches over time for evidence of healing is impossible. This includes testing of all behavioral psychology approaches, including Emotional Core Therapy.

What is entirely possible and scientifically proven by direct evidence is to demonstrate how the eight step process can identify and process any situational stress in one's life. This is irrefutable and has never been disproven. All one has to do is reflect on 10-20 stressful events in one's life. Write those events down on a sheet of paper. If one utilizes a spiritual center, for regaining one's equilibrium, use that as the eighth step. Then identify and process those stressful events using the eight step ECT process. What happens every time? Every time stress occurs, aspects of the eight steps are utilized and activated. Thus causing humans stress. No other behavioral psychology approach can state this claim as they all offer techniques to redirect one from how they truly feel. There is your direct scientific evidence of effectiveness. Going a step further, one cannot name or list any stressful event in life, that cannot be processed through the eight step process. Feel free to examine the Holmes and Rahe Scale listed above for examples of stressful events in one's life. Even activities such as throwing out your back lifting an object or shooting a free throw can be processed through the eight step process. Direct inference can then be done that any person can regain their spiritual center with the eight step process, if used properly. This path to a peaceful, spiritual center, has never been accessed before the discovery of ECT. That is why one can state, with confidence, that ECT is scientifically proven to be the most effective spiritual approach available worldwide for treating stress and regaining one's equilibrium.

Please review the eight journal articles linked below in the attached journal article. These journal articles answer many of the questions regarding the ECT process.

Access to eight journal links on Emotional Core Therapy with the International Physical Medicine and Rehabilitation Journal.

[medcraveonline.com/IPMRJ/IPMRJ-03-00120.pdf](http://medcraveonline.com/IPMRJ/IPMRJ-03-00120.pdf)<sup>4</sup>

The author can remind the readers of the Journal of Current Medical Research and Opinion, of an old Idiom, "You can lead a horse to water, but you can't make him drink". We now have direct scientific proof of a spiritual

path to a balanced equilibrium. The question remains. Will spiritual individuals utilize this path as tool and outlet for healing? The tools are all available in this journal article for readers to identify and process stress and regain a spiritual center. After learning and applying ECT to your daily spiritual center, you can begin to rebuild and regain your equilibrium if you use the eight step process properly. For medical professionals and therapists alike, this important tool can aid those seeking a better understanding of their spiritual being.

## Materials and methods:

Since each person is unique in how they identify and treat relationship stress, the main tools you need to prove effectiveness are your own personal stressful events, my Emotional Core Therapy manuscript and training videos. You will also need the rules of scientific evidence and Emotional Core Therapy link. Access to all these materials can be found in the links below. It may take between 5-50 hours or more to completely master the ECT process. Therefore, time, patience, and a good support system can aid in learning the eight step Emotional Core Therapy process. Remember, the ECT process can be transitioned to use for any relationship stress. The Holmes and Rahe Scale identifies the leading cause of stress for human beings. This scale is attached below.

The Valley International Journal link.

<http://valleyinternational.net/index.php/ijmsci/article/view/443><sup>5</sup>

Emotional Core Therapy Training Video.

<https://www.youtube.com/watch?v=ty9OE2lqNX8>

Access to eight journal links on Emotional Core Therapy with the International Physical Medicine and Rehabilitation Journal.

[medcraveonline.com/IPMRJ/IPMRJ-03-00120.pdf](http://medcraveonline.com/IPMRJ/IPMRJ-03-00120.pdf)

The Holmes and Rahe Scale identifies the leading cause of stress for human beings. This scale is attached below.

Holmes and Rahe Scale

<https://www.stress.org/holmes-rahe-stress-inventory/><sup>1</sup>

Emotional Core Therapy website for CEU Training<sup>3,6,7</sup>

[www.emotionalcoretherapy.com](http://www.emotionalcoretherapy.com)

**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.**

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## 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. Since each individual perceives addiction stress differently, results will vary from person to person.

**Emotional Core Therapy Acronyms: 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.**