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**LICENSING FOR ADDICTION TREATMENT CENTERS AND
CERTIFICATIONS FOR ADDICTION COUNSELORS IN THE
CORE EMOTIONAL ADDICTIONS MODEL**



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TRAINING IN CORE EMOTIONAL ADDICTIONS FOR ADDICTION COUNSELORS

The module on Core Emotional Addictions was designed in response to requests by many addiction therapists who have substantially benefited from the workshops offered at the Center for Heart-Mind Coherence. At the Center they found the tools to enhance their own recovery from addictions (as many of the counselors are themselves in long-term recovery from addictions) and expressed their desire to acquire further knowledge and training to enhance the efficacy of their work with their clients. At present, the Nova Recovery Center in Wimberley, Texas has recently adopted the Core Emotional Addictions model and is already reaping important benefits with clients and counselors alike (see last page for references).

At the Center for Heart-Mind Coherence we show how before we get addicted to substances, or develop behavioral compulsions, we are already addicted to certain emotional states and their effects in our bodies. Uncovering and overcoming emotional addictions significantly lessens the occurrence of relapses into substance and/or behavioral addictions. Moreover, developing emotional sobriety, which in turn strengthens physical sobriety, lies in the neurology of the heart rather than the neurology of the brain (Eick, 2018). For more information visit www.cfhmc.com

Benefits of Core Emotional Addictions Model to Treatment Centers

- The Core Emotional Addictions Module equips the counselor and client with tools to manage distressing emotions as well as emotional volatility more readily and effectively—helping clients navigate the early days of recovery with greater confidence and competence, and minimizing chances of relapse. **The result for treatment centers—strengthened outcomes.**

-The Core Emotional Addictions Model offers counselors a systematic approach that does not compromise individual attention to clients. The approach helps counselors organize their work and energies more effectively through progressive steps, each building on the previous—helping track more closely progress in client’s emotional stability and sobriety. New counselors appreciate a stabilized modality that helps them become more confident in their own therapeutic skills while delivering a proved and tried method; and older counselors can find respite in a system that offers shared and collaborative spaces. **The result for treatment centers—lessened burnout among counselors and lowered counselor turn over.**

- Finally, the Core Emotional Addictions Model helps counselors and clients deepen the work usually covered in addiction treatment centers regarding family systems and the role dynamics that characterize family members where one or more people struggle with addictions—these are dimensions of treatment crucial to effective ongoing long-term recovery. The Core Emotional Addictions model, by integrating effective breathing techniques to modulate triggered distressing



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emotions when in proximity to family members, helps accelerate healthy detachment and deactivate enmeshments. These techniques can be easily integrated into the family program offered by treatment centers. **The result for treatment centers—greater buy-in and future referrals by family members.**

For a quick overview of conceptual framework, see: <http://www.cfhmc.com/about-us/the-center/>

Included in the Training

As part of the training toward renewable yearly licensure, we include the following:

1. All materials (book and teaching manual).
2. Four five hour days of training.
3. Four monthly two-days (5 hours each day) support follow-ups for clinicians as a group.
4. Monthly one hour troubleshooting/feedback phone calls with lead clinician for four consecutive months.
5. Four days (5 hours each day) of advanced training for two in-house mentors/counselors.
6. One Inner Journey 1 workshop at the Center for Heart-Mind Coherence for one or two treatment center's point counselors or directors.

Cost of Training

The total cost of training in the Core Emotional Addictions Model is \$15,000.00. This fee includes all of the above. Yearly license renewal fees are \$2000.00. These include a yearly update training of two days. There are payment plans available.



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Preparing for the Training

I.

Prior to the training, a formal contract is signed between the treatment center and the Center for Heart-Mind Coherence. Moreover, each participant in the training is required to sign a contract respecting copyrights of the Center for Heart-Mind Coherence and its Core Emotional Addictions Model.

II.

In preparation for the first day of training, we ask that you read the first three chapters of the accompanying book to the teaching manual— *Core Emotional Addictions at The Root of Compulsive Behaviors: How to Use the Heart-Brain to Quiet the Obsessive Cognitive-Brain* (Eick, 2018). The book provides not only the history of our work, but also in-depth explanations of the development and application of the core addictions model and the science that supports it.

Organization and Scheduling of Training

The teaching manual is organized into four phases to follow the progression of the core emotional addictions model—from core beliefs, to emotional addictions, to release of past, and to practices in emotional mindfulness/sobriety to access the Authentic Self.

The first phase, with its focus on core beliefs/imprints, is addressed the first day of training. The second phase in which clients come in touch with their core emotional addictions is addressed the second day of training; the third and fourth phases, releasing the past, embracing new choices (rewiring neural pathways), and bringing it all together are addressed the third day of training; the fourth and last day of the formal training focuses on practicing in greater depth the delivery of the Core Emotional Addictions Model. Each day of training begins with an explanation followed by experiential exercises. The training sessions are designed to fit, as best as possible, into the busy schedule of clinicians and are usually delivered over four consecutive days from 8:00 am to 2:00 pm, with one hour for lunch between 12:00-1:00. Of course, other time combinations are welcome.

All necessary information is covered in the book and accompanying teaching manual. What follows is an overview of the sequential phases of the Core Emotional Addictions Model.



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PHASES OF APPLICATION OF CORE EMOTIONAL ADDICTIONS MODEL
FUNNEL APPROACH—GRADUALLY DISTILLING ATTENTION TO ENERGY OF EMOTIONS

PHASE I / GETTING AT IMPRINTS

- COLLECTING FAMILY OF ORIGIN MESSAGES
- IDENTIFYING NEGATIVE IMPRINTS AND CORRESPONDING CORE EMOTIONAL ADDICTIONS
- IDENTIFYING POSITIVE IMPRINTS AND CORRESPONDING AUTHENTIC SELF DIMENSIONS

PHASE II / DYNAMICS OF CORE EMOTIONAL ADDICTIONS

- IDENTIFY MANIFESTATIONS OF CORE EMOTIONAL ADDICTIONS
- BEHAVIORS + EMOTIONS + GO-TO-WORDS

PHASE III / REWIRING OLD NEURAL PATHWAYS

- IDENTIFY NEW STORIES AS TONIC FOR OLD STORIES AND STUCK EMOTIONS

PHASE IV / PRIORITIZING RELATIONSHIPS

FOCUS IS NOW ON EMOTIONS FIRST
(NO MORE SPINNING WITH THE TOXIC STORIES)

- APPLYING ACQUIRED TOOLS TO NURTURE EMOTIONAL SOBRIETY

EACH PHASE CAN BE DELIVERED:

- (1) THROUGH FOUR INTENSIVE ONE DAY WORKSHOPS
- (2) SPREAD OVER ONE WEEK SEGMENTS OF TWO HOURS A DAY



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Two Possible Integrations of the Core Emotional Addictions Model

The following two sets of tables summarize the time allocated for each phase when applied within a treatment center. The first set of tables summarizes the phases for treatment centers choosing to integrate the module through a four-day intensive block. The second set of tables summarizes the phases for treatment centers wanting to make the core emotional addictions model the central focus of their treatment and thus preferring to spread each phase over a week, allocating two hours a day over five days. In all cases, the phases must follow sequentially.

SET I – FOUR-DAY APPROACH

FOUR-DAY BLOCK / SUMMARY—PHASES I-IV

| SUMMARY – PROCEDURE AND TIME ALLOCATION FOR THE COMPLETE MODULE | |
|--|-----------------|
| <i>ESTIMATED FOR A GROUP OF 4 CLIENTS</i> | |
| | |
| PHASE 1 - / Imprints, Heart-Focused Breathing, & Ego/Authentic-Self | 6 HOURS |
| PHASE 2 / Core Addictions | 5 HOURS |
| PHASE 3 / Releasing Old Neural Pathways & Embracing New Stories | 5 HOURS |
| PHASE 4 / Prioritizing Relationships & Bringing It All Together into Daily Practice | 4 HOURS |
| TOTAL ESTIMATED TIME | 20 HOURS |



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SET I - FOUR-DAY BLOCK / PHASE I-DAY 1

| SUMMARY – PROCEDURE AND TIME ALLOCATION <i>ESTIMATED FOR A GROUP OF 4 CLIENTS</i> | |
|---|----------------|
| EXPLAINING KEY CONCEPTS | 45 MINUTES |
| PSYCHOEDUCATIONAL POWERPOINT PRESENTATION | |
| INTRODUCING HEART-FOCUSED BREATHING TECHNIQUE | 20 MINUTES |
| EXPLAINING WRITTEN REFLECTION # 1 | 15 MINUTES |
| CLIENTS WRITE REFLECTION # 1 | 2 ½ HOURS |
| CLOSURE & COMPLETION OF SEGMENT WITH CLIENTS | 45 MINUTES |
| ESTIMATED TOTAL TIME WITH CLIENTS | 6 HOURS |
| THERAPIST'S HOMEWORK | 1 HOUR |



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SET I - FOUR-DAY BLOCK / PHASE II-DAY 2

| SUMMARY – PROCEDURE AND TIME ALLOCATION <i>ESTIMATED FOR A GROUP OF 4 CLIENTS</i> | |
|---|--------------------------|
| HEART-FOCUSED BREATHING AND QUICK DEBRIEFING | 15 MINUTES |
| REVIEWING IMPRINTS WITH CLIENTS | 45 MINUTES |
| EXPLAINING SECURITY ADDICTION PSYCHOEDUCATIONAL POWERPOINT PRESENTATION | 20 MINUTES |
| EXPLAINING POWER-CONTROL ADDICTION PSYCHOEDUCATIONAL POWERPOINT PRESENTATION | 20 MINUTES |
| EXPLAINING SENSATION ADDICTION PSYCHOEDUCATIONAL POWERPOINT PRESENTATION | 20 MINUTES |
| EXPLAINING ADDICTION TO SUFFERING PSYCHOEDUCATIONAL POWERPOINT PRESENTATION | 20 MINUTES |
| EXPLAINING WRITTEN REFLECTION # 2 | 10 MINUTES |
| CLIENTS WRITE REFLECTION # 2 | 2 HOURS |
| <i>ESTIMATED TIME WITH CLIENTS UP TO THIS POINT</i> | <i>4.35 HOURS</i> |
| THERAPIST PRODUCES EGO-NEUROLOGY GRID CLIENTS TAKE A BREAK DURING THIS TIME | 45 MINUTES |
| CLOSURE & COMPLETION OF SEGMENT WITH CLIENTS | 30 MINUTES |
| ESTIMATED TOTAL TIME WITH CLIENTS | 5 HOURS |



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SET I - FOUR-DAY BLOCK / PHASE III-DAY 3

| SUMMARY – PROCEDURE AND TIME ALLOCATION <i>ESTIMATED FOR A GROUP OF 4 CLIENTS</i> | |
|---|----------------|
| HEART-FOCUSED BREATHING AND QUICK DEBRIEFING | |
| HEART-FOCUSED BREATHING AND QUICK DEBRIEFING | 15 MINUTES |
| EXPLAINING STATEMENTS OF RELEASE AND OF WORTHINESS | 10 MINUTES |
| CLIENTS WRITE THE STATEMENTS | 1 HOUR |
| PROCESSING THE STATEMENTS WITH CLIENTS | 45 MINUTES |
| SUMMARIZING OVERARCHING OLD STORIES | 45 MINUTES |
| CLOSURE: IDENTIFYING NEW STORIES | 2 HOURS |
| ESTIMATED TOTAL TIME WITH CLIENTS | 5 HOURS |

SET I - FOUR-DAY BLOCK / PHASE IV-DAY 4

| SUMMARY – PROCEDURE AND TIME ALLOCATION <i>ESTIMATED FOR A GROUP OF 4 CLIENTS</i> | |
|---|----------------|
| HEART-FOCUSED BREATHING AND QUICK DEBRIEFING | |
| HEART-FOCUSED BREATHING AND QUICK DEBRIEFING | 20 MINUTES |
| RELATIONSHIP WITH DIVINE SOURCE | 20 MINUTES |
| RELATIONSHIP WITH OURSELVES | 20 MINUTES |
| RELATIONSHIP WITH OTHERS | 1 HOUR |
| BRINGING IT ALL TOGETHER / COMMITMENTS | 1 HOUR |
| ESTIMATED TOTAL TIME WITH CLIENTS | 3 HOURS |



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SET II – FOUR-WEEK APPROACH
FOUR WEEKLY BLOCKS / TWO HOURS PER DAY

SET II - WEEK OF PHASE I

| WEEK OF PHASE I / GETTING AT IMPRINTS | |
|--|--|
| DAY 1 | (a) PowerPoint # 1 and Introduction to Heart-Focused Breathing + role of attention (1 ½ hour) (b) Introduction to family of origin questionnaires (30 minutes) |
| DAY 2 | (a) Begin with HFB (with client’s particular intention) (b) <u>Father Questionnaire</u> (2 hours—client writing) (c) Therapist homework—prepare messages/imprints documents for client’s father If therapist is doing this for 4 clients—estimated time is 50 minutes If therapist is doing this for 1 client—estimated time is 20 minutes |
| DAY 3 | (a) Begin with HFB (with client’s particular intention) (b) <u>Mother Questionnaire</u> (2 hours—client writing) (c) Therapist homework—prepare messages/imprints documents for client’s mother If therapist is doing this for 4 clients—estimated time is 50 minutes If therapist is doing this for 1 client—estimated time is 20 minutes |
| DAY 4 | (a) Begin with HFB (with client’s particular intention) (b) Share messages and imprints with client(s) Estimated time for four clients: 1 to 2 hours; estimated time for one client: 30 minutes Suggestion: If there is time leftover, use the remaining time to revisit the concepts addressed in the PowerPoint and focus on developing the skills of Heart-Focused Breathing and Attention |
| DAY 5 | (a) Begin with HFB (with client’s particular intention) (b) PowerPoint # 2 (in preparation for coming week) Take your time with this (1 ½ to 2 hours) / (pg. 30) |



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SET II - WEEK OF PHASE II

| WEEK OF PHASE 2 / DYNAMICS OF CORE EMOTIONAL ADDICTIONS | |
|--|---|
| DAY 1 | (a) Begin with HFB (with client's particular intention) (b) Review of information presented during week of Phase I (1 hour) (c) PowerPoint # 2 – Take your time with this (1 hour) / |
| DAY 2 | (a) Begin with HFB (with client's particular intention) (b) Explain the questionnaires on Core Emotional Addictions (20 minutes) (c) Clients write questionnaires (Core Addictions Tab) (1 ½ hour) Therapist Homework: Prepare Ego-Neurology Grid Estimated time for a group of 4 is 45 minutes Estimated time for one client is 15 minutes |
| DAY 3 | (a) Begin with HFB (with client's particular intention) (b) Review the grid with client(s) and identify the go-to-words (30 minutes) (c) Help client identify the overarching story for each core addiction using the ego-neurology grid (estimated time: 1 ½ hour for 4 clients) |
| DAY 4 | (a) Begin with HFB (with client's particular intention) (b) Use the ego-neurology grid to check with client(s) the intensity of manifestations of the different dimensions of core addictions (Interaction Grid Tab) and identify the most "neuralgic" dimensions (1 hour) (c) Ask each client which of the most "neuralgic" dimensions he/she is presently struggling with and bring to view the most disturbing emotions attached to those dimensions. Begin the work of identifying the emotions and breathing to release their energy (1 hour)—you can already introduce here the tools for identifying emotions |
| DAY 5 | (a) Begin with HFB (with client's particular intention) <i>Note: This is a good time to address issues surrounding depression</i> (b) Use the ego-neurology grid to check with client(s) the intensity of manifestations of the different dimensions of core addictions (Interaction Grid Tab) 30 minutes – 1 hour) (c) Ask each client which of the most "neuralgic" dimensions he/she is presently struggling with and bring to view the most disturbing emotions attached to those dimensions. Begin the work of identifying the emotions and breathing to release their energy (1 hour)—review and reinforce the tools you introduced yesterday for identifying emotions and releasing their energies. |



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SET II - WEEK OF PHASE III

| WEEK OF PHASE 3 / REWIRING OLD NEURAL PATHWAYS | |
|---|--|
| DAY 1 | (a) Begin with HFB (with client's particular intention) (b) Explain processing work (release of old imprints) (20 minutes) (c) Clients write their processing work—bringing closure to the old (1 hour) (d) Clients share their process work out loud (40 minutes) |
| DAY 2 | (a) Begin with HFB (with client's particular intention) (b) Use process work and the ego-neurology grid to help client identify the overarching old story for each core emotional addiction (if already done, this may be a review—but always good to revisit and see what is alive in the client at the moment); use old stories/new stories (Stories Tab) to begin organizing with the client the shift from old to new (use flip chart—review training notes) (30 minutes) (c) Brainstorm new story for each old story (review training notes for process) (1 ½ hour) |
| DAY 3 | (a) Begin with HFB (with client's particular intention) (b) Review or finish identifying the new stories (30 minutes) (c) Explain the parameters for writing the new story (20 minutes) and help client identify the most pressing new story to begin working with (20 minutes) (d) Review with client the importance of focus on emotions and heart-focused breathing to interfere with obsessive thinking (50 minutes) <i>Client begins writing the new story daily</i> |
| DAY 4 | (a) Begin with HFB (with client's particular intention) (b) Review PowerPoint # 1 and focus on survival mechanisms (1 hour) (c) Help clients develop recognition of ego-resistance / survival neurology (1 hour)—review ego-neurology grid and for each dimension, ask client to identify the most salient emotions that keep ego-survival loop activated (1 hour) |
| DAY 5 | (a) Begin with HFB (with client's particular intention) (b) Review PowerPoint # 2 and have clients participate with examples (they should by now have become more familiar with identifying their go-to-behaviors, emotions and go-to-words (1 hour) (c) Introduce exercise on forgiveness (review training notes) |



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SET II - WEEK OF PHASE IV

| WEEK OF PHASE 4 / FOCUS ON EMOTIONS FIRST- PRIORITIZING RELATIONSHIPS | |
|--|---|
| DAY 1 | <p>(a) Begin with HFB (with client's particular intention) (b) PowerPoint # 3 (1 hour) (c) Work with Authentic Self Grid and help clients identify examples of Authentic behavior and emotion (1 hour) (Authentic Grid Tab) (d) Review forgiveness exercise (see training notes)</p> <p>Homework for Clients: Write examples for as many dimensions of Authentic Self Grid that they can identify; and, they write one forgiveness exercise (clients may struggle with this—let them know to try and that you will help them through the process the next day)</p> |
| DAY 2 | <p>(a) Begin with HFB (with client's particular intention) (b) Review with client his/her authentic grid examples from previous day (Authentic Grid Tab) (30 minutes) (c) Review the forgiveness exercise and practice more examples (30 minutes) (d) Practice tools for establishing boundaries with ego (20 minutes) (e) Identify go-action and stop action (40 minutes)</p> |
| DAY 3 | <p>(a) Begin with HFB (with client's particular intention) (b) Do the Commitments with client (Commitments Tab) (1 hour) (c) Review ego-neurology grid and Authentic Self grid (30 minutes) (d) Check the writing of the New Story and relationship with God/Divine Source (30 minutes)</p> |
| DAY 4 | <p>(a) Begin with HFB (with client's particular intention) (b) Review Commitments with client (Commitments Tab) (20 minutes) (c) Review ego-neurology grid and Authentic Self Grid (20 minutes) (d) Check the writing of the New Story and stop/go actions (20 minutes) (e) Check and practice forgiveness & boundaries with ego (20 minutes) (f) Have client identify emotional sobriety and process with you (20 minutes) (g) Have client identify behavior changes and process with you (20 minutes)</p> |
| DAY 5 | <p>(a) Begin with HFB (with client's particular intention) (b) Review ego-neurology grid and Authentic Self grid –go in depth (30 minutes) (c) Review & practice forgiveness & boundaries with ego—go in depth (30 minutes) (d) Review stop and go actions—go in depth (30 minutes) (e) Have client explain what emotional sobriety means to him/her now (30 minutes)</p> |



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Dr. Caroline Eick, Ph.D., is co-founder of the Center for Heart-Mind Coherence, has an extensive background in the field of addiction treatment and a distinguished career in the field of education. As co-founder of the Center for Heart-Mind Coherence, Caroline integrates her experiences as practitioner in addiction treatment, her academic research in cross-group relations, and over forty years of practice in contemplative inquiry to help clients transform emotional hurts and obsessive behavioral patterns into emotional wisdom. She is a certified HeartMath mentor and is trained in the Hakomi body-centered psychotherapy. Caroline says: “Accessing the wisdom of the heart is the great calling of our times and the next revolution in human consciousness.”

References:

Nova Recovery Center, 601 Old Oaks Ranch Rd, Wimberley, TX 78676

Terri Edwards, Chief Operating Officer / terri.edwards@novarecoverycenter.com

John Olrech, Recovery Specialist Director/ Holds Advanced Certification in the Core Emotional Addiction Model / john.olrech@novarecoverycenter.com

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Eick, C. (2018). *Core emotional addictions at the root of compulsive behaviors: How to use the heart-brain to quiet the obsessive cognitive brain*. New York: Page Publishing, Inc.