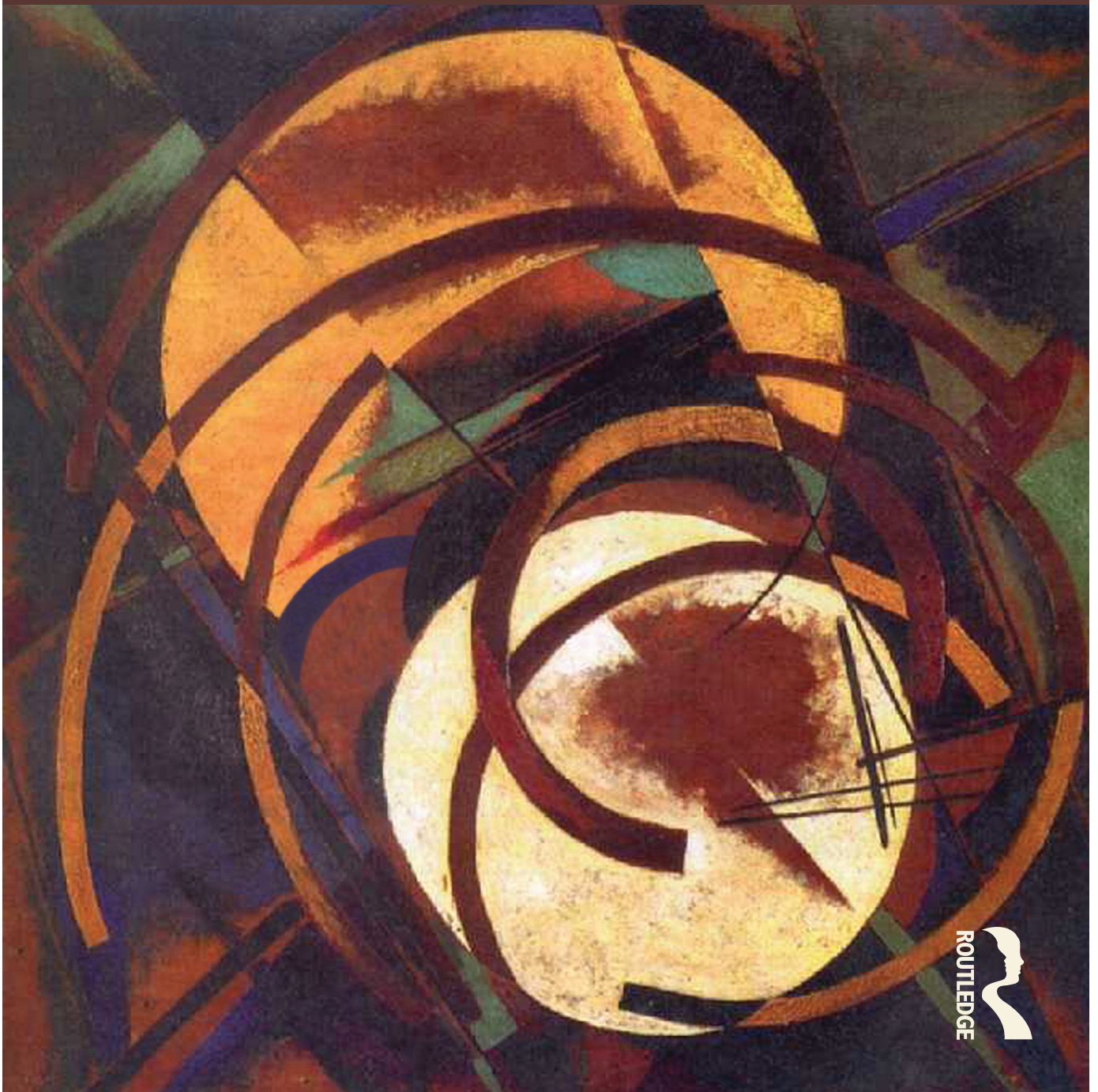


Bruce Ecker, Robin Ticic, & Laurel Hulley

Unlocking the Emotional Brain

Eliminating Symptoms at Their Roots
Using Memory Reconsolidation



ROUTLEDGE



Advance reviews of *Unlocking the Emotional Brain*

“Ecker’s, Ticic’s, and Hulley’s *Unlocking the Emotional Brain*, like some earlier classics, draws from, adapts, and integrates the very best of the best currently available concepts and techniques into a powerful and accessible psychotherapeutic method. What sets this book apart is how these elements are mixed, matched, and delivered to each individual client. Packaged in a highly engaging read, psychotherapists of all sorts will find many resources which will enhance as well as ease their work.”

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—**Ann Weiser Cornell, PhD**

Author of Focusing in Clinical Practice: The Essence of Change

“Imagine the founders of diverse therapy methodologies discussing how they achieve deep, lasting, transformational change and agreeing it’s due to one basic process. Building on state-of-the-art neuroscience to identify that core process, the authors develop an approach that is theory-free, non-pathologizing, empathic, experiential, phenomenological, and nonspeculative, and that hones therapy while not cramping the therapist’s unique contribution—an integrationist’s dream!”

—**Hanna Levenson, PhD**
Author of .Brief Dynamic Therapy

“Why do symptom complexes and negative narratives often persist, and how can therapists help clients get free of them? In this well-written book, the authors have provided a transtheoretical, effective and efficient approach, nicely grounded in recent neuroscience, for deep, transformational change in pernicious emotional implicit learnings across a wide variety of presenting problems and situations. This is a significant ‘breakthrough’ book that deserves careful study. I recommend it most highly!”

—**Michael F. Hoyt, PhD**
*Author of Brief Psychotherapies: Principles and Practices
and editor of The Handbook of Constructive Therapies*

“This is a unique, creative, and insightful book that shows how to utilize experiential methods to promote personal transformation. The authors back up their approach by showing how it fits with recent neuropsychological findings on how the brain can alter and even eliminate old painful memories. This book is on the forefront of books that are using neuropsychological findings to illuminate psychotherapy.”

—**Arthur C. Bohart, PhD**
*Professor Emeritus, California State University, Dominguez Hills,
and coauthor of How Clients Make Therapy Work:
The Process of Active Self-Healing.*

“Drawing on the latest developments in neuroscience, Bruce Ecker, Robin Ticic and Laurel Hulley provide an innovative approach to psychotherapy that is very much of the 21st century. In this book filled with both groundbreaking neuroscience and provocative case examples, they describe how to tap into the reconsolidation process in therapy. If you want to know what’s happening that is new in psychotherapy, this is the place to start.”

—**Jay Lebow, PhD**
*Clinical Professor of Psychology, Northwestern University
and editor of Family Process*

Unlocking the Emotional Brain

Psychotherapy that regularly yields liberating, lasting change was, in the last century, a futuristic vision, but it has now become reality, thanks to a convergence of remarkable advances in clinical knowledge and brain science. In *Unlocking the Emotional Brain*, authors Ecker, Ticic, and Hulley equip readers to carry out focused, empathic therapy using the process found by researchers to induce memory reconsolidation, the recently discovered and only known process for actually unlocking emotional memory at the synaptic level. Emotional memory's tenacity is the familiar bane of therapists, and researchers have long believed that emotional memory forms indelible learning. Reconsolidation has overturned these views. It allows new learning to erase, not just suppress, the deep, unconscious, intensely problematic emotional learnings that form during childhood or in later tribulations and generate most of the symptoms that bring people to therapy. Readers will learn methods that precisely eliminate unwanted, ingrained emotional responses—whether moods, behaviors or thought patterns—causing no loss of ordinary narrative memory, while restoring clients' well-being. Numerous case examples show the versatile use of this process in AEDP, Coherence Therapy, EFT, EMDR, and IPNB.

Bruce Ecker and **Laurel Hulley** are the originators of Coherence Therapy and coauthors of *Depth Oriented Brief Therapy: How to Be Brief When You Were Trained to Be Deep—and Vice Versa*, the *Coherence Therapy Practice Manual and Training Guide*, and the *Manual of Juxtaposition Experiences: How to Create Transformational Change Using Disconfirming Knowledge in Coherence Therapy*. Ecker is codirector of the Coherence Psychology Institute, has taught for many years in graduate programs, and has been in private practice near San Francisco since 1986. Hulley is director of education and paradigm development of the Coherence Psychology Institute and co-founder of the Julia Morgan Middle School for Girls in Oakland, California.

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Laurel Hulley

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For our children

Gustavo, Jesse, Jhon, Justine, Sierra, Zachary

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