



# **The Feeling-State Theory and Protocols for Behavioral and Substance Addictions: A Breakthrough in the Treatment of Addictions, Compulsions, ... (Image Transformation Psychology) (Volume 3)**

*Dr. Robert Michael Miller*

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The Feeling-State Theory and Protocol of Behavioral and Substance Addictions book provides a practical and brief solution for the many different kinds of behaviors that are caused by feeling-states (FS). The FS is created when a positive event is so intense that the memory of that event becomes fixated in the person's mind. Composed of the memory of the sensations, emotions, thoughts, and behavior of that event, the FS, whenever it is triggered, creates the urges and cravings to do the behavior contained within the fixated memory. Feeling-State Therapy (FST) eliminates addictions by eliminating the FS. Once the FS is eliminated, the urges and cravings to do the addictive behavior caused by the FSs are also eliminated. The Feeling-State Theory and Protocol book explains Feeling-State Theory and provides two different protocols for processing feeling-states: The Feeling-State Addiction Protocol which uses a modified form of EMDR processing to eliminate the FS, and The Feeling-State Image Protocol which uses the processing protocols of Image Transformation Therapy. How to use the protocols is discussed in detail. Also, the specific issues about different behavioral and substance addictions are also discussed. The different addictions discussed include substance addictions such as alcohol and heroin addiction and behavioral addictions such as sex addiction and gambling. Treatment solutions are also provided for behaviors that are not normally thought of as being addictions or compulsions such as codependence and anger. The basic theory and research of Feeling-State Therapy has been previously published in the journals of Traumatology and the Journal of EMDR Practice and Research. References below. Dr. Miller is also the developer of Image Transformation Therapy (ImTT). ImTT is a completely new psychological therapy for treating trauma, OCD, depression, anxiety, and other difficult-to-treat issues. ImTT is a breakthrough in psychological treatment because the most intense pain and terror can be released without the person having to experience the feelings. ImTT also provides a completely new theory of psychological dynamics called the Survival Model of Psychological Dynamics. The book is also available on Amazon.com.

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