



The Amate Institute

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The non-profit Amate Institute features the Amate Growth Work Method, a highly respected, rapid, affordable, intensive, client centered, and spiritually generic healing and growth process for psychologically normal adolescents and adults who stopped growing emotionally in childhood or adolescence.

The Amate Institute believes achieving emotional maturity is a birthright and strives to make Amate Growth Work accessible to all who need it, whether living in the

Pensacola, Florida area, other parts of the United States, or Internationally.

There is a one-time fee for the entire **Amate Growth Work** process. It is based on a sliding fee scale. The fee includes the initial three-months of Growth Work, unlimited phone calls, email, and three to six months of specialized **Amate Aftercare**. Limited scholarship funds are available.

The **Institute** offers a free introductory session to **potential clients** and others interested in **Amate Growth Work**.

For those in **recovery from addictions** the terms **emotional maturity** and **emotional sobriety** are considered synonymous and achievable through **Amate Growth Work**.

The **Amate Institute** encourages participation in innovative **family and relationship work** for individuals who have undergone **Amate Growth Work**.

All **Institute** services are available in **Spanish and English**.

Potential Amate Growth Work Clients

- Adults or adolescents from environments lacking the love and security necessary for them to take the emotional risks leading to emotional maturity.
- Those who experienced the traumas of neglect, abuse in all forms, poverty, early death or illness of parents, too much responsibility too soon, illness, accidents, etc.
- Those with, or touched by, any/all addictions.
- Those with extended sobriety struggling with unresolved emotional/spiritual issues.
- Those with PTSD.
- Those in the last phases of life seeking resolution of past issues.
- Those adversely affected by dysfunctional relationships.
- Those with extreme wealth and prominence seeking meaning in life.
- Elite athletes and performers who must resolve stoppage fears to realize their full potential.
- Late adolescents beginning to fail when attempting appropriate adult tasks.

- Healers from all disciplines with unresolved emotional and spiritual issues.
- Doctors, nurses, and other health professionals from dysfunctional backgrounds experiencing burnout due to the emotional demands of their professions.

The Amate Growth Work method was developed in 1991 and used by **Dr. Martha Susan Horton with more than 4,000 emotionally stuck individuals**. The method is based on Dr. Horton's personal healing and growth journey from immaturity to maturity documented in her book, *"The Seashell People: Growing Up in Adulthood"* (1990) M. Evans & Co., Inc. NYC, also published in softcover as, *"Growing Up in Adulthood: The Journey to Emotional Maturity"* (1992) Wynwood Press, Tarrytown, NY. A complete description of Amate Growth Work is contained in Dr. Horton's doctoral dissertation, *"Amate Growth Work: Achieving Emotional Maturity in Adulthood"* (2005), Saybrook Graduate School, San Francisco. The dissertation may be downloaded free from the Recommended Readings Section of the website **amateinstitutepensacola.com**.