



## **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](http://amateinstitutepensacola.com)**.