

## THE LEFKOE BELIEF PROCESS IS EFFECTIVE

"The Lefkoe Belief Process is an extremely valuable tool that has tremendous application with coaching clients. It's a clean, step-by-step method of eliminating beliefs that impede progress desired by the client. It's different from re-framing and changing perspectives and is not a coaching technique. The value of this system is its potential to enhance or turbo-charge coaching by removing stumbling blocks in the form of beliefs."

**Reggie Weisenbach, Past President, Orange County PCMA**

"The profound changes that have occurred in clients with whom I've used the Lefkoe Belief Process have awed them and me. I've seen phenomenal inter- and intra-psychic change in them. What is most encouraging about the change is that it seems to be immediately integrated into their lives. Moreover, it appears to be permanent."

**Sara Staehle, M.F.C.C., Psychotherapist**

"Most people believe that it takes years of hard work to change a belief that they've held since childhood. Morty Lefkoe dared to think otherwise and has spent the past 18 years creating and refining the Lefkoe Belief Process, an ingenious method for quickly eradicating limiting beliefs. ...All of us who participated in the LBP Workshop were awestruck by the possibilities this process opened up for our clients—and ourselves."

**Phil Glosserman, Business Coach**

"In half an hour of engaging in The Lefkoe Belief Process, a foundational belief in my life, which has robbed me of much joy and satisfaction over the decades, disappeared. Before the workshop, I would have sworn that this was impossible. However, I now know that it is not only possible, but very simple. ... Besides having gained immense personal value from this course, I have a robust new skill to incorporate in my coaching practice."

**Inga Estes, President, LA PCMA**

"The LBP is a highly effective way to quickly and permanently eliminate destructive patterns and negative core beliefs from clients' lives. It starts producing positive, life altering changes in them after only a few months of weekly sessions."

**Elisabeth Wassenaar, M.A., MFT, Psychotherapist**

"Learning how to use the Lefkoe Belief Process was much more valuable than graduate school. Shifts in self-perception and awareness which in the past might have taken several months to achieve are now happening weekly."

**Doug Warhit, M.F.C.C., Psychotherapist**

"Thanks to the thorough practicing I used the Lefkoe Belief Process NEXT DAY (without my notes handy) with a Deloitte & Touche client, who was so personally distraught, there was no point in talking business during our executive coaching session. If you could have seen the radiance on that face after an hour!"

**Agnes Mura, MA MCC, Executive Coach,  
Past President, LA PCMA**

## DATES & LOCATIONS:

ALL COURSES ARE SAT. & SUN., 8:30 A.M.-6:30 P.M.

### BASIC LBP COURSE

**SAN FRANCISCO BAY AREA**

FEBRUARY 12-13, 2005

### ADVANCED LBP COURSE

**SAN FRANCISCO BAY AREA**

MARCH 12-13, 2005

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## COST:

\$345

(\$295 IF REGISTERED AT LEAST TWO  
WEEKS PRIOR TO WORKSHOP)

Limited to 16 participants. No registration at the door.

**Course meets the qualifications for 16 hours of continuing education credits for MFCCs and LCSWs as required by the California Board of Behavioral Sciences. PCE #1424.**

Refunds, less a \$50 administrative fee, are available if requested in writing at least two weeks prior to the workshop. No refunds will be given after that date.

All participants must read *Re-create Your Life: Transforming Yourself and Your World* by Morty Lefkoe prior to the workshop. Copies can be obtained from local bookstores or our web site.

**Effective December 1, 2003, the name of our organization was changed to the Lefkoe Institute. All of the processes we use are now called The Lefkoe Method and the old Decision Maker® Belief Process is called the Lefkoe Belief Process.**

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For reservations, please call:

Lefkoe Institute

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Fairfax, CA 94930-1805

Phone: 415-456-7300

e-mail: [info@lefkoeinstitute.com](mailto:info@lefkoeinstitute.com)

Web site: [www.decisionmaker.com](http://www.decisionmaker.com)

# LEFKOE INSTITUTE

MAKING CHANGE EASIER—  
GUARANTEED™

## LEARN THE LEFKOE BELIEF PROCESS

### BASIC COURSE

## A REVOLUTIONARY TECHNIQUE THAT ELIMINATES BELIEFS QUICKLY AND PERMANENTLY

This course provides 16 CEUs

## BEHAVIOR CHANGE DOESN'T HAVE TO BE DIFFICULT

Although most therapists probably would agree that behavior change usually is difficult and does not happen overnight, that does not have to be the case. In 1985 Morty Lefkoe, the founder of the Lefkoe Institute, developed the first in a series of interventions (The Lefkoe Method) that actually do produce rapid and lasting change. The primary one, the Lefkoe Belief Process (LBP), eliminates the beliefs that cause our undesirable behavioral and emotional patterns.

Most people attribute their problems to their circumstances. In fact, our undesirable behavior and feelings are largely the result of our beliefs, not things outside of us. When you eliminate negative beliefs—such as, “I’m not deserving,” “Relationships don’t work,” “Life is difficult”—you literally change your life.

Despite what seems like a lot of evidence to the contrary, our beliefs—even those formed in childhood—can be quickly and permanently eliminated.

Since 1985 over 1,500 people have transformed the quality of their lives using the LBP. This workshop will teach you how to use it.

Additional details about the Lefkoe Belief Process and its many applications can be obtained from Morty Lefkoe’s book, *Re-Create Your Life: Transforming Yourself and Your World*.

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*“Re-Create Your Life is a powerful way of creating deep, lasting change in anyone’s life. At a moment in history when these methods are desperately needed, this book is a valuable contribution. This book should be read by anyone interested in psychological growth, personal development, and social change.”*

Larry Dossey, M.D.

Author of *Healing Words* and *Recovering the Soul*

## CONSIDER THE RESULTS

You can use the Lefkoe Belief Process to:

- Eliminate specific negative self-esteem beliefs, such as:
  - “I’m not worthy”
  - “I don’t matter”
  - “I’m not good enough”
- Get rid of beliefs that cause such everyday problems as:
  - Not standing up for yourself
  - Getting into relationships that don’t nurture you
  - Staying in dead-end jobs
  - Workaholism
  - The inability to experience and express feelings
  - Worrying about what people think of you
  - Fear of public speaking
- Eradicate the beliefs that cause such serious problems as:
  - Chronic depression
  - Eating disorders
  - Obsessive-compulsive disorder
  - Phobias
  - Anxiety
  - Drug and Alcohol Addiction
- Get rid of the stress, pessimism, hopelessness, and helplessness that research has shown to predispose us to physical illness.
- Have the profound spiritual experience that you are the creator of your life, not the creation you usually experience yourself as being. In this non-ordinary state of consciousness you feel that there’s nothing missing in your life, anything is possible, and you have no limitations.

## BENEFITS TO WORKSHOP PARTICIPANTS

This workshop will teach therapists, coaches, and others how to use a version of the Lefkoe Belief Process to eliminate beliefs that have been identified. We guarantee that you will ...

- Learn the principles that underlie the LBP and how it works.
- Learn how to use the basic LBP to assist others to eliminate beliefs quickly and permanently.
- Find out how the LBP is radically different from most forms of psychotherapy, including Beck’s cognitive-behavioral approach.
- Learn about the Lefkoe Stimulus Process, one of The Lefkoe Method™ Processes that de-conditions the stimuli for most feelings--such as fear stimulated by making a mistake or failing, or guilt stimulated when someone tells you what to do.

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“‘The Lefkoe Method’ was effective in virtually eliminating the fear of public speaking in, on average, only three one-hour sessions.”

Dr. Lee Sechrest

Professor of Psychology, University of Arizona  
Tucson, Arizona

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Morty Lefkoe has received nationwide attention for his work, including an extensive interview in the *New York Times* and appearances on many network television shows, including *Today*, *Leeza*, *Fox Cable News* and *ABC World News This Morning*.