

# THE VALUE OF THE LEFKOE EMOTIONAL PROCESSES

“The Lefkoe Emotional Processes (LEmP) work especially well with phobias, weight loss and anger management. They resolve the fears associated with a wide variety of issues faster than any other technique.”

**Renee Hansen, M.A., Psychotherapist**

“The LEmP are absolutely essential to getting complete results when you work with a client. Frequently people have negative feelings that contribute to their problems that are independent of beliefs. Most procrastination problems, for example, will not go away until fear associated with failure has been de-conditioned. One’s feeling about oneself won’t become absolutely positive until one’s negative sense is completely eliminated. This is absolutely essential for people who are depressed.”

**Rodney Daut**

“I’ve been in practice for 30 years and I have found all of the Lefkoe Emotional Processes the most effective method for deeply meaningful brief treatment, both personally and professionally. In order to have a comprehensive understanding of how The Lefkoe Method facilitates rapid and fundamental change, you need to take the LEmP workshop also.”

**Peggy Carter, MFT, Psychotherapist**

“The Lefkoe Stimulus Process completes the healing work of the Lefkoe Belief Process by eliminating negative emotional responses that can persist even after the old negative belief is gone. Being able to distinguish between the original cause of an emotion and what we think is causing it today requires first-hand experience with expert guidance, which is what this workshop offers.”

**Lis Fleming**

“The Lefkoe Method 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**

Having fear around most of life’s events has made me run and hide whenever I could. By attending this workshop I have finally gotten some relief and am able to help my clients do the same. You will see how the process works, experience it for yourself and learn how to help others. What a gift!

**Hilary Shaw, LMSW-ACP**

“The profound changes that have occurred in clients with whom I’ve used The Lefkoe Method have awed them and me. The Lefkoe Emotional Processes are very natural, organic techniques that permanently eliminate negative feelings and emotions. They are very liberating and empowering. The changes in people who use the Lefkoe Emotional Processes are profound.”

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

# DATES & LOCATIONS:

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

**BASIC LBP COURSE**  
**NONE CURRENTLY SCHEDULED**

**ADVANCED LBP COURSE**  
**SAN FRANCISCO BAY AREA**  
**MARCH 12-13, 2005**

**ADVANCED LEFKOE EMOTIONAL  
PROCESSES COURSE**  
**SAN FRANCISCO BAY AREA**  
**APRIL 30-MAY 1, 2005**

## COST:

\$345

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

Limited to 16 participants. No registration at the door.

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.

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

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.

**For reservations, please call:**

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

# LEFKOE INSTITUTE

MAKING CHANGE EASIER—  
GUARANTEED®

LEARN THE  
LEFKOE EMOTIONAL  
PROCESSES

ADVANCED COURSE

GET RID OF NEGATIVE  
EXPECTATIONS AND  
DE-CONDITION THE  
STIMULI FOR NEGATIVE  
EMOTIONS

This course provides 16 CEUs

## EARLY ASSOCIATIONS LEAD TO NEGATIVE FEELINGS LATER IN LIFE

Very often we experience negative feelings in our life on a recurring basis, such as fear, anger, sadness, guilt, and anxiety. We experience these feelings every time specific events or circumstances occur, such as fear whenever we make a mistake or someone gets angry at us, or guilt whenever we are asked to do something. In many cases the events that stimulate the feeling in us do not produce the same feeling in others, and vice versa. Why does an event that is not inherently fearful produce fear in some people and not in others?

What appears to have happened is that a neutral stimulus was conditioned in the past to automatically produce emotions in the present.

## REAL LIFE CONDITIONING

Here is a real life example: Consider a client who experiences fear whenever he is asked to do something. That isn't inherently fearful. When did he first experience fear associated with being asked to do something? Assume the original source of the fear was a father who always yelled, threatened, and terrified the client as a child. No matter what he did, the father was not satisfied. The father was always asking him to do things that he realized he could not do to his father's satisfaction, which led to his father's anger, which led to him experiencing fear.

## DE-CONDITIONING THE STIMULUS

When the client reviews the cause of the fear, he discovers that it was not inherent in being asked to do something. What caused the fear was *the meaning* he unconsciously attributed to his father's behavior: *The person he depended on for his very survival was withdrawing his love. No love, no care; no care, no survival. That is what caused the fear.* The fear was never caused by being asked to do something.

The Lefkoe Stimulus Process is designed to de-condition specific stimuli that cause emotional responses. It assists the client to realize that initially the current stimulus never produced the emotion. It was only produced by the meaning we gave to the original cause; the current stimuli just happened to be associated with it in some way.

In *The Emotional Brain*, Joseph LeDoux, a professor at the Center for Neural Science at New York University, points out: "Extinction [of a conditioned response] appears to involve the cortical [our thinking brain] regulation over the amygdala [the emotional brain]...." That is precisely what the Lefkoe Stimulus Process does.

## DE-CONDITIONING A NEGATIVE SENSE OF SELF

The Lefkoe Sense Process is designed to de-condition a generalized emotional sense of oneself. An emotional sense is a generalized, diffuse emotional state that cannot easily be put into words.

There usually is no single word or statement to describe it. The words describing an emotional sense can include emotions, colors, shapes, bodily sensations, and concepts. One example of a sense of self would be: Ineffective. Hard to get going. Sluggish. It doesn't matter. I want to go back to sleep. Why bother? It won't make any difference. No one is interested. Scared. No matter what I do it doesn't seem to matter, make an impact, change anything. Powerless. Impotence. Fear in my chest.

## CHANGING NEGATIVE EXPECTATIONS TO POSITIVE ONES

Very often a client's behavior or emotional state is the direct result of his/her expectations, which exist in emotional form. For example, we expect life to be difficult or easy, relationships to work or not, or money to be abundant or scarce. These expectations usually are conditioned very early in life. The Lefkoe Expectation Process is very effective in quickly de-conditioning negative expectations and creating positive ones.

## BENEFITS TO WORKSHOP PARTICIPANTS

This **advanced** workshop is for therapists, coaches and others who already have taken the basic and advanced Lefkoe Belief Process workshops. In this workshop you will ...

- Learn how stimuli are conditioned to produce negative emotions.
- Learn how expectations and a "sense of self" are formed.
- Learn the principles underlying the Lefkoe Emotional Processes.
- Learn how to use the Lefkoe Stimulus, Sense, and Expectation Processes. They usually take only about five minutes to complete.
- Learn when to use the Lefkoe Belief Process and when to use the Lefkoe Emotional Processes.

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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*

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Morty Lefkoe has received nationwide attention for his breakthrough 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*.