

## THERAPISTS USE THE LEFKOE BELIEF PROCESS

“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. To quote one client with Bi-Polar Disorder and drug addiction (now in recovery): ‘I’m amazed about how the puzzle pieces continue to come together. I’m beginning to feel whole.’ This client went from living on disability and being unemployed, to being gainfully employed with full insurance coverage and regaining custody of his young daughter.”

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

“The advanced workshop was beneficial in learning how to deal with patterns and survival strategies, which is what clinicians are presented with when clients come for help.”

**Shirley Anstaett, L.S.C.S.W.**

“The Basic LBP workshop teaches you how to eliminate random beliefs and help clients make partial progress on their problems. The Advanced training enables you to find all the beliefs that cause any specific behavioral or emotional problem. I was immediately able to help clients eliminate their fear of rejection and failure, as well as their problems with anger.”

**Rodney Daut**

“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-psychoic 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**

“The Lefkoe Belief Process is able to change the emotional power of the unconscious brain-wired beliefs we form in childhood. The client doesn’t realize these beliefs are distorting his perception of reality. When the LBP ‘unwires’ the beliefs, the distortions are eliminated.”

**Edith Jurka, M.D., Psychiatrist**

“Most exciting was my experience interviewing a group of incarcerated felons, both teens and adults. All of them had participated in a study to determine the effectiveness of the LBP. The results were mind boggling. All of them expressed profound changes in both attitudes and beliefs.”

**Sheila Pakula, C.S.W., A.C.S.W.**

“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. The LBP is an invaluable tool which melds seamlessly with the psychodynamic model of psychotherapy.”

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

## DATES & LOCATIONS:

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

### BASIC LEFKOE BELIEF PROCESS COURSE

**SAN FRANCISCO BAY AREA**

FEBRUARY 12-13, 2005

### ADVANCED LEFKOE BELIEF PROCESS COURSE

**SAN FRANCISCO BAY AREA**

MARCH 12-13, 2005

### ADVANCED LEFKOE EMOTIONAL PROCESSES COURSE NOT SCHEDULED

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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.

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.

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**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.**

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For reservations, please call:

Lefkoe Institute

180 Forrest Avenue

Fairfax, CA 94930-1805

415-456-7300

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

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

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# Lefkoe Institute

MAKING CHANGE EASIER—  
GUARANTEED®

## LEARN THE LEFKOE BELIEF PROCESS ADVANCED COURSE

## A REVOLUTIONARY TECHNIQUE THAT ELIMINATES BELIEFS QUICKLY AND PERMANENTLY

This course provides 16 CEUs

## “CORE” BELIEFS

It is important to distinguish between negative “core” beliefs and the “survival strategy” beliefs that are formed to deal with those beliefs.

Negative core beliefs include beliefs usually associated with a low self-esteem, such as “I’m not good enough,” “I’m not worthy or deserving,” and “I’m not important.” They also include beliefs about life, such as “I’ll never get what I want,” “People can’t be trusted,” and “The world is a dangerous place.”

## NEGATIVE “CORE” BELIEFS RESULT IN ANXIETY

Just imagine yourself as a young child, say six or seven years old, who has created a host of negative self-esteem beliefs and/or negative beliefs about people and life. At that point in your life you are in school, interacting with lots of other kids and adults. You are beginning to realize that you are going to grow up and will have to make your own way in life. You find yourself confronted with the (usually unconscious) painful dilemma: How will I make it in life if there’s something fundamentally wrong with me, people, or life?

What emotions must you feel when you experience these two conflicting “facts”: “I must make it on my own in life” and “There’s something fundamentally wrong with me, people, or life that will make it difficult, at best, to make it?” ... Something between apprehension and terror. Fear and anxiety, the most common responses, are unpleasant and painful feelings. Thus children (and adults) who have these feelings try to find ways to not feel them.

## “SURVIVAL STRATEGY” BELIEFS ALLEVIATE THE ANXIETY

People have three basic ways of dealing with the unpleasant feelings that are caused by negative beliefs about themselves, people, and life:

They disconnect from their feelings and don’t feel them.

They try to cover up the feelings, numb themselves, or try to make themselves feel good— by using drugs, alcohol or food.

They create what I call survival strategies, which are behaviors and circumstances designed to cope with and cover up the anxiety and other negative emotions.

Concurrently with finding a strategy, they form a belief describing the strategy. Survival strategy beliefs frequently start with the words: “I’m good enough because ...,” or “What makes me worthwhile is ...,” or “The way to survive is ....”

## HOW “SS” BELIEFS WORK

Self-esteem beliefs usually are formed before the age of six. Survival strategy beliefs usually get formed later in life, starting at about that age. They are based on one’s observation of what it takes to feel good about himself, to be important, to be worthwhile, to be able to deal with people and life, etc.

In other words, survival strategy beliefs are beliefs that say *I’m good enough* (or worthwhile, or lovable, etc.) *because* of something. That “something” can be how many people like you, how much money you have, what you do that no one else does, that you are a mother at the age of fourteen (or, as a boy, fathered a child), that you are accepted in a gang, that people think you’re important, etc.

## BENEFITS TO WORKSHOP PARTICIPANTS

This **advanced** workshop is for therapists, coaches, and others who already have taken the Lefkoe Belief Process Basic Workshop. In this workshop we guarantee that you will ...

- Learn about survival strategy beliefs that people form to enable them to cope with the anxiety that results from their negative beliefs about themselves and life.
- Learn how to eliminate survival strategy beliefs.
- Learn how to distinguish between behavioral and emotional patterns and the beliefs that cause them.
- Learn how to identify the appropriate beliefs that are responsible for the dysfunctional patterns clients present.
- Learn when to use the other Lefkoe Processes, e.g., to substitute positive for negative expectations and to de-condition the stimuli for negative emotions.

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*“In our study with incarcerated teen and adult offenders, use of the [Lefkoe] Belief Process resulted in a statistically significant change in beliefs that are associated with delinquent and criminal behavior.”*

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*.