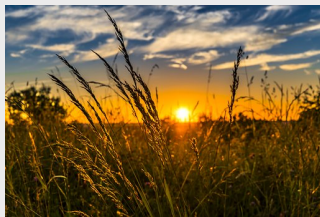




## WORKSHOPS

During the summer we will not be offering any workshops.

Workshops will continue in the fall...stay tuned.



## NEW SERVICE AVAILABLE

Sabrina Trobak is now nationally certified as a clinical supervisor. Sabrina is now able to supervise counsellors or students in the area of counselling. To learn more, please contact Sabrina Trobak.

Sabrina Trobak MACP, RCC, CCC-S



## Trobak Holistic Counselling Newsletter

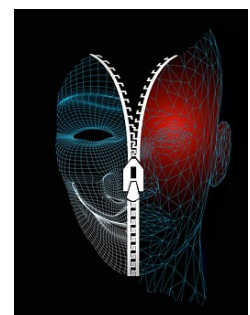
The model of therapy practiced at Trobak Holistic Counselling is based on the concept that a person's core belief drives everything a person does. A person's core belief drives thoughts, actions, behaviours, perceptions etc.

### Core Beliefs

Core belief is the inner voice telling a person what to believe about him/herself. For many the core belief is "not good enough," "not important," "unloved," and "worthless."

Core belief starts to develop even before a child is born. Core belief is not so much created by events, but rather by how events are handled or not effectively handled. As a person grows he/she will interpret messages around him/her. These messages slowly start to create his/her core belief. If a child is often criticized, neglected, taught to suppress emotions, grows up feeling disconnected from his/her parents a core belief of not good enough, not important, unloved and worthless.

Most events that happen in a person's life create emotions. It is vital that people learn how to identify these emotions and allow themselves to feel the emotions. Being able to do this creates confidence and a sense of calm. If these emotions as well as the child's thoughts, behaviours etc are validated it can, in turn, create the core beliefs of good enough, important, loved and value.





## Core Belief and Balance

If a person believes he/she is not good enough, not important, unloved and/or worthless, why would the person choose to be a healthy relationship, respect his/herself and others, and make healthy choices? This doesn't make sense because they are not balanced. People need balance, if the core belief is not good enough, not important, unloved and/or worthless the thoughts, actions and behaviours must be in balance with this core belief.

If the core belief is good enough, important, loved and valued the thoughts, actions and behaviours will also reflect this belief in order to create balance.



## Core Belief

Core belief drives everything a person does. People are constantly trying to prove to themselves what they believe about themselves is true. It is common knowledge that many people repeat the same harmful behaviours over and over and over again. This can be anything from abusing alcohol or drugs, cheating on a spouse, being unhealthy, abusive relationships, gossiping, lying etc. People know these behaviours are not helpful yet they continue to participate in them. The reason these behaviours continue over and over and over again is because they reinforce the core belief.

If a person believes he/she is not good enough, not important, unloved and/or worthless, he/she will be drawn to people, things, activities that reinforce this belief. Abusing alcohol or drugs, cheating, unhealthy relationships, gossiping, lying etc all reinforce this core belief.

In order to make long term, lasting change a person's core beliefs must change.

When a person's core belief changes to good enough, important, loved and valued those behaviours no longer meet the person's needs. Instead, as the core belief changes, the person is drawn to people who are respectful, empathetic and considerate of others. Coping strategies change to more healthy coping strategies like journaling, going for a walk, breathing, talking with family and friends etc. These coping strategies now reinforce the core belief of good enough, important, loved and valued.

In order to make long term change, the focus must be on the core beliefs, not on the specific behaviour.