

CVT stories client have been de-identified

– Joe –

I first discovered core value therapy with a young man named Joe.

Joe was a handsome fella covered in some very nice ink, rather solid in build who was part of a motor bike club. He was a likeable fella with a warm rounded voice. He came for some anger management counselling. This alone was a major step for someone like him you may think and it probably was. He definitely fitted the alpha male profile.

At one point in the session Joe said “She presses my button, people press my buttons!”

I launched out of the chair and drew a button like shape on the white board and said, “We are not leaving here until we discover what that button is.”

That moment Core Value Therapy was birthed.

I asked Joe what made him angry to get a sense of his story. Someone dear to him had been unfaithful. This had made him very upset. When pressing him further, I enquired about other times he had been upset and he disclosed it was when people lied to him.

Again I asked him, “What bothers you about people lying to you?” I did this as you may to dig a little deeper in the real reason.

Joe replied, “I don’t know, I hate people not telling me the Truth.”

I didn’t know then that the best way to help someone discover their core value was to have them reflect back and find the value word they used. At that time, I told Joe an individual’s values are consistent and work through us all the times, and that he would sense when people are not being truthful. Joe replied, “Yes, that is the truth.”

It is like a ship’s radar sweeping around picking up the ‘Truth’ metre. I encouraged Joe to speak out the fact that he is picking up when people are lying to him and observe his reaction.

Joe said, “Won’t this make me angrier?”

I said, “No, I don’t think it will, you have to find another way of responding to the situation when you sense others are lying to you. You grill them about the circumstance to gather more information but that sends your ‘Truth’ alert button in high alert, because you are picking up further lies.”

Joe said he would give it ago.

Joe returned to the next session and reported he could not believe the results. Someone had lied to him since we last spoke, and the first thing he observed about himself was that his emotions did not explode like they had before.

Joe said, “I looked at me stomach and was expecting it to explode and it didn’t.”

Joe went on to say he then out rightly told the person, he thought they ‘were telling him a whopping Poky Pig.’ Joe was still clam as he noticed the other persons looked caught out. Joe seem to enjoy that. This was quite a change to his previous reaction in such situations, when his anger would have been agitated. There was already an observable improvement regarding Joe’s ‘locus of control’.

At a further session I said to Joe, "What have you lied about?"

He said, "You are messing with me Dave, you are messing with me".

"No I am serious - For you to be so angry you must have lied about something", I said. Beneath the ice berg model are things like fear, values and beliefs.

Joe solemnly shared with me, "I have lied about being scared, scared of losing my girl."

I encourage Joe to go home and tell this to his partner. He did and when he returned reported, that his partner had never heard him be this honest and tell the truth about why he was really angry.

– Harry –

Harry was a slim young man in his mid-thirties and came to see me for counselling support because he had had two attempts on his life. Harry had such low self-esteem, he left a deep impression upon me. Harry had a very low demeanour, no confidence could be noted in his conversation and interaction in the session. Harry worked as a welder and for the past three years no one had talked to him. This sounded like an extreme example but he assured me that it was correct. The receptionist for the last three years had never acknowledged him, not one person had asked for help in a welding job. I assisted him to reveal his core value "acknowledge".

To break this down, I asked "How bad is wanting others to acknowledge you?"

He said, "Very bad, I want it all the time."

Part of core value therapy is to lower the need for the value to be fulfilled from others. I encouraged him to let it go using cognitive behaviour therapy and core value therapy.

I said, "When you go into work next, think to yourself 'I do not need to be acknowledged today.' Acknowledge for yourself, that you have worked to the best of your ability today."

Harry said, "I have got it".

It appeared he had indeed understood the concept. In the following session, Harry came bounding into the room, a large smile beaming from ear to ear. He appeared to be very happy.

I asked Harry, "Are you on drugs Harry?"

He promptly replied, "No, I am not, but let me tell you what has happened. It took about two to three days and the first thing that occurred was, someone asked me to help them with their welding job. The next day the receptionist acknowledged me and said 'Good morning' to me. There is even have a girl interested in me now."

I said, "Stop it. Really all these things have happened?"

Harry said, "I want to write a book about the dramatic change that had occurred."

I said, "I would love to read it."

I scheduled another appointment and Harry maintained a 80% happiness result. Harry's self-esteem dramatically improved by lowering his need for others to acknowledge him and raise it within himself. The result is that he started receive the very thing he wanted, that is acknowledgement from others.

– John –

I saw John during a home visit through my private practise. John was a west coast miner. He was a large bearded well-built man with a reasonable amount of tattoos. His wife had initiated the session because of his anger. As we sat at the kitchen table, I asked him “What makes you angry?”

John went on to say he doesn’t care anymore because people don’t care about the things he lends them. Using Core Value therapy, I noticed he was saying “care” a lot.

I said, “John you appear to be a guy that would give your shirt off your back if someone needed it.”

He said, “Yes I would”

I went on to say, “If someone’s house was burning down you would get your truck and go and help them. Why because you..... care. ”

John went on to tell me the main problem was when he lent his welder to someone, they returned it with wires exposed and when he went to use it later it could have killed him. This really made him mad. I linked the story to why he was angry because he cares for himself and someone had threatened that. John started to take this in. I mentioned to John, the important thing to remember that with a core value of “caring”, he wants others to care for him and his things. Yet, he would also need to give the value away to others. Act in a caring way. This would be tested, but the answer is for him to give his ‘care’ value away.

At the next appointment John said he had been tested since we last spoke. The situation had been him coming home after a day mining. John had taken his work clothes off in the work shed next to the house at his wife’s request. He is approached the backdoor of the house in nothing else but his ‘jocks’, in dark with freezing sleet falling.

John’s wife met him at the back door, and said “Sorry dear, I forgot to get the wood, do you mind getting some?”

The wood was at least 50 metres away, stacked down the side of the property, in the weather, in the dark. John paused..... His thoughts started to race, “Doesn’t she ‘care’ about me? I did what she wanted, I am half naked and she wants me to do more!”

He felt the anger boiling up in him as his value was being offended. But he also started to think, “Remembers give your value away, give your value away.” Giving his value away would look like caring for his wife and do what she had asked. As quick as a whip John said “Sure, love.” And off he went into the dark freezing cold night. He didn’t just do one load he did several. John’s wife’s value is ‘support’ and she saw his actions as supporting her.

John reported to me over many months of communicating through email that he had never been angry again since that first discussion around his kitchen table and reveal to his family that his value was ‘caring’. John’s wife told him he is now continually caring for her and has improved as a father tremendously. Previously, the relationship was at risk of ending and John’s engagement as a father was very low. He would come home from work and crack a beer and sit on the couch and watch TV. Now he comes home and asks what can he do to help his wife and engages with the boys in games and is involved with putting them to bed. I did not suggest any of these things. The correction of his value from ‘you care for me’ to ‘I care for others’ brought on this dramatic and ongoing change in his life.

There are many stories like these with clients but equally many more with professionals around this wonderful nation of ours who participate in the experiential nature of Core Value therapy training.

– Testimonials –

12 months ago our relationship was in a bad state, a number of different factors were causing us stress and instead of working together as a team we had started to resent each other. This is when we reached out and were put in touch with David. Through working with David we learnt about the Love Languages and also discovered each of our core values. This was a very emotional and powerful journey for both of us. Trying to live by our core values has helped us immensely and our relationship is much stronger because of it. We still have our problems, we're only human but now we have the tools to deal with issues as they arise. We would recommend this form of counselling to others seeking help.

Marcus and Alannah

Thank you for the Core Values Training...I was doubtful at the beginning but actually experiencing your work was amazing. It was a very spiritual experience and has been transforming actually. It was a huge discovery and my self-esteem went up!!!! I am very grateful to you for facilitating this change.

Thank you, Turid

– Professional Training Feedback –

Complete training feedback on Core Value Therapy training can be viewed by accessing:

http://groupworksolutions.com.au/Training_workshop_feedback

(scroll down the page to see the feedback throughout the years)

What impact will this training have on your work?

- Give a new direction to use with some clients.
- Give extra insight and tools.
- Seeing much value in this approach in working with clients.
- Significant impact and keen to start practice incorporating CVT and learning more.
- A new way to have conversations with clients and create (hopefully) meaningful change in their lives.
- More understanding of values and how to talk with someone.
- Hopefully use it more in sessions with clients and incorporate into other therapies.
- Look into other ways of using some of what was learnt – feeling confident in doing so.
- Add to awareness working with clients/colleagues.
- Change the way I interact with clients and their issues.
- Listen to people in a different way.

- Another tool to help support clients.
- Helps to identify the values that drive clients and how they respond to situations.
- Be more mindful of values and how to help clients.
- Understanding how behaviour stems from the clients' core values.
- Reflect and build upon knowledge of personal own values and how they influence work/life.
- Identify personal core values which will assist to better work with and respect others.

What topic/issue has been the most important for you?

- Getting in tune with own core values and identifying them firstly.
- Listening and hearing own values.
- Understanding core values and learning to listen to observe this.
- Behaviour/functions stems from values.
- Identifying that I am not aware of what my core values are yet.
- Identifying how the core values are utilised i.e. from others, to ourselves, to others.
- Discovering my own value.
- Identifying core values – practice steps to achieve this
- Bringing it back to self.
- How to help someone find their core value.
- Listening intentionally to what clients are saying and hearing their values in that.
- Finding out what my personal core values are, those of other participants and breaking it down.
- Understanding we all have core values.

Overall feedback

- Excellent. Thank-you.
- Would have loved for it to be over 2 days to dig down more.
- I am excited to begin to try this new model. Thank-you.