TAPPING FOR HUMANITY

Fall, 2014

Humanitarian Work With Thought Field Therapy... "Changing the World One Thought at a Time"

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From Trauma to Peace NOW AVAILABLE

TFT Foundation in Mexico, Israel, Rwanda, Chile, the Congo





Tapping For Humanity is Published Quarterly by the TFT Foundation.

Mexico, Israel, Rwanda, Chile, the Congo (DRC) – What do they all have in common?

They are all traumatized regions of the world that have found relief through the humanitarian work of the TFT Foundations. The work of our dedicated and hard working volunteers and board members continues to expand our reach and

capability to begin healing the trauma of natural disasters like the earthquakes and fires in Chile, to the war zone in Israel or the fighting in the Congo, and the genocide of Rwanda to even the terrorized people from the violence in Mexico.

This issue shares stories from each of these regions, showing how TFT is bringing hope, love and healing to all of these traumas, regardless of their origin, man-made or natural, the people can find an improved quality of life.

We are very excited about a new PTSD study planned at the Herzog Hospital – Israel Center for the Treatment of Psychotrauma. We have 21 newly trained psychotherapists that are coordinating



this study. We thank Suzanne Connolly, Phyll Robson and Dr. Howard Robson for volunteering their time to go to Jerusalem and train the psychotherapists.

Synchronicity Mexico and Medito Mexico Foundation teamed up with the TFT Foundation to provide trauma relief training for a group of doctors, nurses, meditators and others wanting to find ways to help heal Mexico. They are all very excited about the possibilities with TFT.

Mariela Prada, PhD, TFT-Adv, a TFT Boot Camp trainer in Santiago, Chile has carried on the humanitarian focus in her country, helping her fellow countrymen with the severe earthquakes and fires they experienced earlier this year.

Our Rwandan trainers have continued their stellar examples of how many people can be healed and begin new lives, by tapping away their traumas. And they continue to do this on very meager funds. They are reaching their neighboring countries as well. These models of healing can be followed anywhere and the documentary, From Trauma to Peace, shares this with us.



After many years of training, treating, filming, editing and fund raising, I can proudly announce our documentary is completed. The cover was designed by Roger's grandson and is beautiful, depicting the Peace we are seeing in the people of the film. Later I will tell you how you can get a copy and share it with others.

The TFT Foundations are helping to bring trauma relief around the world and we need your help to continue this work. Read the rest of this issue and see who actually was helped with your generous contributions and find out how you can help us reach even more next year.





From Trauma to Peace – NOW AVAILABLE

Our long awaited film and DVD, From Trauma to Peace, has been completed. This film represents many years of treatment, training, education, research and fund raising. We first began this work in 2006 when a team went to Rwanda to treat the El Shaddai orphans and street children. It was the wonderful results from this that led to further missions, three PTSD studies, and the training of many Rwandans and Ugandans to help others with TFT.

We are very proud of it and even more so, the transformation and healing of the lives shared in it.

The new trailer is very powerful. Please take few minutes to watch it and then order your copy of the DVD. Our world is in great need of this: http://youtu.be/aWXPDZfK4RU

The DVD's are in the process of being duplicated and printed. They will be selling for \$24.95 including shipping. We will have a brief Pre-Publication sale for \$19.95 including shipping so order yours now.

Remember, the proceeds from this DVD allow us to continue to help many more, just like those you see in this newsletter and in the DVD. Please help us continue our healing around the world.

Please contact me about volume discounts, joanne@tftfoundation.org.



Timeshares for Vets – providing healing and even a honeymoon for one Vet

Currently there are 217 veterans registered with the program. We have placed 44 in timeshares.

We are now working with a vacation company who provides us with donated timeshares and asks some of their clients to donate. We also have a few repeat donors and we greatly appreciate their generosity.

Some of the destinations our vets are enjoying are Cancun, Florida, and Costa Rica. One vet was even able to use her timeshare for her honeymoon.

Please consider a contribution to this program as we have many vets waiting. They receive free Trauma Relief self-help tools and support as requested.



Grand Crowne Resort, Carriage Place, Branson, MO



Grand Pacific Resorts, Indian Palms Vacation Club, Indio, CA



Saratoga Springs Resort, Disneyworld, FL

Vacation Village at Bonaventure, Weston, FL



Hotel Casa Maya, Cancun, Mexico





Plantation Beach Club at Indian River Plantation Resort, Hutchison Island, FL



TFT Receives a Warm Welcome in Mexico City

By Suzanne Connolly

The TFT Foundation was invited by Synchronicity Mexico and Medito Mexico foundation, to present a TFT algorithm training for trauma relief in Mexico City.

I was asked to do the training, and volunteered my time.

The training took place on September

25th and 26th and was followed by a morning of supervision on the 27th. It was held in a medical facility and was attended by several medical Doctors; including a family physician who worked at the medical facility, and a pediatrician and his wife who is an epidemiologist.

Three registered Nurses also attended as well as several members of the Synchronicity Mexico and Medito Mexico Foundation group and others. Suzanne reports that the training went well and the attendees were pleased with the results they achieved during their practice sessions, using TFT for themselves and others.

A nice surprise was that the Medical Director of the facility showed up during the supervision day and gave his apologies for not having been able to attend the training. However, he had studied the manual and during the supervision morning, the facility doctors brought in two patients with difficult-to-treat pain. Suzanne reported that both patients cried tears of happiness when their pain went away, each treated with TFT by their own beloved doctors. There were tears of joy and many hugs and according to Suzanne, she and the other attendees at the training cried too, as one woman suffering from back pain, threw a pen down to the floor and then stooped down to pick it up with a big smile and-no pain, surprising herself and her doctors.

All four medical doctors, along with the other attendees, are dreaming of all the ways they would like to use TFT to treat themselves and others and to spread TFT throughout Mexico.

One of the participants shares her experience. on the next page..









TFT Heals Mexico

By Brenda Ignorosa

When I knew Tapping Therapy was coming to Mexico, I did all my homework. I read all about TFT and Roger and Joanne Callahan, but when Suzanne Connolly (our teacher) came into the room, I didn't know what to expect.

I only knew I felt anxiety and fear about a trip that I am going to take. Every past day

FTFoundation



I woke up with stomach pain and with many other emotions, except peace.

When Suzanne started explaining, everyone was so quiet, trying to understand... In my humble opinion, it is that in Mexico we are not so open yet to all these "alternative" therapies and techniques... I guess it could be our religion (In Mexico we are 83% Catholics). However, the most important thing, is that in our country and maybe all around the world, we have a boom of yoga, therapies, gurus, meditation... But we don't know who is giving us the complete truth. Sadly, there are a lot of charlatans around these things.

Getting back to my point, the course was without words... Literally... I started the course thinking like in school: I will have a theory and a practice. But TFT is all about experience. There is no a theory and no steps to follow, there is only to feel.

At the end of the first day, we were all laughing. About what? I don't know, we just felt good. What happened? Again, I really don't know, I just tapped certain parts of my body, thought about my problems and Bam! I know it sounds like magic, but don't be scared if it is the first time you read about this.

It all makes sense: Certain parts of your body are connected to your emotions, and your emotions to your brain. So if you press pre-determined points, you unblock the energy...

By the end of the day, I was relieved of that anxiety, really! Not forgetting that, of course, like a good human that I am (haha), I tried to get back to that emotion, but I couldn't, it was really beautiful. I am grateful!

The second day, we were already strong enough to help other people. We worked with them and we also worked on our own issues. Nevertheless, the third day was the best!!! The doctors and nurses that were in the course, brought some of their patients to the course so Suzanne could help heal them. When that happened, everyone cried including Suzanne. It was a beautiful moment!

TFT Foundations bring TFT and Trauma Relief to Israel

Bt Suzanne Connolly

Dr. Howard Robson, Phyll Robson, both representing the UK TFT Foundation, and Suzanne Connolly, representing the U.S. TFT Foundation, traveled to Jerusalem this September to train a group of 21 Psychotherapists, at the Herzog Hospital-Israel Center for the Treatment of Psychotrauma.

Attendees included, but were not limited to: Prof. Danny Brom, General Director, Joel Ward, MA, Director of Clinical Services, Prof. Ruth Pat-Horenczk, Director of Child and Adolescent Clinical Services Unit, and Asher Rahamim, Coordinator of Services for the Ethiopian Community. In all there were 21 attendees who attended the training. The three presented both an Algorithm Training and a Diagnostic Training in Thought Field Therapy.



The Israeli group which includes several top Israeli researchers

is in the process of planning a study using Thought Field Therapy. Howard, Phyll, and Suzanne report that they received a warm welcome from the talented, bright group of psychotherapists who were open to learning a new therapy tool for the treatment of trauma.

The Israeli Center will be staying in contact with the TFT Foundations as their study progresses. We all look forward to a continuing relationship with the Herzog Hospital Israeli Center for the Treatment of Psychotrauma and seeing the end results of this important new study.

My first trauma treatment following my TFT training

In October 2013 a 40 year old woman, with Hashimoto's disease, had a thyroid cancer operation, and one parathyroid was removed, and one transplanted. After the operation she suffered an attack of Extreme Tetany caused by hypocalcaemia (low calcium in her body). Her muscles froze, she had trouble breathing. She could not move, and went into severe panic. She continues to have daily mini anxiety attacks lest she forgets to take her calcium replacement pills.

She was very weepy and crying all the time.

I did one round of the basic trauma algorithm, the SUD went down a bit, but she had trouble keeping track of numbers because of her emotional state (crying). I treated a reversal and still it was hard to get clear information from her, so I did second reversal and added nose, chin, index, finger and pinky just to cover it all. She reported that she was so relaxed she couldn't think of it (the trauma and anxiety) any more but when she was able (to think on it) she saw it as a picture of something happening to another person. She couldn't understand what was happening to her. She needed to rest so I explained a bit how it works so that she wouldn't dismiss it as



me doing something to her. Then we tapped at the 'picture' that was left, and in the middle of the algorithm she says "that's it, it's gone!" So I did the nine gamut to lock it in and that was all!!!

So I wanted to share this so that you know that all your good work is getting out into the world.

Turns out her husband suffers from panic attacks, as the result of being in two terrorist attacks, so I hope he will come. I will see the woman again next week, there are more layers to work on, but it was so amazing when in the middle of the tapping sequence on the picture of the trauma (as if happening to another) she just stopped, shook her head and announced "that's it. It's gone"

So many many thanks. This is such major stuff, and I feel so good and confident doing it (of course before she came I tapped on my own anxiety about maybe not doing it right).

So Much Love

Shalom Siegel. MA Psychology. TFT Diagnostics. Spiritual Psychotherapist and Teacher +972 54 465 6994 www.shalomsiegel.com shalomsiegel3@gmail.com

TFT Team Working with earthquake and fire victims in Chile

by Mariela Prada, PhD, TFT-Adv

As you may know Chile is a country where natural disasters happen every now and then. Thus most people are always willing to help and to assist those in need when something happens, each one doing their best according to their own experience and knowledge.

In March we had a "minor" earthquake (7.0) in the northern region (lquique, a port in the north of Chile). This was not so harmful but left people in a state of unease and expectation to what might be coming next. On April 1'st a much bigger



earthquake (8.3) hit the same region at 8 pm in the evening. Fortunately most people were already at home with their families, which was very positive. The first reaction people have with these events is to desperately want to know if their relatives are ok.

It is also important to know that for many weeks there were significant aftershocks which kept people under constant stress. Some did not want to sleep in their homes for fear it would hit again at night, and many wanted to stay in the surrounding hills, as following earthquakes there is always the danger of a tsunami afterwards. Their memory was of what happened in March 2010 (earthquake plus tsunami).



In these cases, the best way to help is to do it through a local organization. A group of TFT therapists were eager to help, so we got in contact with a mining company who was organizing psychological help for people affected by this earthquake. One of the volunteers was somebody who has taken the Algorithm course and lives in Iquique.

The team traveled to lquique twice for one week. Most of the time they worked with a whole group (algorithm for the trauma plus emotions), the only way to give help in large numbers. And in some cases, they provided individual sessions (using mostly TFT diagnostics).



The work involved the trauma(s) of the situation, plus the anxiety of what will be next to come, as earthquake specialists were saying that not all of the pressure had been released. This means that there must be another one in the near future. This caused a lot of anxiety in all of the people treated, and mainly those who had to drive up to the mines, which means taking a winding road that may be very dangerous during a significant earth movement.

Thus we also had to address this anxiety and give them tools to do tapping on their own while driving up the road or whenever they felt uneasy or afraid.

While we were doing these interventions, we had another big disaster on April 23. In Valparaiso, a hilly town near the sea, there was a huge fire that burned down 2,900 homes, affecting 12,500 people, all of them of very low means of income. The fire was extinguished only after a week; the town was covered in smoke, the houses burned to ashes, people living in shelters, stray dogs and cats in need of food....

Local authorities asked to concentrate all help through organizations working in Valparaíso so as to limit the number of people coming to the city.

In this case we worked through the School of Psychologists, who had the necessary contacts to go and work with the people, mainly in shelters.

In Valparaiso the traumas were not only the one of the fire but also that of losing all their belongings, all their "treasures" (pictures, family items, etc.), the uncertainty of the future (the local government is rebuilding those homes but that takes time), children who had lost their pets, whose school had burned down, plus the daily problems that arise when living in shelters with many other families.

As you can see, it is a multi-traumatic situation. In this case, what we mostly did was train volunteers to work

with the appropriate algorithm. This work is still being done; volunteers mainly work on weekends. They have also been trained to teach the parents algorithms to have tools to help their children. This empowers them and gives them tools they can share with others.

Once again, TFT has proven to be a wonderful tool to help people in need, help them get over their traumas, to do tapping with their children, to get back the energy to address their daily routines, and help them have faith in the future.





IZERE Center, Byumba, Rwanda – Helping Over 10,000 (as of 2013) Begin to Heal

Every month Fr. Augustin sends me a report of the many cases they have handled at the IZERE Center that month. Since becoming trained at the practitioner level he and the other TFT therapists are helping an ever increasing number of people. Neighbors, families, friends and community leaders come from near and far to get help.

Fr. Augustin and Fr. JMV along with our two Kigali trainers, Prosper and Celestin have become trainers and are sharing TFT with teachers, prisons, and all of the Social Service groups within their regions.

The TFT Foundation has been supporting Adrienne, a licensed psychologist, for several years and this year also began to support Betty on a part-time basis. Fr. Augustin volunteers his time.

They have made such a difference in the lives of the communities and peoples they serve. These changes can be witnessed in the stories and faces of those in our documentary "From Trauma to Peace". If you haven't seen the trailer yet, go to: www.Trauma2Peace.com.

Below is a brief report from just the month of August 2014. It gives us an idea of the many problems that are being eased and the many people who are now having a better quality of life.

Treated 507 people in August – for things like the following:

Depression	25	Family conflict4	
Anxiety	84	PTSD	11
Headaches	6	Physical Pain	27
Trauma	33	Loss of sleep	16
Anger	67	Disappointment to poverty 12	
Panic	20	Weakness	7
Crying	4	Guilt	8
Grief	7	Isolation	4
Nightmare	23	Rage	10
Fear	38	Embarrassment 8	

This was just the month of August. Fr. Augustin and Adrienne are preparing a report for a total number of cases over the last 5 years. I will share that report with our readers and supporters in the next issue.

Please help us continue to support their far reaching work, bringing smiles and hope into the lives of thousands. For information on how you can help support this work, write me, joanne@TFTFoundation.org or CLICK here.

We can support two therapists, Adrienne and Betty, for an entire year for less than \$10,000. This amount, based on previous years, can provide treatment and help for 6,000-8,000 people. That's only \$1.25-\$1.66 per person. What a small price to be able to change someone's life and begin their healing. Please help us continue this work and expand the number we can reach.



TFT IZERE - RWANDA

I. VISIT



Here, Adrienne is with the widows who live in BSU. They are very old without any children nor member of their family. And TFT is helping them to deal with their problems (Trauma, depression, anxiety,...)



This client is a widow of 54 years old, with health issues. She lives with her son. It has been 8 months since her small house has been destroyed by the violent rains. After that epidemic situation, she had serious trauma with depression, anger, guilt, sadness, loss of sleep, fear. After treatment with TFT, she is now well and with the Diocese we found where she can live temporarily.





Treatment of many on every Tuesday and Friday at the Izere Center.



TFT IZERE - RWANDA

Community Day – Funded and Offered Quarterly









Before Treatment



TheTherapists



Summer Report from Celestin – TFT Trainer, Kigali

July 2014 - Orphans Learn To Tap Away Their Fears, Anxiety and Depression

I was invited to the Rutongo Orphanage to treat the children, victims of HIV, malnutrition and parental mental sickness. The invitation came from the Director, a nun who had experienced the results of TFT several years ago while in Kigali. She invited us to practice and teach TFT to the children.

It was not easy to get time because we were busy with tapping during the commemoration but we tried to spare some time so that children may benefit too. Young girls, (the orphanage is only for girls) were suffering from depression and much anxiety.

In fact, during our treatment for this year (20th commemoration) most of what we treated was all about depression and anxiety. From our experience depression has been a big problem affecting many people and we managed to help them with TFT.

One evening as I was revising my TFT notes and trying to read more about depression I even went to Google trying to compare depression symptoms and causes with what we experience. As I was reading about the symptoms of Depression and those of Trauma, they seem to be the same. I came to realize that where there is trauma there may be a possibility of depression.

July – Celebration at the Adventist University of Mudende Following the Commemoration

All the therapists that helped us with the 20'th Commemoration were gathered on Friday in a hall of the Adventist University of Mudende. This is one of the Universities having a good relationship with TFT Kigali. We have been using their rooms and facilities while training therapists. This time we decided to meet with all practitioners that worked during the 20'th commemoration period from different Universities: Adventist University, ULK University, Kigali University of Management, Ndera, SFB,I from UNIVERSITY of Rwanda Butare and another one from ULK Butare.

During the celebration it was a good moment to meet and share our experience because many people attended from different gatherings as you may see.







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This was a great day as we heard a poem composed by a student from Adventist University about TFT THAT WAS WRITTEN IN Kinyarwanda.

Also, there was a sketch on how to treat someone who had been traumatized. These were composed by students from KIM UNIVERSITY.

We also had a representative from the Red Cross and ARG. We had an apology from CNLG saying they would have attended if it was not scheduled on a weekend.

August

My experience has proved that TFT can heal children from trauma. With our recent experiences, Tom and I shared while spending two days at Ginyi near Lake Kivu, we also eliminated fears and phobias. Lake Kivu is one of the African Lakes known mostly to have a gas that can affect people in some areas. Because of that, people fear to swim in it. We helped the children at the beach with phobia treatments.

September

After establishing a TFT group in Congo DRC last year our plan for this year is to provide a TFT training in Burundi-Bujumbura. It is a city constructed near Lake Tanganyika, a country which some years back was in war much like Rwanda and Burundi.

I'm planning to begin the training on 15th/10/2014 - through 18th/10/2014 and then follow with one day of treatment.

The schedule is based on my Annual leave of 18 days, which I would like to spend doing humanitarian help in the region. At the end of this training and treatment in Burundi, I will have established teams in Burundi and the Congo which are Rwanda's neighbors.

I have been working on this plan since last year when I attended a funeral in Burundi. While there, I shared TFT with people and they expressed an interest to









learn more. I have been calling them to help me make the arrangements.

The town of Bujumbura is a neighbor with the town of Uvira, DRC, where I may also have 5 Congolese to attend. .People have been telling me that they would like to attend. They are members of an Organization called GOOD LIFE AND BETTER HEALTH/maishabora na afia in Swahili. This is a non-profit Organization registered with a legal personality, an NGO of which I'm on the board. They do many community activities to assist their people in DRC.

We are requesting support with the cost of this important training. We have a confirmed room but we will need transportation, food, and communication. I will find my own accommodation with my friends and the trainees will be going home each day.

We believe that if we have \$2000 we may reach, help, treat and train a team that will stand for their own country like in Rwanda, Goma, and Uganda. Please donate by clicking here.

The finalization of our plan will be done when support can be confirmed. In advance, we appreciate every single bit of help that the TFT foundation has made to encourage the world in feeling safe in mind, body and health regardless of color, Race, Religion etc.

October

We have been working on a constitution written in three languages which will be submitted to the public authorization that starts the legal registration process for a Kigali (foundation- NGO) non-profit. I will begin that process when I came back from Burundi. We propose it be called Africa Foundation of Thought Field Therapy, AFTFT.

It's also a great moment for TFT thinkers and researchers to establish/initiate what TFT may do to help in healing and assisting victims of EBOLA.

It's becoming a disaster, affecting many Nations in West Africa like Nigeria, Guinea, Liberia, Sierra Leone plus the Congo in Central Africa where Ebola was found for the first time in years. At the moment, the DRC counts 30 people who have died recently in the province of Equateur, far from Kivu which is our neighbor.

I know people have panic, fear of death, and are traumatized because they are not allowed to run away to neighboring countries. They have a shortage of food because other countries are not allowed to bring goods and food. If all these fears, panic, trauma and stresses can be treated then it's a reduction in sickness.

I worked with a young boy, 4 months ago who grew up at the Orphanage and he was detected as HIV positive. After he was told that he had HIV POSITIVE, he bought a drug and he wanted to kill himself. As soon as I was told by one of our care givers who took him to hospital I took him outside the center. I offered to him something to drink with a heart ready to accept him in a loving way. I introduced TFT to him. The three of us with a caregiver, started the tapping exercises. He is now ok. He is no more fearing death and he is very courageous to continue his studies in his final secondary school and is a high performer.

I just wanted to give this illustration knowing that TFT may eliminate HIV fear and anxiety; it can do the same for EBOLA.

Big appreciation to all TFT researchers and volunteers.

Pr. Celestin, Director of Rwanda Orphans Project



TFT Foundation Documentary



TFT Foundation Publication Guidelines

We welcome article submissions:

Please submit articles via e-mail to: info@TFTFoundation.org

- 1. The Publication is created, edited, proofed and produced by TFT Foundation volunteers who receive no payment for their work.
- 2. Schedule of Publication: January 15; April 15; July 15; October 15. All submissions must reach the editor at least 2 weeks prior to publication. Since the Publication will be an on-going, electronic one, we may accept some submissions for interim use, updating an issue already available on the web.
- 3. Purpose: The TFT Foundation Publication is designed to inform the public about the use of TFT to help people around the world. For example, such information can be of a humanitarian nature, professional service to others, on-going TFT research, help for animals, and work of TFT Foundations.

The TFT Foundation's documentary From Trauma to Peace is complete!

Watch and hear story after story told of the horrors suffered by Rwandans and the transformative healing that has taken place in their lives since learning TFT.

The Rwandans have forgiven. And, through the healing power of TFT, they have not only forgiven, they have transformed themselves from survivors to happy, productive and loving people.

The documentary shares the work the TFT Foundation has done in Rwanda since 2006. The research that has been completed, the trainings of TFT leaders, and the humanitarian relief are all compelling. The stories of each life, family and community that can now smile, laugh, love one another and be productive again will melt your hearts as it has ours. It deeply conveys the great need for trauma relief in our world.

> Click here to purchase - Only \$19.95 with Free Shipping

- 4. The TFT Foundation Publication will be in the form of an E-Zine and will be available on the WEB. Therefore, people from all walks of life can have access to information about TFT, the TFT Foundations, and the work of practitioners. Practitioners can use the E-Zine in their private or agency practices and disseminate the WEB address to their clients and other interested parties. Viewers have the option of downloading this E-Zine.
- 5. Submissions for publication should be written in Microsoft Word. Rich Text (RTF) format is acceptable when Microsoft Word is not an option. Copy should be double spaced with the name and credentials of the author at the top along with the Title. Submissions should be spell-checked before submission.
- 6. Do not include or embed any clipart with the article. It will be returned to you for removal of clip art.
- 7. No copyrighted material will be accepted.
- 8. If a submission is written in a language other than English, an English translation must be included so that both will be published together.

- 9. Podcasts and video links may be submitted. The decision to use such material will be up to the editor and/or TFT Foundation Board.
- 11. Photos must be digital and meet the specifications of the E-Zine Layout volunteers. Jpeg format is acceptable.
- 12. TFT Practitioners are encouraged to advertise in the E-Zine. Advertising guidelines and costs may be obtained from Joanne Callahan, TFT Foundation President.
- 13. Books, Journal Articles, and other mentions will be published. We do not do book reviews.
- 14. On occasion, copy may be returned to an author for suggested changes or rewriting. In most cases, material will be either accepted or rejected based on the original submission. Edited material will not be provided to an author for final approval.
- 15. Stock photos will be used to dramatize or enhance an article but no photos of clients or information pertaining to a client by name will be published without their expressed and signed release on an official TFT Foundation Release Form. Every effort shall be made to protect the privacy of an author's client.

