

TAPPING For HUMANITY

Fall/Winter, 2013

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

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The Editing "From Trauma To Peace"
in Rwanda is Almost Complete.
Click here to view the trailer.

TFT Foundations – 2013 in Summary

This last year, 2013, will be one etched in my memory for many years to come. It was one of many memorable events, great losses and new beginnings.

We began the year with great joy as we heard of the many healings and life-changing healing events from Rwandans sharing their experiences with TFT. Our documentarians came home with 27 hours of heart-warming stories.

We were rewarded for years of hard work when our 2009 PTSD study was published mid-year (see this issue). One of our Rwandan trainer's came back to learn VT and further support a growing number of African's in healing their countrymen.

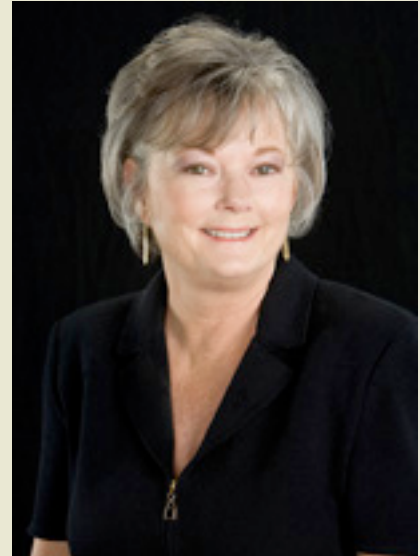
Then November came, and we all knew a great loss as my husband, Roger, founder of TFT made his transition. I was humbled and deeply touched by the thousands of messages, posts, pictures and stories of how he had changed your lives. **Please join me and visit his memorial site** as we continue his legacy of sharing TFT with the world at: <http://www.rogercallahan.com/memories/>.

And now, this month, December, we see a new beginning as the revolution has ended and healing has begun in the Congo (see this issue). The TFT Foundation will be supporting a second training in that war-torn country led by a newly formed committee of doctors, nurses and psychologists to take TFT to begin healing their people.

As we head into January, our foundations' team will be expanding TFT and trauma relief in Uganda, completing yet another PTSD study and launching another TFT Training Center.

We have seen our work in Africa expand from healing orphans to relieving the suffering of the general population, disabled veterans, prisons, schools, and hospitals. TFT is working into every aspect of the lives of Rwandans and now Ugandans and the Congolese.

This year's funding has also taken an up and down path as well. For the last 5 years or so, we have had the great fortune to receive double matching funds from PepsiCo due to the generous contributions of our board member Bruce Paton. However, this year PepsiCo made some changes in their foundation funding and have ended their matching funds program for retirees. As this was a substantial portion of our annual budget we have had to begin looking elsewhere to replace those funds.



Tapping For Humanity is Published Quarterly
by the TFT Foundation.

Tapping for Humanity

Mary Cowley has submitted a grant proposal to the Ruth Lane Foundation, a long time donor to the foundation, and has been granted an increase for this year's funding. This will help make up for about 25% of the PepsiCo gap.

Due to the generosity of TFT practitioners and clients around the world, we have received many contributions to the foundation in Roger's memory. This too will help replace some of the income. We acknowledge and thank all donors later in this issue.

Please let me know if you have grant writing skills, connections with organizations that support trauma relief or in some other way, including airline miles, can assist us in covering our short fall for next year. We have an ever increasing number of requests for humanitarian relief, training and support from around the world.

I want to close this year's summary with a tribute to Roger from our Brazilian TFT family.

What can I say about this great soul who just completed his journey on Earth?

On one hand, I feel the grief of a loss of incalculable importance for all mankind, which I'm sure will recognize its importance in the coming decades as TFT is helping more and more people around the world every day, and in the other comfort myself in knowing that each therapist, in each country, carries forward the flame lit to share and help others with his legacy of TFT.

I had the privilege of sharing with Dr. Callahan, or Roger as he preferred to be called, during his first and only visit to Brazil, in October 2012. His simplicity and loving human being and the way he treated everyone with whom he came in contact had really captivated me. In one of our moments of conversation outside the courses, I remember asking him how he felt about being the creator of TFT and after more than 30 years to see how many thousands of people have profoundly changed their lives through TFT, and Roger looked at me with a beautiful smile and a look that overflowed a peace and inner joy and simply said: "I'm pretty proud of it! And You Should Be Proud too!" And, we continued our walk through the hotel lobby.

I have had the grace to learn TFT directly from Roger and Joanne Callahan and also have been able to give this oppor-



tunity to more than 46 students that came from all over Brazil. It really is something that I'm proud of and brings me great joy and satisfaction when I remember this special week in my life and certainly in all the students and all the people who have been and still will be helped by them!

I witnessed the unconditional love between Roger and Joanne, the care they had with each other all the time, in every word and every gesture. I am also proud to have led them to a good Brazilian steakhouse and hear him talking to my father, who was also at the table, that it was the best filet mignon he had eaten in the last 30 years!

I feel your loss at this time as more than a teacher, a good friend, as if in that one week in São Paulo, he and Joanne have become part of my family. Now I understand that actually I became part of his family, the TFT family, which he is the father, and it's strengthened every day by his example of tireless work, always researching and testing everything to get the best possible results.

It is a good thing that he taught us how to self apply TFT now, to be able to accept his departure with less pain and move forward with more force carrying the living flame of his legacy to mankind!

What can I say about this great soul who just completed his journey on Earth?

Maybe just a single sentence: Thank You Roger!

With love,

Leandro Percário – Instituto TFT Brasil

Instituto TFT Brasil - TFT e Terapias Integradas

www.tftbrasil.com.br / 11 3624-4706 / 11 9562-4706

TFT Brings Relief to Traumatized Children in Rwanda



Adrienne, TFT psychologist at IZERE with children

Last October, we had an anonymous donor offering the TFT Foundation matching funds to help IZERE Center community treatment days.

The last community day, held during the period of mourning, we were able to provide funding to treat 250 people and 435 came for help. So we were thrilled to have the possibility to continue to help these children and the others in the region receiving TFT relief. We asked for your help to raise the matching funds of \$1100. You all responded and we received the matching funds promised.

We were able to send all the requested funds for the community treatment day.

Thank you all for caring and helping us continue to bring smiles to these children's faces.

I would like to share one of the children's comments with you.

Perhaps the most touching was shared by young child in Rwanda, Alphonsine. It is the testimony of one of the handicapped children who live in the Izere Center in Byumba, Rwanda.

She spontaneously offered it after the community treatment day that was made possible by many of your contributions.

It touched the hearts of the Rwandan therapist's providing the TFT treatment and community day... and now ours as well. She talked about how she came to Izere Center to be helped with her studies and necessary medication. She shared her long time feelings of fear and isolation. She had complex challenges and had been traumatized because at home her parents prohibited her to go outside of the house.....

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She said, "I had fear to look or to talk with any people because I was not like them. I saw them with arms, with legs and I don't have them, and I figured that I'm not a person.

When the other kids came to me I had difficulty to be with them. I only had peace when I was alone in the room, and although I'm in Izere Center for 6 years, I never had peace

After Adrienne (a TFT trained psychologist supported by the TFT Foundation) came to me last month, she started to focus on me... she treated me with the technique that I've seen many times being used to treat the people who come here. Now you see, I'm very happy and I can stand between you and talk with you. I had refused to be treated for a long time; and now I'm going to convince my brother and sister to come to this school"



Thank You for Your Contributions in Roger's Memory

On behalf of myself and the TFT Foundation, I wish to thank everyone who sent heartfelt messages and contributed to the foundation in Roger's memory. We have a new trailer for our documentary "From Trauma to Peace"



We are looking to see a final draft of the completed film in the spring of next year – 2014.

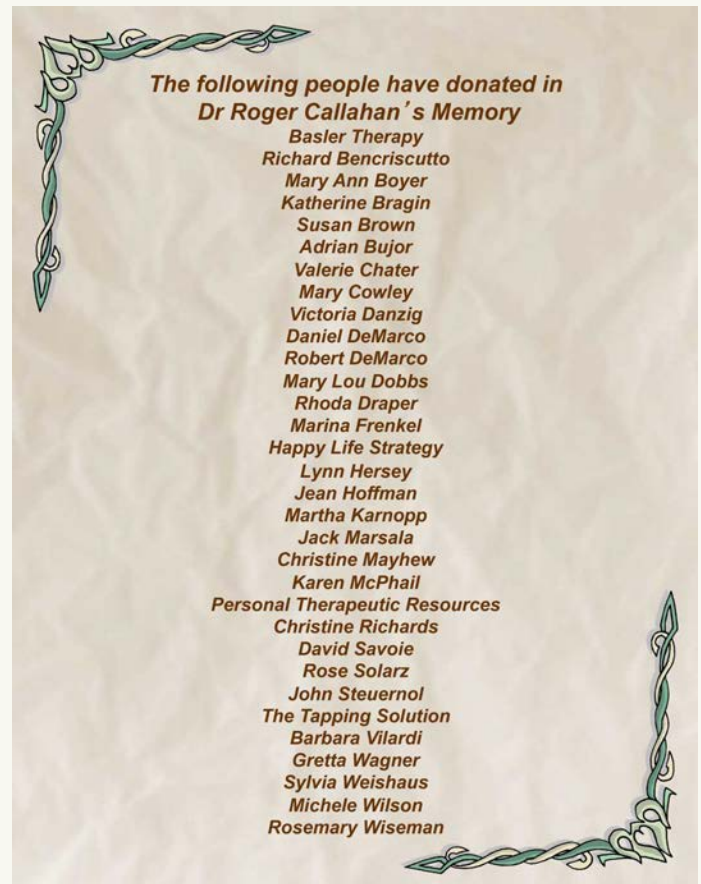
The trailer and other regular updates are available on the website: www.trauma2peace.com/media.html

We are currently in the process of completing the translations from Kinyarwanda to English of the many hours of film. This film will do so much to share with the world a simple way to heal trauma and facilitate peace.

One of the translations we just received is a wonderful example of the sharing and healing that is taking place thru TFT and Roger's life's work. Below are some excerpts from her testimony:

My name is Mukankuranga Valentine. I live in Bibare cell, Inyange neighborhood, Kimironko sector. I belong to a cooperative of vulnerable people. I am 42 years old. TFT is a treatment and it healed me.

I was traumatized mostly because of being a widow and poor. I was grumpy all the time and felt like a crazy person.



In 1994, my husband died. I was left with my 2 children and two orphans. My two elder sisters also died. I took care of the orphans alone with no shelter. All those issues traumatized me. I found myself alone; children did not go to school. All that was traumatizing and I felt worthless. I was sad, agitated and ill tempered all the time. After I was treated I started feeling better. We were shown how and where to tap and as I tapped I cried and felt better and better. When I got home I continued to tap and kept feeling much better and after getting well I treated my children. Whenever my child would feel bad I would tell them to sit before me and I would treat them the same way I was treated. And the children were relieved.

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They became happier and more disciplined and when they noticed a child at school who had an issue they would show them how to tap. Now the children who study at the same school as my kids know TFT. So, It is a very effective treatment, it is a treatment, since I was treated nothing has ever traumatized me again.

My sadness has faded. Small things do not make me cry anymore. I am a strong woman. We were treated and personally I feel much better and I also tell others about TFT. My children got rid of their traumas because I treated them and they also treated other children.

As I told you before, I was like a mad woman. Whenever a person pressed my buttons I recalled everything I was going through and I would abuse them and feel angry all day. I was in a horrible situation and despair. But now I live in good harmony with my neighbors. I do not get mad at people for small issues anymore. I am stronger now. I am not traumatized anymore. I am healthy and I even put on weight. I was underweight.

I am a better mother. I am a peaceful mother who lives in harmony with others.

All is well. I have peace.

About TFT? I started by treating my family with TFT. I passed it on to my kids who took it to other children. And I help the neighbors who have problems before even the community health workers intervene. I treat them and share with them my experience with TFT. That is what I can add. I treat my neighbors.

I would like to say a special thank you to the Ortner family and *The Tapping Solution* for their significant contribution to the completion of this documentary and recognition of Roger's contribution to all "tapping therapy". It's great to see the tapping community come together.

Healing Revenge in an Angry World

One of the most important attributes of TFT is its simplicity and coupled with its power to heal trauma, it is fast becoming a transformational tool for entire regions of the world.

Its simplicity is seen time and time again, when someone uses the complex trauma algorithm, sometimes on its own, sometimes combined with the anger and guilt algorithms. I received the following case study from a physician in Abu Dhabi who has just completed our online algorithm course. All of the submitted cases were excellent but I selected the following case to share with you because it reflects the simplicity and ease with which we can transform anger and revenge.

Case study #3 - Client #3

Age: 31

Sex: Male

Date: 11/11/2013

Presenting Condition: The client presented with anger and the urge to take revenge upon a person. He said that he regrets this feeling and he wants to stop thinking about revenge because he feels guilty upon doing so.

Subjective Units of Distress (SUD) =10.

Used complex trauma with anger and guilt algorithm

SUD=4

Then he said but I can't breathe.

So I checked and corrected for psychological reversals and also did the collarbone breathing.

Clients comments: He said the person doesn't mean anything to me now.

SUD=1

Floor to ceiling eye roll

Clients comment: "I don't believe it! What is this? I can't think of anything against that person and I feel so light." Then he asked, "Can I repeat this whenever I am angry?" And, of course I said yes.

My comments: This was a straight forward guilt and anger case however the amazement of the client made me real happy. I advised him to use it whenever he has the anger and guilt feeling.

What a tool to share with the world! This same algorithm, psychological reversal correction and collarbone breathing can be found on our TFT Foundation's free trauma relief blog site: www.TFTTraumaRelief.wordpress.com . Visit it and share it with your world.

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Fundraising Corner:

During this holiday season, my mind has often been on the subject of forgiveness. Right now families are getting together, setting their differences aside, to celebrate each other and what they're grateful for.

We all struggle with forgiveness. When we believe others cause us pain, we're never sure how to react, what to say, and do. Learning to let go of the pain people have caused you in the past is not easy. But this holiday season is the perfect time to learn to forgive easier, let go of grudges, and find peace of mind with Thought Field Therapy.

We need to cut the strings of the negative emotions that control us.

You can let go of the overwhelming emotion and hurt feelings that come along with holding onto pain and grudges. *And one of our trainers, Dr. Bob Bray, can show you how.*

Imagine being able to forgive yourself and others, *effortlessly*. I am here to tell you that Thought Field Therapy can help you.

It's time to end the emotional turmoil and pain.

Don't waste energy hoping and waiting for a change when you can make change happen right now using the power of Thought Field Therapy.

"Overall, the TFT training I took from you has proven more useful than most of the other trainings I've attended mainly because I've been able to use it right away with positive results."

Mark Olson, LICSW

Join Dr. Bray and let go of the pain and learn to forgive with Thought Field Therapy.

Dr. Bray is also including some extra bonuses - at no additional charge.

Take advantage of this amazing offer while it lasts! [Click here for details.](#)



Dr. Robert Bray has offered to donate 50% of the fees for his upcoming webinar to the Foundation. Joining this webinar will not only give you more freedom and peace, it will help carry the message and gifts of the TFT Foundation around the world.

"The personal growth I have experienced in using TFT in forgiving myself and forgiving those who I have perceived have done me wrong has made a world of difference in the freedom I have in making choices that fit my values and desires. The TFT foundation holds this value for freedom and living in peace in its work around the world. "

Tapping for Humanity

Our Rwandan TFT Team in the Congo

These photos are of our Rwandan TFT team and were taken during training and treatment programs. We send them to honor the legacy and lifetime of TFT's founder, Dr. Roger Callahan. We are therapists helping people in Rwanda and the Congo using Dr. Callahan's innovations and research (TFT). The picture with the disabled children shows how much TFT is helping the disabled in Rwanda. Also, there is another picture taken while training the Congolese. They are doing exceptional work with TFT. They have included a French condolence message to honor Dr. Callahan who started the techniques which are now helping their community.

Also, I have included a picture with Dr. Roger Callahan in Hawaii, our first time to see and speak with him. May the Lord find his place in eternal peace.

Pr. Celestin Mitabu

Nous avons reçu le message avec grande tristesse qui nous annonce la mort de notre haute Personne de grande Valeur, le Fondateur de TFT Foundation aux USA.

Nous savons combien de fois il était trop utile pour l'Organisation et pour nombreuses Associations: Que son Ame reponde en Paix.

Nous, Equipe de TFT de la Republique Democratique du Congo(RDC) qui a été formée en date du 05 au 06 Octobre 2013 en RDC étant au nombre de 60 Personnes, présente nos Condoléances les plus profondes à toutes les personnes de TFT Foundation partout où elles se trouvent dans le monde entier, aux membres du Bureau et à la Famille de l'illustre disparu toute entière.

Nous regrettons fort cet Evenement de sa mort car nous étions entrain d'attendre un Soutien Financier pour une descente sur terrain en faisant une pratique de la matière sur le TFT AUX BENEFICIAIRES, néanmoins nous savons bien qu'il a formé plusieurs personnes et l'Oeuvre qu'il avait commencée doit toujours continuer à travailler.

Nous avons été bien formés par Monsieur Celestin MITABU le Directeur de Rwanda Orphans Project, et nous voulons en approfondir plus.

Les 60 personnes formées sont entrain de faire l'exercice de la matière dans leurs Familles respectives et ils sont très intéressés de cela et ces familles apprécient cette méthode qui produit des bons Fruits.

Nous souhaiterions que cette pratique se passe au courant de ce mois de Novembre 2013 car la Population traumatisée attend beaucoup cette assistance des méthodes de détraumatisation nous enseignées.

Étant ensemble de Cœur et d'Esprit nous demandons à Dieu tout Puissant de consoler cette Famille qui vient de perdre un Grand Homme de Grande Valeur pour nombreuses personnes et Organisations.

Encore une fois nos Condoléances.

Pour l'Equipe de TFT Foundation Gilbert BANYWESIZE NGUDUKA/President-E.R.S.A.M asbl-RDC-Goma-North-Kivu et President de la Synergie ou Plate forme TFT-RDC.



Tapping for Humanity

TFT Expands Healing in the Congo – Rwandans Share with Their Neighbors

Celestin Mitabu, with the support of the TFT Foundation, began trainings in the Democratic Republic of the Congo a couple of months ago. The French letter of condolences (above) was a result of those trainings and the healing taking place.

[Click on the picture below to see a brief slide presentation of our new team and their work in the Congo.](#)



Gilbert BANYWESIZE NGUDUKA, a psychologist and leader of the newly formed TFT team in the Congo, wrote the letter. He has also requested further trainings in the Congo.

Celestin shares that request and plans for these trainings, later this month.

"They have been asking me to come back to the Congo. In fact the rebellion is defeated last month when the main rebel group M23 surrendered their armies. Since that defeat we have tried to roughly plan about two days of training and treatment, both to take place in Goma.

The first training and treatment will be at RSAM where we already have many trained therapists. The second training and treatment will be held at Heal Africa Hospital where we also have many trained.

The rough plan is for the therapists to gather communities for treatments and and invite 28 new trainees for the

morning trainings. Because last time we trained people from 5 different centers, we have agreed that all these people and clients may come to both RSAM center and Heal Africa. I have just called it a rough planning because so far it's not yet funded. And it is badly needed to strengthen our TFT groups in Congo.

The meeting rooms for training and treatment are provided free of charge provided in addition to my personal accommodation.

This will be a very special treatment and training in Congo, accepted and protected.

I, and my friends from the Congo, have been working on that treatment and training by telling people about our success with the previous mission in the Congo. This is going to be called a Christmas and New Year's Gift to the people of the Congo for this year of 2013. These will take place on Dec. 22-23, 2013. The two days will be as follows: mornings for training and evenings for treatment. The last day of our training and treatment we will be gathered for 30 minutes with all therapists in a big RSAM HALL just to share about the life and legacy of Dr. Roger Callahan and to commemorate him.

Since the meeting rooms and my accommodation is being provided for free, the estimate for the two days is \$1400.

We look forward to hearing from you so that we may finalize our end year planning.

Yours,

Pastor Celestin Mitabu

ROP Director and TFT Greats lakes trainer"

Please help support our efforts to bring this Christmas and New Year Gift to the people of the Congo.

PLEASE DONATE



TFT 2009 PTSD Study Published in June 2013 African Journal of Traumatic Stress

The TFT Foundation is excited to announce the publication of its 2009 PTSD study and work in Rwanda. It has taken a long time and a lot of effort by many, and led by our board member, and Trauma Relief Committee chair, Suzanne Connolly.

It was a long time coming but, I think, an important article in a well read journal by those interested in helping Africa recover from trauma. I would also like to thank the Peter C. Alderman Foundation for their assistance in edit corrections.

The entire study can be found on page 24 of the June 2013 Issue of the African Journal of Traumatic Stress, found here: http://petercaldermanfoundation.org/AfricanJnl/AJTS_V1N5.pdf

I wish to thank all the members of the TFT Community, The Paton Family Trust, The PepsiCo Foundation and the Ruth Lane Foundation for their support to complete this work.

The abstract is below.

Abstract

The use of Thought Field Therapy (TFT), a brief therapy technique, is examined in a study titled, Utilizing Community Resources to Treat PTSD: A Random Controlled Study Using Thought Field Therapy, to determine if there is a significant difference in the reduction of trauma symptoms between the treated group and the untreated group post treatment.

Study participants in the waitlist group received treatment after having completing the posttest. One-hundred and sixty four adult survivors of the 1994 Rwandan genocide received a one-time trauma-focused TFT intervention in this randomized waitlist controlled study. Prior to the study, TFT techniques were taught to community leaders, who then provided them in their native language, Kinyarwanda, to the participants during an individual session. Pre- and post-intervention surveys of trauma symptoms included the Trauma Symptom Inventory (TSI)

(Briere, 1995) and the Modified Posttraumatic Stress Disorder Symptom Scale (MPSS) (Falsetti, Resnick, Resnick, & Kilpatrick, 1993). After one week, significant differences were found in trauma symptoms and level of PTSD symptom severity and frequency between the treatment and the waitlist control groups. Participants in the waitlist group experienced significant reductions in trauma symptoms following their treatments, which took place after the first posttest. These positive outcomes suggest that a one-time, community leader facilitated trauma-focused intervention may be beneficial with protracted PTSD in genocide survivors.

2011 Uganda PTSD Study – Two Year Follow-up January 2014

In January of 2011, the joint teams of the TFT Foundation's, USA and UK, along with the Mats Uldal Foundation in Norway completed the third of our African PTSD studies. Dr. Howard Robson and Phyll Robson presented this study last summer at the annual ACEP conference. The results were excellent and the study will soon be submitted for publication.

Continues...

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This coming January, 2014, a team of 7, four returning members and three new members, will be going back to Uganda to do a followup with the study participants, train further practitioners and treat as many as possible during their stay. Dr. Howard Robson, Phyll Robson, Roger Ludwig, and Celestin Mitabu all participated in the original study and will be returning to carry out the followup. Ngub Nding, our newest UK TFT Foundation board member, and his brother Oob Nding along with Mdm. Alexandra Maillet, will be accompanying the team.

Due to limited funds, all team members will be providing their own travel and accommodation expenses. The TFT Foundation USA will be providing Celestin's travel from Rwanda to Uganda and Roger Ludwig's church has funded his travel. The study and training costs are being provided by the UK TFT Foundation and the Nding brothers. We are so grateful for the dedication and generosity of these individuals to make this trip possible, allowing many more to be trained in TFT and facilitating further healing in Uganda.

The publication of the 2011 study, and the 2-year followup will be the third PTSD study demonstrating TFT's effectiveness in a model for large-scale trauma relief. During the period of time these studies have been carried out, thousands upon thousands of Africans have been healed and continue to be healed. We are truly healing a traumatized region of the world, one heart at a time. Our documentary, "From Trauma to Peace" has recorded the changing of the human lives, while the studies confirm the effectiveness of TFT and this model of healing trauma.

If you can join us in the holiday spirit and help our team with any funds, they will be able to treat many more people when they are in Uganda. To contribute to our UK TFT Foundation mission to Uganda, [CLICK HERE](#).

In respect of cheques, any could be sent to the Treasurer, Association for Thought Field Therapy Foundation (UK) Ltd, Westerdale House, School Fields, Hinstock, Market Drayton, Shropshire. TF9 2RQ, UK, and made payable to Association for Thought Field Therapy (UK) Ltd.

UK Inland Revenue will increase the donation from a UK taxpayer by 25%, if a Giftaid form is completed and sent with the donation to us. Higher rate taxpayers will also receive some tax relief in addition. The form is available on our web site. [DONATE](#).

UK TFT Foundation Announcements:

On 2nd November 2013, Dr. Robson gave a short presentation about TFT and our work and research in Uganda to a meeting of hospital physicians from the north of England. This group of around 50 contained academics and senior doctors, and we are pleased to say, kindled some interest from a few for further research in TFT. This was a unique opportunity to introduce TFT to the medical profession in the UK.

On May 16-18, 2014, Fr. Peter (our Ugandan host) will be joining our UK Foundation team and Joanne Callahan in Paris for an Optimal Health training and a fund raising event for further Ugandan work. Fr. Peter Mubunga BASALIZA will be completing his trainer's training and learning TFT Voice Technology in order to supervise and train many others in Uganda. This will be a one of a kind opportunity to meet with our trauma relief team and Fr. Peter, seeing and hearing of their life-changing work in Uganda. Put this on your calendars.

CHAOS THEORY, INFORMATION THEORY AND ENERGY THERAPIES

RITA MOHR WEINBERG, PH.D.

Presented at the Society for Chaos Theory in Psychology and Life Sciences

Portland State University

Portland, Oregon July 25-27, 2013

A number of years ago I heard about a new and different form of psychotherapy from a colleague. She gave it rave reviews. So I took training in it and began using it in my practice. The therapy was called Thought Field Therapy (or TFT). It was based on the idea that we all have energy within us and if something interferes or blocks the free flow of energy, we have a problem. It could be physical, psychological or both. These assumptions were taken from Acupuncture, an Oriental form of treatment several thousand years old. Acupuncture treatment involves using needles to insert into high energy points (meridians) on the body. A great deal of research had been devoted to the effectiveness of acupuncture and most of it supports the fact that it is very effective. TFT uses energy and energy points akin to the meridian points of acupuncture. TFT, EFT and related therapies are called "energy therapies."

Thought Field Therapy does not use needles; it taps patterns on the body's high energy points with one's hand. It also uses far fewer energy points to tap. I shall discuss some of the research which has clearly demonstrated the effectiveness of TFT treatment for a variety of problems, including some very serious mental health issues such as Post Traumatic Stress Disorder (PTSD).

When I started using TFT in my clinical practice I could not believe how rapidly and successfully this treatment worked on so many of my clients' problems. I have heard the same opinions from other TFT therapists. As a clinical psychologist I have taken additional training on this form of treatment and have been using TFT for 15 years, still with rapid and successful outcomes on a number of different issues and problems.

How does this form of treatment work so quickly and do such an effective job of healing? Feinstein's comprehensive paper extensively lays out research which has been done to date on the so-called energy therapies. He explains the group of therapies which use body tapping (or a variation) on specific areas of the skin. They correspond in general with acupuncture's high energy points (meridians). It is believed that these points send signals to the exposure aroused limbic system which reduces limbic hyper-arousal. Exposure is briefer and relieves stress more powerfully than relaxation based interventions (Feinstein, 2011).

Theoretical explorations of TFT and other energy therapies begin with Chaos theory. Chaos is a behavior, event or

process which varies, is nonlinear and unpredictable. Patterns and boundaries in chaos world are flexible and change unpredictably (Pool, 1989). Chaos theory broadens our understanding the behavior of diverse systems and amplifies our understanding of how such therapies work.

Humans are dynamical creatures. That means that we operate in ways that are different from those proposed by the great mathematician Isaac Newton several hundred years ago. The linear Newtonian world was one where there were expectations of order, quantification and predictability. Newton's ideas still dominate our Western world, in our schools and our business world. Many people believe the world operates with certainty and is

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predictable. There are predictions in our world in many areas from weather such as tornadoes, to earthquakes, economics and the stock market, sports, games and which players will turn out to be long time winners.

Chaos theory involves understanding how systems evolve, and how change occurs. It deals with systems and factors which underlie transformation. TFT, EFT and other energy therapies also deal with systems, change and transformation. With TFT, the changes are from problem states to healthier states. After TFT treatment, problem(s) diminish or disappear. Since Chaos theory proposes that many things are inter-connected, other networks and systems are also affected when healing occurs.

Illness has been described as a “dis-order”. Chaos theory maintains that there is order in disorder. Clients seek treatment because one or more of their systems is impaired, unbalanced or malfunctioning. There is a “Dis-order” in the system. Roger Callahan, founder of TFT, terms these disturbances “perturbations”(2000). They destabilize the individual’s system, which can break up gradually or with a sudden change of direction(bifurcation). As a rapid change takes place, the system self-organizes into a new and better organized system. TFT and other energy therapies provide a method of using algorithms to tap on high energy points on the body thus opening energy pathways in the system. After treatment with TFT or EFT a new alignment and system emerges in a client who may now be symptom or pain free. According to Chaos theory, rapid change comes about from one or more “drivers” which push the system into change. TFT or EFT therapies themselves appear to be the drivers which shift the system, changing into a healthier trajectory or pathway.

Chaos theory postulates that a very small input, e.g., tapping the energy points therapeutically, can lead to enormous impact on the client and that this is characteristic of non-linear systems. Just as the flapping of a butterfly’s wings-a small input-can cause a typhoon in another part of the world – a large effect-so can other small inputs cause large shifts or effects. In other words, in dynamical systems or organizations, output does not equal input. This is the “the butterfly effect”. Other types of psychological therapy usually require more prolonged

sessions (input) over time than does TFT or EFT and other energy therapies to produce desired effects. TFT and other energy therapies work rapidly. They are the drivers which produce bifurcations (shifts) in the organization of the system-often within one to three sessions on the average.

A major discovery by Callahan is the paradox of psychological reversal. Psychological reversals are polarities of the body which prevent or delay the healing process. They can be treated and when that is done prior to application of the healing tapping process, it facilitates the process. Psychological reversals indicate a state which is comparable to the saying “Shooting oneself in the foot” or doing the opposite of what one intends to do or what is good for oneself. This is not usually under conscious control of the individual. Correcting psychological reversals insures a much higher rate of therapeutic success. Chaos theory indicates that such paradoxes occur in dynamical systems.

It is important to pay attention to subtleties, to differences, and to unexpected connections and relationships. Chaos theory and energy therapies operate more freely than in the linear world and provide us with a world which operates with uncertainties and possibilities.

Post Traumatic Stress Disorder or PTSD is a severe anxiety disorder which affects an estimated 3.6% of the population in the United States. It is one of the most serious and difficult mental problems to treat. Large numbers of those serving in the armed forces exhibit PTSD. This is a condition where the mind seems to re-live the traumatic situation every time their memory brings it up and they react with a variety of symptoms-trauma, guilt, depression, self injurious behaviors, a general inability to function, etc.

Cognitive-behavioral therapy, the most widely practiced therapy in the United States, currently, operates on the premise that continuous exposure to a traumatic memories will reduce or eliminate the fear response. The National Academy of sciences Institute of Medicine(IOM) looked at 30 years of research in treating PTSD and found that success with cognitive interventions were not conclusive. They worked for a short time and then the

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individual reverted to original behavior (Committee on Treatment of Posttraumatic Stress Disorder, 2008, p.10).

Exposure treatments by the energy therapies did result in positive outcomes which remained effective at one year follow up research (Feinstein, 2009). Acupoint energy point stimulation appears to send de-activation codes directly to a section of the brain called the amygdala, which in turn deactivates the neural fear response. This seems to be a preliminary extinction response. Since it works so directly and swiftly, it is unnecessary to have many sessions. This can explain why fewer sessions are needed (Church, 2010).

Scientists now report that tapping on the body's high energy points allows these points to send signals to the limbic system which is already aroused. As in the case of the amygdala, this reduces the hyper arousal of the limbic system and leads to rapid deactivation, inhibition and to long term counter conditioning. Acupoint stimulation appears effective with very high arousal. It works very rapidly to extinguish maladaptive responses; hence, the procedure can be completed in a single session (Feinstein, 2011).

Caroline Sakai, Suzanne Connolly, and their team studied 188 adolescents in Rwanda where ethnic cleansing had taken place 12 years earlier. These subjects, as children, had watched their parents being tortured and killed.. Fifty with the highest PTSD scores on a PTSD inventory were treated in a single session (Their symptoms included nightmares, aggressiveness, flashbacks, bedwetting, and withdrawal, difficulties in concentrating. After a single therapeutic session, their PTSD scores dropped below the PTSD range. Only 6% still remained. There was a dramatic decrease in symptoms and it remained after a one year follow up. Only 16% remained with symptoms after a one year follow up. (Sakai et al, 2010).

There are some variations of practice within the energy fields which use this approach. (TFT, EFT, TAT). Evidence appears to sustain that they yield stronger and more successful outcomes.

Studies using energy therapies have been done on phobias, public speaking anxiety, depression, and other conditions. All showed significant improvement.

BIOLOGY THEORIES

In the last few decades, there has been a major shift in the understanding of many sciences.. During the first half of the twentieth century, energy was considered the core idea about how systems operated in most sciences.. Much of the shift came from mathematics, engineering, physics and much was written about how to find and use energy.

As biologists began studying more carefully what became known as DNA and the genetic code, they realized that our genes held all the information necessary to make a human being and began the search for how the information was encoded and transferred. During the latter part of the last century information became the central core idea about how systems operate and communicate.

ENERGY AND INFORMATION

Scientists have also studied the concept of entropy. This idea signifies that systems eventually move toward entropy, i.e., dissipation, disorganization. Arthur Young states the more correct statement of the law of entropy is that order tends to revert to disorder. Energy itself neither decreases nor increases, but the availability of energy decreases. In other words, order is available energy. Loewenstein (Touchstone of Life) (expert on communication & biological Information transfer) says that " it is not energy that counts in biological systems but information It is the correct ordering of information that can mobilize needed energy in a living being".(p.58)

When perturbations or healing data are properly addressed, the person immediately begins to experience a surge of energy and the SUD (Subjective Units of Distress) for fatigue moves from a high of 10 to a low of 1 or a 0 very quickly. (Part of the TFT and other energy treatments is to have the client indicate how much pain or disturbance he is in from one to ten with ten being the highest degree).

Shannon's theory appears to be a bridge between information and uncertainty; between information and chaos. "We can see that information is what our world runs on: the blood and the fuel, the vital principle. It pervades the sciences from top to bottom, transforming every branch of knowledge". Information theory began as a bridge from mathematics to electrical engineering

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and from there to computing and other sciences.

Following Watson & Crick's decoding of the genome, biology became an information science, with messages and instructions needing to be read and written. Memory exists not only in certain sections of the brain, but in each cell of the body. "DNA is the quintessential information molecule, the most advanced message processor at the cellular level. It contains an alphabet and a code, 6 billion bits to form a human being." Gleick (p 88) DNA is condensed encoded information. It contains all the information needed to construct a person. (Foster estimates: the information content of the DNA is about 20,000 long books, of 500 pages each-so about 10,000,000 pages)(Foster) p.160)

Callahan writes that Lowenstein's description of a process is very much like psychological reversal used in TFT--a major direction is given by irreversible(one way) transmitter stations. Callahan, P195).

David Foster's book discusses coding, de-coding and life. Callahan maintains that these are the basis of TFT's causal diagnostic procedures as well as for algorithms-highly specific information in biologically coded form. David Bohm says coding is the basis for molecular biology and life. Information is coded and the codes are sent to various parts of the body and brain. (p279)

Szilard claims that information is not free. Information is physical. Each time a choice is made between one particle & another, it loses one bit of information. To the physicist entropy is a measure of uncertainty about the state of a physical system. To the information theorist, entropy is a measure of uncertainty about a message, one message among all possible messages that a communication source can produce.]

The DNA molecule serves two different functions: it preserves information by copying itself from generation to generation, spanning eons. This information is essentially one dimensional, a string of elements arrayed in a line. Second, DNA also sends that information outward for use in making of the organism. The information transfer occurs via message passing from the nucleic acids to proteins. So DNA replicates itself; separately it dictates the manufacture of something entirely different. (p296).

NEUROSCIENCE

Until recently, scientists believed that we are born with all the neurons we will ever have. When they die, they are lost. Recent research tells us that we produce new neurons throughout our lives. They continue to grow, develop, fire, and connect with other neurons into multitudes of networks. Our neurological system is able to change in response to experiences. This is called neuroplasticity and it comes about in two ways: one is the birth of new neurons and the other is neurological growth in regions involved in ongoing experience and learning, e.g., hippocampus, amygdala, the frontal and temporal lobes.

Neurons form neural networks, interconnect and integrate with one another to perform more complex tasks, e.g. there are networks in language, emotions, and memory. They need to integrate with language and emotional memory, to read, integrate, adjust biochemistry, tell a story, connect details and affect. We also find that they not only decode language, but use grammar as well-this is a word, here is a comma. Etc. These are associated with areas in the cortex that bridge, coordinate and direct multiple neural circuits.

Changes in synchrony of activation at multiple neural networks plays a role in coordination and emergence of conscious awareness.

Neurons operate as a blend of genetic and environmental influences. Genes provide templates-organization of uniform structures of the brain (generally unaffected by the environment.) Structures are inherited DNA. Expression of many genes, however, depends on experience.

(Eriksson et al, 1998; Guild, Reeves, Graziano & Gross, 1999; Guild, Tanapat, Hastings, & Shores, 1999; Gross, 2000)

MEMORY SYSTEMS

MEMORY

Memory plays a significant role in PTSD. Originally it was assumed that cognitive behavioral treatment led to a weakening of associations, and extinction was believed to be based on associations which became weaker. Now extinction appears to be based more on new learning, rather than on unlearning, thus involving new associations that override the influence of the traumatic memories.

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(Foa & McNall, 1996).

Memory consolidation theories explore how memory has been neutralized from its fears. After memory is neutralized by treatment, it needs to be consolidated into long term memory. For this the energy practice of brief exposure is effective with both high and low levels of arousal. A few rounds of brief exposure during a single therapy session is often able to uncouple the association between a memory and a maladaptive fear response. One can make shifts in traumatic memories, thoughts, and beliefs. Physical sensations, emotions, guilt, and other feelings respond well to this method.

Our multiple memory systems each have their own domains of learning, neural architecture & a timetable of development (Tolving, 1985). One broad category of memory systems is the explicit & the implicit. They seem comparable to Freud's ideas about the conscious & unconscious.. Explicit memory includes conscious learning and memory, as well as motor, semantic, and sensory types.; we can recite a poem, recognize the smell of a fragrance, or play tennis. Implicit memory include layers of neural processing patterns of learning stored in hidden layers of neural processing, generally not available consciously. This type also includes repressed trauma.

Many structures exist below the surface of the brain. The amygdala is significant in emotional memory. Release of norepinephrine & glucocorticoids by other brain structures facilitates the processing of emotional memory by the hippocampus. (McGaugh, 1994) These chemical messages alert the hippocampus to remember what is being experienced, which is a key component of new learning.(p82)

Sections of the brain involved with psychological issues and treatment are the amygdala, the emotions and memory. The amygdala is a small pear shaped section which may be called the person's alarm segment. Any time an individual is threatened or even feels threatened, fear appears first in the amygdala. If it continues or gets worse, all systems go on emergency alert. If it diminishes the incoming issue, goes to the frontal cortex for more rational, reduced emotional thinking. The limbic system

involves learning, motivation, memory and emotion.)

Neurotransmitters & Neuromodulators. Neurons communicate with each other by means of chemical messengers called neurotransmitters. Chemicals include monoamines, neuropeptides & amino acids. Neuromodulators, include hormones testosterone, estrogen, cortisol, & other steroids which regulate effects of neurotransmitters on receptor neurons. Glutamate is a major excitatory amino acid in the brain & is central to neural plasticity & new learning. One of its primary receptors N-methyl-D-aspartate (NMDA) regulates long term depression.((Liu et al,2004) }

The monoamines-including dopamine, norepinephrine & serotonin, play major role in regulation of cognitive & emotional processing (Ansorge, Zhou, Lira, Hen, & Gingrich, 2004) Dopamine, produced in substantia nigra + other areas is a key neurotransmitter in motor activity and reward reinforcement. Too much dopamine can result in mood changes, increased motor behavior. Disturbed frontal lobe functioning-in turn can cause depression, memory impairment and apathy. Many believe schizophrenia is caused by too much dopamine which overloads sensory processing capabilities and creates hallucinations and delusions.}

SUMMARY

Our neurology contains multiple chemical messengers which can quickly deliver various neurotransmitters and neuromodulators to any section of the body and brain and other messages as well. The plasticity of the neuronal system also means it can shift the chemistry and messages rapidly as our experiences change.

The same flexibility is seen in other methods of neural communication and interaction by other methods such as electro-magnetic, bio-chemical. Neural flexibility includes the ability to make quick shifts, to use emergency responses to stress and threat and to change those responses upon finding that the condition is not an emergency. Therefore we can route our reaction to our cognitive section for further reflection and making other cognitive choices as ways to respond.

Tapping for Humanity

Since information appears to be a core need, decoding, and incorporating new information seems to be critical. Longer term reflections are used in other instances. Strong emotional responses often interfere with our ability to make good rational choices and could interfere with new learning.

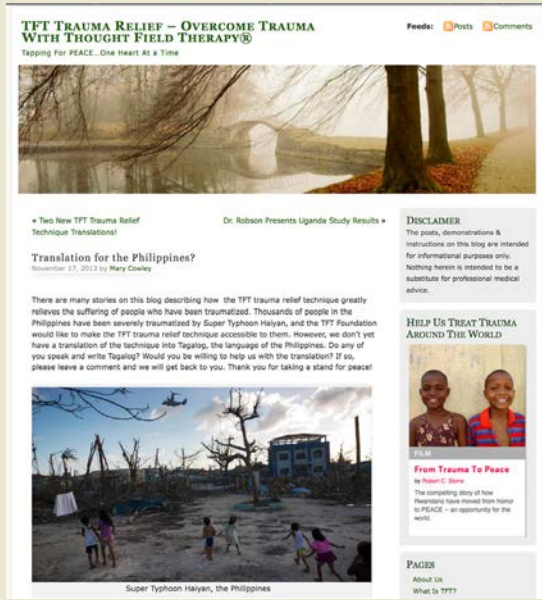
We see that the structure and processes of our neurology grows and develops with our experiences and learning. It also displays adaptability with new learning and experience. In situations of stress, it can go into full fledged fear and alarm or can modify those responses with conscious awareness when the situation is less threatening. On-going trauma may lead to maladaptive and limiting kinds of adaptation or to rigidity and inability to function. The energy therapies (TFT, EFT, TAT) provide effective and rapid treatment, sending appropriate information to selected parts of the brain.

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Tapping for Humanity



On Nov. 8, the Philippines experienced a devastating typhoon that left over 5,700 dead and more than 1,700 missing, with about 4 million people displaced. The TFT Trauma Relief blog, sponsored by the TFT Foundation, now has instructions for the complex trauma algorithm with anger and guilt, and the collarbone-breathing technique, translated into the Filipino language, Tagalog.

Many thanks to Maribeth Cowley for the translation!

This link will take you to the blog: www.TFTtraumarelief.wordpress.com. Please share with anyone you know in, or having access to, the Philippines. With your help we can do much to relieve the severe trauma experienced by thousands of Philipppinos.

Click here for registration details!

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