

TAPPING For HUMANITY

Spring, 2015

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

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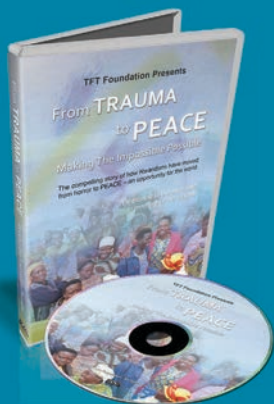
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From Trauma to Peace
NOW AVAILABLE



Tapping For Humanity is Published Quarterly
by the TFT Foundation.

Tapping for Humanity

Where Have Your Donations Gone?

How Many Lives Has Your Support Helped?

Do you wonder if the contribution you made to a charity or humanitarian cause really made a difference? Did the people who really needed the help, actually experience any direct benefit from your contribution?

In the case of the TFT Foundation, I can answer the above questions with a resounding YES. And, I am happy to share with you how many people we all have actually helped. We have just completed compiling the numbers of treatment at the IZERE Center in Byumba, Rwanda over the last 5 years.

In 2009 the newly-trained TFT therapists treated 642 people with problems that included trauma, nightmares, pain, anger, fear and many other negative emotions.

In 2010, as the foundation was able to begin supporting the part-time therapists, they were able to help substantially more individuals. These problems were similar to the previous year but also included addictions, anxiety, poverty and many other daily concerns.

In 2011 the number treated was 1566 and in 2012 they helped 1562 individuals. These were only limited by the funds we, TFT Foundation, was able to provide to help support the therapists. In 2013 they were able to help even more, 3202 people and in 2014 they helped 1751. Over the 5-year period a total 10,498 people were treated.

Each year is only limited by the available funding as many more show up for help on the four community treatment days than they can handle. Sometimes as many as 200 more people come for help than can be treated. We currently support one full time psychologist, at the IZERE and one part-time social worker. Their salaries are \$400 and \$300 per month respectively.

Here is just an example of the work the IZERE Center is doing. They submit a report to the foundation every month, with numbers of treated, problems and those they have trained. March's report is a wonderful example of this and how they leverage their resources to help the most number of people. Please watch the brief slide show where you see they begin training other to prepare for the April Commemoration Day Ceremonies. The new trainees then treated 100 people.

They also met with the Diocesan Commission, the Bishop, a member of Rwandan Parliament, Mayors of three districts, Police Chief Superintendant, a Major in charge of armies, and numerous other members of government and church to help present the achievements of TFT and their people to help with trauma and other disorders over the last five years, and to develop a plan of action for the next five years.

Please take a few minutes to watch the brief power point and see the path of healing and recovery they are taking and continue to take in this resilient country. You will clearly see how our meager funds have made a powerful difference in the lives of over 10,000 people, with much more to benefit in the future. Click here ... <http://youtu.be/5-lQlahwfN8>

Tapping for Humanity



The IZERE Center has treated over 10,498 people from 2009-2014. The documentary From Trauma to Peace clearly demonstrates the healing that has taken place. Through this film, we have the opportunity to actually meet, and hear the personal stories of those who have been helped.

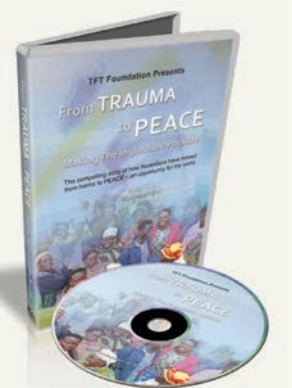
The above numbers don't include the thousands helped by our Kigali team and lead trainer, Celestin Mitabu. He has taken TFT to surrounding African countries including the Democratic Republic of the Congo, Burundi and is scheduled to go to Sudan later this year. He has provided TFT trainings in prisons, Universities and even the Red Cross and has brought TFT to national radio shows in three regions. He and his team treat thousands through their volunteer teams during the national mourning period. The following pictures show his treatment and training with Red Cross volunteers and his gift to local communities last Christmas, helping many who suffered from drug and alcohol abuse.

We need your help to continue these programs. Please consider sponsoring or contributing to sponsoring a Community Treatment Day, a part-time therapist salary for a month, a training program in a prison or for teachers in a school. [DONATE](#).

All of these successes with TFT in Rwanda help demonstrate it's effectiveness and can open opportunities in other parts of the world.

I would like to thank you all for your past contributions and support. As you can see, it truly has made a difference in the lives of many. The foundation continues to use over 94% of its funds to directly support our programs.

If you do not yet have your copy of the film, From Trauma to Peace, you may wish to consider ordering it. There is no better way to answer a friend or colleague's question about what can TFT do than to share this compelling film. When you see these people share their stories of the genocide and healing, the power of TFT can't be denied. Thank you for being a part of this healing story.





In December 2014, Celestin Mitabu, TFT Foundation Rwanda, visited the Kigali Independent University in Gisenyi, Rwanda.

All of the students he treated and trained were Red Cross volunteers.



December 24th, 2014, Celestin treated and trained several people who suffered from drug and alcohol abuse; many came to the training intoxicated.

Because of their state, they did not take the training seriously at first, but as the tapping started to make a difference, they became more attentive.

Many left the training still tapping themselves. According to Celestin, the toxin treatments for the drugs in their systems were working very well.

The TFT Foundation Film, From Trauma to Peace, Makes Its U.S. Debut

After making its world debut at the Angkor Wat Film Festival, the TFT Foundation film, *From Trauma to Peace: Making the Impossible Possible*, made its U.S. debut at the Vail Film Festival, which was held March 26 thru March 29th in Vail, Colorado. Mary and Jim Cowley, Bruce and Suzanne Connolly, and Jenny Edwards of the TFT Foundation Board, as well as Prosper Ishimwe from Rwanda, were able to attend its first showing in the U.S. The group members all felt honored that the film was accepted into the festival where it was shown twice and was well received. Prosper introduced the film, and Prosper and Suzanne fielded the Q & A that followed.

Movie goers were interested in how Prosper became involved. He explained how he began as a translator, and how the part he played in the making of the film changed his life. He was moved by the fact that Rwandans, who tend not to talk about problems, welcomed him into their homes and told him their stories during the 10 days of filmmaking in Rwanda. Prosper stated that their stories of recovery made him more optimistic about the future of Rwanda. One attendee asked Prosper how widely used TFT is in Rwanda, and Prosper noted that it was widely used in Kigali and the Northern Province of Byumba. Suzanne added that Celestin Mitabu has spread TFT to the Congo and Byumba and has plans for taking TFT to the Sudan later this year to teach to the International Red Cross.

Another attendee wondered why this method is called Thought Field Therapy, and Suzanne explained the importance of people being tuned into the problem or Thought Field. Another attendee talked about her time working in Africa with her physician husband, and Suzanne noted how many people of good will are helping others in the world today.

"It's unusual for the projectionist to ask a question," came a voice from the projection booth, and the projectionist mentioned that his wife did Emotional Freedom Technique (EFT). He defined EFT and asked what part of all of this works. Suzanne explained that EFT is derived from TFT, and that the active ingredient in both EFT and TFT is tapping the meridian points. Several attendees wanted to know where they could purchase the film and how we could get TFT into the World Health Organization (WHO). Suzanne said that getting TFT into the WHO is important, and this needs to be worked on. She indicated that efforts will be made in the future. Prosper answered the question about who filmed this documentary, explaining that it was Robert Stone, who resides in Maui.

It was a terrific festival in a beautiful setting, and both Prosper and TFT have made many new friends.



From Trauma to Peace Makes It's International Debut at Angkor Wat Film Festival

I am happy to report that our TFT Foundation film, From Trauma to a peace: Making the impossible possible, was well attended at the Angkor Wat Film Festival. It was such a pleasure and privilege to be able to introduce the film in Siem Reap, Cambodia. The group I was traveling with attended the showing, and most of our group saw the film for the first time. Everyone attending was moved by the film, and the testimonies to the power of The TFT intervention administered by local community leaders. One woman from Arizona was in Cambodia attending the festival. She had just purchased 1,000 new bicycles for children in rural areas of the country. She also brought over one thousand eyeglasses. She reported being touched by the film and wanted to learn more. I was amazed at how the film looked even better on the big screen.

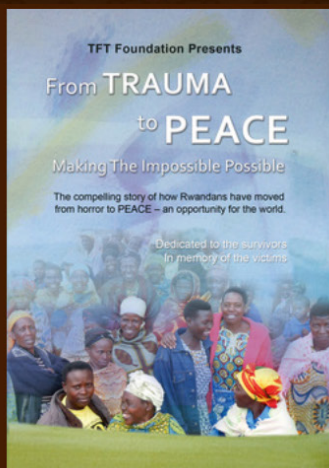
The group I was with has some amazing stories about all the good things that Tom, Nancy and their group have accomplished in Cambodia. Ten years ago, they united a Cambodian man, living in Hawaii, who was suffering from PTSD, with his family in Cambodia. The short film of their reunion is in the Cambodian National Archives and they were treated to a performance at the National Royal Palace and met with the King. They also built an elementary school in the village where the Cambodian man was from.

So many people doing good things in the world; we can all be proud to be a part of this movement toward making the world a more fair and peaceful place.

Our film is helping the world become aware of how we can help each other and the world through the power of TFT.

Suzanne Connolly

Angkor Wat International Film Festival



From Trauma to Peace - 70 minutes

Directors: Robert C. Stone, Diana Gross, Jo Danieli

The compelling story of how Rwandans are healing themselves from the trauma of the 1994 genocide - hope for the rest of the world.

Can we transform TRAUMA and its debilitating states of anger, violence and hate, into PEACE - compassion, forgiveness, hope and love? ~~ WE CAN, and it's happening in isolated regions of Africa.

We can create peace through a proven model for large scale trauma relief and it's available to all.

Update from the TFT UK Foundation

2014 was a very good year for the UK Foundation. In May, our Chairman, Dr Howard Robson was named Humanitarian of the year at the ACEP Conference.

In August we were deployed to Jerusalem together with Suzanne Connolly from the USA, to provide diagnostic training to a group of academic psychologists. Training took place at the Herzog Hospital Israel Centre for the treatment of Psychotrauma, including participants from other areas of Israel. The psychology team there are now undertaking a study assessing the benefits of TFT for treating the many who have suffered psychological trauma in Israel.



During the training, we were able to treat a few patients who consented to attend the group for treatment with TFT. The volunteers included a married couple with long standing PTSD who had been fortunate to survive a suicide bombing, and had been attending the psychologists with little benefit for several years. They were treated in separate rooms, one half of the trainees treated the husband and the other half treated the wife. We joined the two groups together to evaluate the result of treatment. The smiles and the laughter said it all. The husband invited the men to dance, as is the custom, his wife just smiled and laughed while watching the men celebrating.

Three days later they returned to the centre to tell us how TFT had changed their lives. The lady had taken a bus (which she had never done since the bombing) to visit her sister, to whom she had given TFT treatment with great success. We often wonder how many more people have received treatment from her.

Just recently, we have submitted the research carried out in Uganda, for publication, *Effectiveness of Thought Field Therapy provided by newly-instructed community workers to a traumatised population in Uganda: a randomised trial*. The main study took place in 2012, but with follow-up in 2014.

We are currently negotiating to provide training to help the people of Pakistan.

A group of Christians from Peshawar, whose community has suffered at the hands of the Taliban, are to attend Diagnostic training here in the UK. We are working with a former member of the Board who has worked in Pakistan for a number of years, including Peshawar. She speaks the language fluently and is providing guidance on cultural issues and customs.

A Path with Heart – 17'th Annual Conference on Energy Psychology

May 28-31, 2015 in Reston, VA are the dates for the Association for Comprehensive Energy Psychology's 17'th Annual Conference.

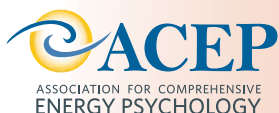
There will be many TFT people and friends there. Tom Greenhalgh, Jim McAninch, Robert Bray and Suzanne Connolly will be presenting. Please see summaries of those presentations. Join them and many others for a great conference.

There is a link below and as we missed the deadline for early registration, ACEP has graciously extended a special discount of \$50 to the TFT Community. **Just enter the code TFT50** for your discount. This discount is good for the month of April so register soon.

A Path with Heart Integrating Effective Tools with Authenticity and Presence



MAY 28-31, 2015 | RESTON, VA



17th Annual Conference on Energy Psychology

Keynotes include:

Stephen Porges, PhD Author of *The Polyvagal Theory*

Jim Oschman, PhD Author of *Energy Medicine: The Scientific Basis*

Sonja Lyubomirsky, PhD Author of *The How of Happiness*

Ronald Siegel, PsyD Author of *The Mindfulness Solution*

Kathlyn Hendricks, PhD Author of *Conscious Loving*

Great speakers and so much more!

- 45 breakouts with world-class faculty
- Pre- and post-conference trainings
- Earn up to 44 CEs (psychologists, social workers, MFTs and counselors)
- FREE conference recordings and slides—worth \$250!

Register Now! energypsych.org | 619-861-2237
Best price ends March 31! Group discounts available.



Using Energy Psychology with First Responders and Military Personnel: Where Do I Begin?

By Tom Greenhalgh

Working with the first responder and military client can be an extremely rewarding experience but can be equally as challenging. These clients bring a unique perspective from the work that they do that most of us will never have a chance to experience. Understanding these subcultures can make the difference between a successful Energy Psychology session and wondering what went wrong.

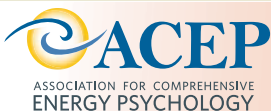
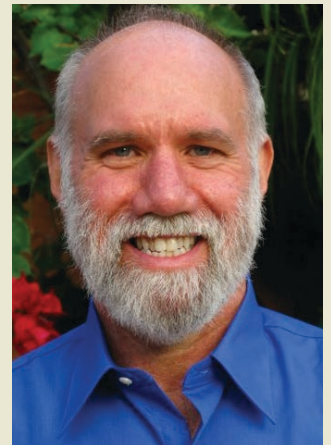
In this dynamic, interactive presentation participants will learn insights into these population groups that will help you connect to them by exploring mutual misconceptions about each other, understanding the unique personality characteristics that they bring to the table, and knowing where to look for and avoid the potential “landmines” that could undermine your efforts.

Come learn about helping those that help us daily.

ACEP Breakout Session With Robert Bray and Suzanne Connolly

Thought Field Therapy makes possible changes that might otherwise be impossible challenges. The psychotherapy process requires the activation of old learning patterns and memories. This is made much less scary and less painful with TFT. Psychological and mental change also requires a different experiential awareness for new learning and behavior to take hold. Again the power of TFT creates this new internal experience and/or frees one to take new actions. Please join Robert Bray and Suzanne Connolly at the **Association for Comprehensive Energy Psychology conference May 29-31** in the Washington D.C. area. The breakout session “*EP meets Eckert, Shapiro, Johnson, Erickson, and You*” explores how therapeutic processes are advanced by the power of Roger Callahan’s techniques and concepts.

Dr. Bray is offering a Boot Camp on June 1 and 2 immediately after the conference. Early Bird rates are still available.



Register Now! energypsych.org | 619-861-2237
Best price ends March 31! Group discounts available.

TFT Presentation at the 17th Annual Canadian Energy Psychology Conference - CAIET

Location: Delta Victoria Ocean Pointe Resort & Spa

Date: Oct. 1-5



Hello – My name is John Steuernol and I am the Licensed Trainer for Thought Field Therapy in Canada. I live in a little bit of paradise, a town called Ladysmith on Vancouver Island. While the rest of Canada is having one of their worst winters ever, we are enjoying spring like conditions.

This fall I will present a two hour workshop called Medical Flashcards & Thought Field Therapy and perhaps you would like to come and see a creative way I have learned to use TFT.

First a little background. Three years ago I severely damaged my knee in a ski accident. I torn the ACL, the MCL, PCL and depressed the patella. It was not a pretty site.

A friend of mine Scott Forhan, is a world-class bio-mechanical specialist who does a lot of work with elite and professional athletes, and I asked him if we could use Anatomy Flashcards to zero in with absolute precision on all the damage to my knee and then determine a healing priority and process. He thought it was a splendid idea.

He uses a wide variety of energy healing techniques he has studied for many years and of course I am highly skilled at TFT. He did a little bit of energy magic and then every day for 3 months I did a little TFT on myself. The following year I had one of my best ski years ever and was able to get out 33 times.

At The energy conference in Victoria I will demonstrate the process I used and perhaps encourage you to get creative with how you use your developing and emerging TFT skills.

If you want to get a jump start on the process I will be running a TFT Boot Camp April 18th and 19th with a bonus day April 20th for the keeners in the crowd who want to deepen their understanding of how to use these amazing skills.

John Steuernol – TFT ADV ; john@mindmending.ca



EPC Canada is organized each year by The Canadian Association for Integrative and Energy Therapies (CAIET), a Canadian organization for licensed mental health professionals. [LEARN MORE](#)

TFT Goes to Medical School, Universities, Psychiatric Associations and the Corporate World in Japan



Ayame Morikawa, PhD, TFT-VT and president of the Japanese Association for Thought Field Therapy has made huge inroads into mainstream health care systems in Japan. She shares some of these accomplishments with us.

In Japan, TFT Algorithm and Diagnostic Level Trainings have been officially approved as continuing education credits for clinical psychologists.

We have opportunities to give presentations at the Family Therapy Society's Conference as well as presentations at the Psychiatric Association's and the Health Promotion Medical Society's this year.

TFT was chosen as one of the most effective trauma treatments in the world, and I am going to give presentations at medical schools and dedicate an article on TFT for an academic trauma treatment publication.

I have been teaching TFT at a medical school, and we will put TFT into psychology classes at universities this year, so students can learn TFT at colleges and can be certified as TFT Partners, our new program for human services.

We would like to develop the same programs to other Asian countries.

I have been recently introduced as a human resource advisor to give training to young employees at a large architectural company.

I use TFT to make a dramatic decrease of depression cases and a high turnover. TFT enhanced the performance of employees and career development.

<http://www.san-a.com/recruit/2016/counselor/index.html> (Sorry, it is Japanese only)

The Japanese Association for TFT is currently in the process of officially establishing a non-profit General Incorporated Associations that is like an NPO.

I would deeply appreciate your support, and I am proud of those who make continuous contributions for Rwandans and those who need help.

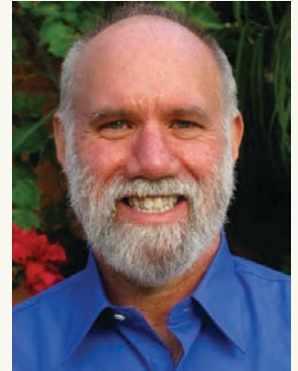
We gratefully acknowledge all of Ayame's years of hard work and persistence in sharing TFT in the professional health care field.

Good News to Share – Professional Presentations

By Robert Bray, PhD

In line with the Foundation's efforts to serve those who have suffered violence I am pleased to announce Thought Field Therapy will be available to those who work in the field of domestic violence and other crimes at three conferences.

First, at the 41st NOVA Conference, August 16-19, 2015 in Dallas TX, I will present a Workshop titled: *Using Thought Field Therapy in Traumatic Stress Recovery*, and, on Aug. 20, 2015 the new One Day Algorithm Workshop will be available.



The National Organization for Victim Assistance (NOVA) Founded in 1975 is the oldest national victim assistance organization of its type in the United States as the recognized leader in this noble cause. NOVA is a private, non-profit, 501(c)(3) charitable organization. The Values of NOVA: Compassion - We care about and respond to the plight of people and one another; Accountability- Excellence in our work and justice in our cause means we honor our commitments; Collaboration- Teamwork at every level is crucial to the work we do; and Passion- We are driven by the hope that what we do makes a difference. The foundation and NOVA are a good fit.

Second, the One Day TFT Algorithm Workshop will be available as a pre-conference training at the 20th International Summit and Training on Violence, Abuse & Trauma in San Diego on Aug. 20, 2015. In the conference I will present a breakout workshop titled: Thought Field Therapy: Current Research and Applications of Energy Psychology. The Institute on Violence, Abuse and Trauma (IVAT) is an international resource and training center at Alliant International University. It is also a very good fit with the foundation: IVAT's Mission is to improve the quality of life for individuals on local, national and international levels by sharing and disseminating vital information, improving collaborations and networking, conducting research and trainings, assisting with direct professional services, program evaluation, and consulting to promote violence-free living.

Third, while it is still a good time away, I am pleased to announce we are making progress in the professional mental health community. The California Association of Marriage and Family Therapists (CAMFT) conference in May 2016 will include the workshop: Using Thought Field Therapy – An Evidenced Based Approach to Traumatic Stress Recovery. CAMFT is an independent professional organization of over 31,000 members. It is dedicated to advancing the profession as an art and a science, to maintaining high standards of professional ethics, to upholding the qualifications for the profession and to expanding the recognition and awareness of the profession.

I hope these successes in being accepted at professional conferences will encourage all of us who have had a proposal for a presentation rejected in the past to keep reaching out.

The French TFT Association's Vision for Helping Others

by Ngub Nding, TFT-Adv

"As the French TFT practitioner community has been growing, we felt it was natural to get more involved, as a group, with the work of the TFT UK Foundation. We also felt strongly about applying those principles and mindset to our immediate environment, France.

The Idea of a French "Psychological crisis / TFT First aid hot line" was born: Giving people in a psychological crisis, access, over the phone or the internet, to a trained TFT practitioner at any moment during the day. It is a non-profit project with the objective to give a maximum number of people access to TFT. The first targeted group will be families, focusing on the crisis in relationships between parents and children.

In the process of building this community of trained volunteers, we want to start with building the French TFT Association website with algorithms and other basic TFT video material available online.

Basic information would be accessible for free and donating money would give access to selected Algorithm videos so that the person could start treating them self efficiently.

Depending on the donation, the number and time frame of videos accessibility would vary. Beyond a certain amount, free sessions with a senior practitioner would also be available.

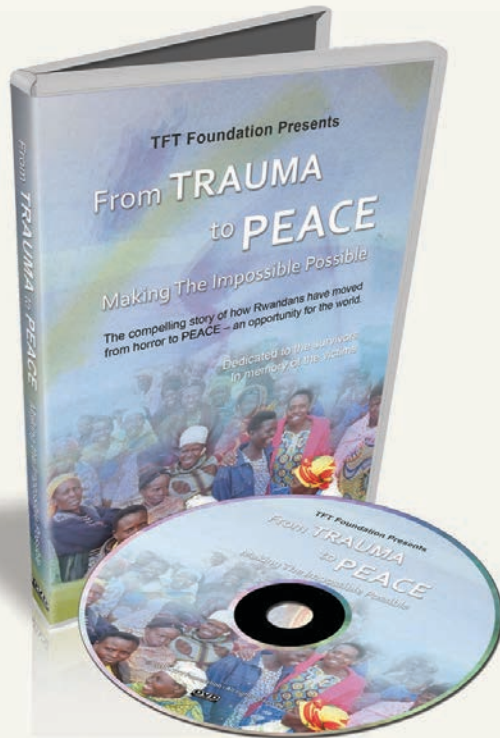
This first step is key in order to build a community of TFT users, making it easier to then set up events and training for future volunteers. The online material would then remain as the basic means of first level communication of the French TFT Association with the public.

Being a nonprofit project, all forms of participation will be highly valued. This could be really fantastic, and if proven successful, this model could then be replicated in other countries with the blue-print of our pilot project.

The potential of TFT as an emergency management tool is obvious to any TFT practitioner. Let's make it common knowledge."



TFT Foundation Documentary



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 \\$24.95 with Free Shipping](#)

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.
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.