

TAPPING For HUMANITY

Summer, 2014

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

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From Trauma to Peace.

Uganda, Congo, Rwanda, Hawaii, Israel, Mexico City – The Far Reaches of TFT Foundation's 2014 Trauma Relief Efforts

The TFT Foundations, both UK and USA, have many exciting things going on, some just completing and others in the planning stages. They are all helping to heal and create peace, from the individual to communities and even countries.

In this issue we share some of the current ways we are working toward healing and peace for all.

As we enter into new projects and partnerships, we expand the healing power of TFT even further. One of these collaborations is our on-going association with Association for Energy Psychology (ACEP). Many of us have just returned from an excellent annual conference.

There were numerous presentations and workshops focusing on various aspects of TFT. Dr. Howard Robson, chair of the UK TFT Foundation, received ACEP's Humanitarian Award. And, both Dr. Robson and Suzanne Connolly presented the TFT Foundations' research in Uganda and Rwanda respectively. Both presentations were well received.

Suzanne Connolly gave a 2-day pre-conference Algorithm Level workshop. Bob Bray, Bob Pasahow, Phil Mollon, and a few others also gave workshops centered around TFT, psychological reversal, and integrating TFT with other modalities.

It was such fun to see long-time TFT practitioners from around the world. We (those mentioned above) were joined by: Rita Weinberg, James McAninch, Tom Greenhalgh Jr, Ayame Morikawa and Dottie Webster. And, of course many of the hard-working and dedicated ACEP board members have their roots in TFT beginning back in the 1990's. We hear from some of them here in this issue.

One of the highlights for me was the premiere viewing of our documentary From Trauma to Peace.

ACEP graciously agreed to let us show this rough cut version on Friday evening. It was well attended and we received some great comments. One of the attendees is from Kenya and at the close of the showing he stood up and said, in essence, "the Rwandans are blessed to have this healing, we had a genocide in our country when I was a child and we have not been so fortunate, we need this healing as well." It was so gratifying to see the actual stories of healing and then to hear his comment, reminding me how much this is needed around the world.

Suzanne and I just returned from the final editing and are very excited about the potential for sharing this film. See the article with full details in this issue. Prosper Ishimwe, one of our Rwandan trainers and our translator was there to oversee the

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editing and translations. He did a superb job – and I think he enjoyed himself as well.

Our sister organizations in Rwanda have accomplished some amazing things this year. The IZERE has treated over 10,000 Rwandans to date. Fr. Augustin has just presented a five year plan for establishing TFT within the Psycho-Social Commission for the entire Byumba Diocese. They will be meeting with government officials to establish IZERE as a leader in providing TFT for psycho-social services. [View the presentation here.](#)

Pastor Celestin Mitabu, our trainer in Kigali trained hundreds of university students to assist with this year's 20th Commemorative of the Genocide. His teams worked side-by-side with Red Cross and Health Ministry officials to provide rapid relief and healing during this traumatic 100 day event. The National Rwandan Radio did a documentary and aired several radio shows on TFT trauma relief. Celestin will be doing a regular radio show in the near future. [View the presentation here.](#)

Suzanne is currently writing a grant proposal and working on a PTSD study for funding. These are just two of the potential projects for further research and training.

In addition to the above, Dr. Howard and Phyll Robson on behalf of the UK TFT Foundation, and Suzanne Connolly, on behalf of the USA TFT Foundation will be going to Israel to train a group of trauma specialists in TFT who will then conduct a PTSD study in Jerusalem.

In September, TFT Foundation, USA will partner with Synchronicity Mexico to provide trauma relief and TFT training for clinics and leaders in Mexico City. Suzanne Connolly will be leading that training on behalf of the foundation.

Our on-going Timeshare's for Vets program is still



This gathering was at Nyarugunga. The TFT Trauma Relief team was in charge of treating people who had trouble coping with the trauma and sadness that afflicted many during the ceremony.

providing much appreciated relief for returning veterans. Later in this issue, see one of the great timeshare locations and learn how you can help.

The TFT Foundation trauma relief blog site is still providing free tapping sequences for all who need it. We have had over 102,000 views and the number of our followers continues to increase. The protocols are given in video and print and in over 14 languages.

Please, if you can translate the procedures into another language for us, contact Mary Cowley, Marycowley@me.com. We welcome all additions. Share this healing tool with all who may need it: www.TFTTraumaRelief.wordpress.com.

I am excited to share a link to a new article in the special June issue of Current Issues in Psychology, which is devoted to Energy Psychology (EP).

THOUGHT FIELD THERAPY EFFICACY FOLLOWING LARGE SCALE TRAUMATIC EVENTS By Ann L. Dunnewold

<http://thescipub.com/abstract/10.3844/crpsp.2014.34.39>

Thank you Anne for doing a great article.



From Trauma to Peace – Making the Impossible Possible

“Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim—letting go of the pain and transforming oneself from victim to survivor” --C.R. Strahan

Many Rwandans have forgiven. Through the healing power of TFT, they have not only forgiven and transformed themselves from victims to survivors, as well as to happy, productive and loving people.

Earlier this month, Suzanne Connolly and I, along with Prosper Ishimwe, our Rwandan translator and TFT trainer, had the privilege of spending a week in Hawaii. We were working on the final shooting, editing, and translations of our documentary, *From Trauma to Peace*.

Of course it was a privilege to be able to do this in beautiful Maui (the location of our Emmy Award winning documentarian, Bob Stone, and his editing studio) but the greatest privilege was the opportunity to 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 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.

The documentary has ended up as a feature length film. There was too much impactful footage to cut it down. Whose heart wrenching story would we eliminate?

The completed film will be ready the end of next month for submission to

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film festivals and the printing of DVD's.

Later, toward the end of the year, we will produce a shorter version, 56 minutes, for PBS. This is such a vital story and must be told in every way possible. The TFT Foundation will explore all distribution channels; film festivals, PBS and DVD sales.

If you have ever wanted to contribute to "peace" on our planet, here is a powerful and proven way to do so. Join us in getting this film out to all who are or may have experienced trauma in their lives. If you wish to send your intention of peace out to the world, a donation in the next 30 days will put your name on the DVD as a contributor. And, there are still a couple of places for sponsor level donations for credits on the film itself.

These contributions will go toward the distribution of the film and DVD, and sharing the important message; We can create peace through a proven model for large scale trauma relief and it is available to all.

To DONATE go to the foundation site, www.TFTFoundation.org or you may email me, Joanne@TFTFoundation.org if you wish to join us at the sponsor level.

Watch for our all new trailer, to be announced within a couple of weeks. It will contain some of the powerful stories and beautiful smiles of the Rwandan genocide survivors who have opened their hearts to share with us all.

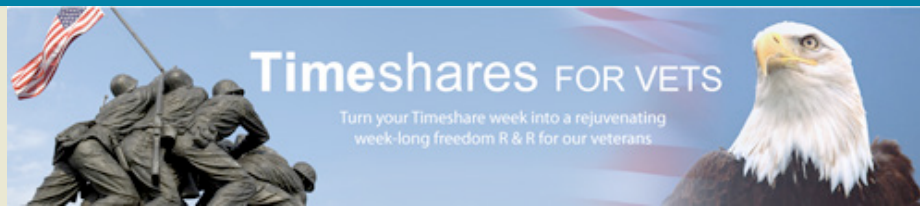
Roger's legacy lives on in the healing of traumatized people the world over.

Thank you to all of you who have contributed to make this possible, helping with the research, the humanitarian relief and the filming. We are grateful for those of you who have taken your time to review and provide feedback during our post-production phase.

I believe we have a powerful film that we can all be proud of.



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Timeshares For Vets and Freedom R & R Program Still Helping Returning Vets

For six years now, the Timeshare for Veterans program has been working to place vets in donated, week-long timeshares providing them time to begin healing and reconnect with their families. The TFT Foundation provides each vet with books and self-help materials for trauma relief, in addition to their timeshare use.

This program is reliant on people willing to donate the various exchange fees for the stay, along with the timeshare. The veteran is responsible for their transportation and food. Some vets also need assistance with transportation or they are unable to take advantage of the timeshare.

Recently, we were contacted by a lady donating 2 short notice timeshares. Short notice means the timeshare must be used within 1-3 weeks at a specific location. This lady works with a travel agency, Surefire Vacations, Inc. The travel agent we worked with was so impressed with our program, she donated 10 additional timeshare weeks. We sincerely thank them for their generosity.

This is a very welcome donation as we now have 195 veterans registered with us and only 35 have been placed in timeshares. We have had such positive results from these donations; from beginning the healing process from PTSD to actually getting married.

We need more timeshares. Summer is here and this is when most of our registered vets can take a timeshare week. Many are restricted from taking these weeks by children in school, surgeries, treatments, trainings, and even deployments.

Please join us as we take a small step toward helping our veterans and their families. If you have a timeshare or can help with transportation costs, [email Sheila@TFTFoundation.org](mailto:email_Sheila@TFTFoundation.org).



Dr. Howard Robson Receives Humanitarian Award from ACEP

The Association for Comprehensive Energy Psychology awarded Dr. Howard Robson, chair of TFT Foundation, UK, their annual Humanitarian Award, earlier last month at their annual conference in Arizona. He received this award for his numerous humanitarian and trauma relief trips to Uganda and Haiti on behalf of the TFT Foundation. Suzanne Connolly, a new ACEP board member, presented the award.

During the Research Forum he presented the study results from the PTSD study in Uganda last year and the follow up results this year. Both presentations were very well received.

Dr. Robson and Phyll Robson traveled from the UK to attend the ACEP conference and then join other TFT leaders, Suzanne Connolly, Dottie Webster (both from Arizona) and Ayame Morikawa, President of the Japanese Association for Thought Field Therapy in a lovely detour through the Grand Canyon.

Other TFT leaders attending the conference presented workshops, participated in committee meetings and otherwise thoroughly enjoyed an excellent conference, sharing TFT with others.

The TFT Foundation showed the preview of the documentary, From Trauma to Peace on the Friday evening. It was well attended and all were pleased with the comments. Go to www.Trauma2Peace.com for an update on the final cut.



Dr. Howard Robson receiving the ACEP Humanitarian Award



Phyll and Howard Robson with his award



TFT leaders at the awards banquet: James McAninch, Suzanne Connolly, Howard Robson, Phyll Robson, Bob Bray, Rita Weinberg, Dottie Webster, Joanne Callahan, and Tom Greenhalgh Jr.

Reflections on the 2014 Annual ACEP Conference:

First time attendee – long-time TFT practitioner:

I just attended the 2014 ACEP conference at the Sheraton Wild Horse Pass Hotel in Chandler, Arizona on May 29-June 1, 2014. There were pre and post courses as well. The pre-conference course I attended was given by a long time TFT trainer and practitioner, Suzanne Connolly. It was a 2-day course, Algorithm Level, an Introduction to TFT. Despite the fact that I have taken many TFT trainings up through Optimal Health, I got so much out of Suzanne's course. More details on that later.

This was my first experience attending an ACEP conference. There were 500 healers of all kinds in attendance. In addition to the middle aged and older members, there were many young people, eager to learn as much as they could so they could become better healers. There was a great deal of positive energy there. There were a variety of national and international speakers and a wide array of topics one could attend. I met a number of people I knew from the TFT community.

Most the attendees practiced EFT. A large percentage of the conference topics dealt with various aspects of using EFT and some with TFT. I believe they were very friendly and welcoming to those of us from TFT.

Every day there were trainings, and speakers and choices of topics one could attend. One reason I attended was because I needed 24 Continuing Education credits in order to renew my clinical psychology license in Illinois. So I attended many talks and learned about how people were using energy therapies and some new ideas about how to put energy treatments to work. I had read Fred Gallo's first book on energy therapies and now heard him for the first time. I had read David Feinstein's wonderful article on research in the energy therapies, (which was probably a large factor in EP becoming approved as a therapy by APA) and heard him speak about his ideas.

Let me turn now to the TFT Algorithm course taught by Suzanne Connolly. There were about 20 people in attendance. Suzanne was an amazing teacher. Not only is she very well versed in TFT, but she has had such broad clinical experiences in using TFT for people with a wide variety of problems. She was able to call up examples of everything she discussed. The variety of problems she has treated was astonishing. This involved not only individual clients, but also groups.

Suzanne is well known for her work in Rwanda where her research was with groups of genocide survivors and the development of a model for large scale trauma relief. She and her team demonstrated the power of Thought Field Therapy to heal these survivors across all ages and genders. They also demonstrated how well the healing was maintained two years later.

For me, the way Suzanne, used TFT with other forms of treatment, how she integrated Roger Callahan's ideas about Psychological Reversal(s), and how she was able to target specific problems as they came up was excellent. They began to heal and then went on to the next layer of symptom or issue. She taught us sequences and how one thing can follow another in a very organized manner. She made me see TFT as a much more exact technique which follows its principles and continues to work until reaching all the presenting problems and healing them.

I have used what I learned from Suzanne's pre-conference workshop with clients since I returned from the conference and feel much more empowered.

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On the whole, this was the largest group of healers, researchers, trainers and energy practitioners I ever saw in a single group. It was thrilling to see so many working and discussing issues in the energy therapy field. I am confident this field will continue to develop and be used for the benefit of those who need mental treatment. I am proud to be a member of this group.

Rita Mohr Weinberg, Ph.D.
Professor Emeritus of Psychology
National Louis University
Chicago, Illinois

Repeat Attendee – Long-time TFT practitioner: ACEP'S 16th Annual Conference

I have just returned from the ACEP Conference. After this winter in Pennsylvania being in sunny Phoenix, Arizona was very rewarding.

This was my fourth conference and I find them very well structured, giving you an opportunity to experience the work and findings of other energy practitioners. You can hear and ask questions about the needed research that is being done.

The keynote speakers we're the best in their fields. This year they had Jack Canfield to help the healers with ideas for a successful practice. For the first time, ACEP is offering audio recordings and PowerPoint copies of all the presentations. This has always been a problem when you have so many good workshops to choose from.

Dr. Howard Robson was given the Humanitarian award. Howard and his lovely wife, Phyllis have done so much in taking TFT around the world. Since the merging of the Association for Thought Field Therapy with ACEP, I have seen Roger Callahan, Caroline Sakai, Suzanne Connolly and Howard Robson all recognized for their work with TFT.

I was finally able to put a face to a voice. I had the great pleasure of meeting Rita Weinberg. Rita and I have been a part of the TFT Foundation's Research Committee for years and had not met.

For whatever reason, I and the ACEP leaders have not had the chance to meet many of the new and old TFT practitioners who are doing so much good work around the world. This conference is a great opportunity for our group to do either a pre or post conference day to share with other TFT healers.

I hope to see some new faces next year at the 17th ACEP conference in Renton, Washington DC.

Jim Mc Aninch, TFT-ADV
TFT Research and Trauma Relief Committee Member

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A European Perspective – Chair and Director, TFT Foundation, UK - ACEP 2014

We were very pleased when we found out that the ACEP meeting was being held in Arizona's Wild Horse Pass Resort. Having completed our PTSD research project that started in 2011 and was completed in January 2014 we were able to present the research findings at the ACEP conference held in May-June 2014. The conference, as always, was a great occasion to interact with other enthusiasts, experience other modalities of Energy Psychology, and consider what they might offer to our own techniques. This included demonstrations of complementary treatments, discussions of possible mechanisms, and practical applications to medical situations such as following limb amputation.

Thought Field Therapy was prominent at the conference. Suzanne Connolly led a pre-conference workshop teaching the new algorithm curriculum. The research session featured a presentation from Suzanne in respect of the latest Rwanda study, and Phyll and Howard Robson, presented the Uganda follow-up results. Both presentations referred to a model combining research with a humanitarian mission, and there was an interesting and informative discussion. An EFT practitioner from Israel had attended Suzanne's training and the research session and was so impressed with what he learned that he is arranging for a training programme in Israel to teach TFT to his researchers. Trauma is a part of life there, especially with the current problems, and we hope to empower his team to address this, and provide further research data.

The TFT Foundation, USA introduced a showing of an unedited version of the Rwanda documentary, From Trauma to Peace, which contained some emotionally powerful content. Based on comments, this has been subsequently edited to improve impact.

One lunch-time was devoted to various committee meetings, as expected; TFT was represented on the research and humanitarian committees.

The ACEP dinner and dance is always a relaxing event where people can enjoy the company of friends old and new, congratulate those who have been chosen to receive awards for their outstanding contribution to Energy Psychology and dance the night away to the music of the 60's, 70's and 80's. Howard was genuinely surprised when it was announced that he should receive the ACEP Humanitarian Award in recognition of our work using TFT around the world to heal people in need.

We were fortunate to be able to spend ashore time experiencing Arizona, including Sedona, Phoenix and the Grand Canyon prior to returning home having experienced the energy of Energy Psychology. We encourage any practitioners who are able to attend, to experience this invigorating annual event.

Phyll and Howard Robson

TFT Foundation, UK, Director and Chair

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Why Should I Join ACEP?

Bob Schwarz is the executive director of ACEP. He is diagnostically trained in TFT and even has an entire chapter on TFT in his book, *Tools for Transforming Trauma*.

When asked why TFT practitioners should join ACEP, he said;

"It is really very simple. If TFT practitioners want the healing establishment to treat TFT and EP in a more respectful manner, they need to join ACEP. If you want more physicians to refer to you for TFT you need to join ACEP. ACEP is the only organization whose primary mission is to further the use of Energy Psychology approaches such as TFT. ACEP's work to date has changed the professional landscape. More and more therapists now either use tapping approaches or have heard of them.

Energy Psychology is essentially a movement. Movements need to be organized. It was the collective effort of ACEP that finally ended the APA's ban on EP and TFT. It was the efforts of ACEP that actually caused a stir with Wikipedia anti-EP stance gathering over 11,000 petitioners. This is still unfolding.

Most clinicians are busy seeing clients. You cannot do much by yourself for \$100-\$125 or volunteering one or 2 hours a month. While you are seeing clients, ACEP concentrates the energy of individual membership fees to change the field. We have a lot more to do and we need the collective energy of more people to do it. We have big plans and we need your help. So do the profession a favor please join us in changing the world, become a member."

Throughout the rest of July you can save 15% on ACEP membership. USA membership is \$125. Canadian Membership is \$120 and European membership is \$100. If you come from a developing country the membership is only \$40.

Use the code TFT15. This is the last chance TFT practitioners have to save. [Click Here!](#)

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.