

TAPPING For HUMANITY

Summer, 2015

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

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for the Future

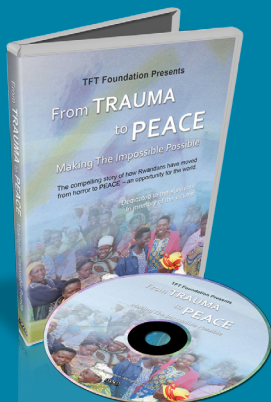
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From Trauma to Peace
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Tapping For Humanity is Published Quarterly
by the TFT Foundation.

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From Trauma to Peace – Updates on Film Festivals and PBS Version

The Trauma to Peace film website has been updated with the latest film festivals, four in all. Please take a minute and look at what's new: www.trauma2peace.com/festivals.html

We are also very excited about the editing down to a PBS length version. Suzanne Connolly is working with an excellent editor in Sedona on this. She and one of our board members, Oob Nding have jointly funded Prosper Ishimwe to do the narration of this version.

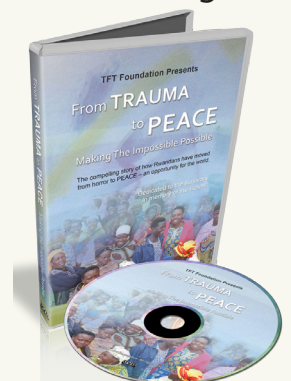
I asked Prosper to share his thoughts on this project, both as a Rwandan and a humanitarian.

He shared the following:

“For the first time in 2009, in Byumba, Rwanda I was introduced to TFT with other 30+ Rwandans who later became practitioners. Since then, I have been fortunate to be involved in TFT work in Rwanda as a TFT practitioner, helping treat the many Rwandans who still need to get relief from trauma, caused mainly by unimaginable atrocities they either witnessed or survived. Since 2009, I have witnessed people of all ages and walks of life heal from trauma as a result of bold Rwandan men and women who have dedicated their lives to helping their country men who suffer from trauma, find peace and be normal productive citizens again. These people's stories make me even more optimistic about my country's recovery from the genocide, and they deserve to be told. I feel blessed to be just a small piece of these many stories of those who have found inner peace after witnessing horror, who have chosen forgiveness instead of vengeance, who have decided to face the consequences of past atrocities by choosing to help those who are still on their journey from trauma to peace.

Every time I have worked on a TFT project has been a great privilege. This summer, I had the opportunity to help make a shorter version of “From Trauma to Peace” in Sedona, Arizona with Suzanne Connolly and Skip Thomas. It was both fun and meaningful work. I feel that we have improved on how we tell the story of TFT and Rwanda, which has not always been an easy task. Just like other times we have attempted to tell the story, the challenge has always been tying the many inspiring stories together. We hope to meet that challenge this time. We also hope this film will touch people's hearts and hopefully inspire action.

Documentary films have been known to help people develop compassion for one another, and we hope the new version of “From Trauma to Peace” will also serve that purpose as well and contribute to supporting the outstanding work being done by TFT practitioners in Rwanda and in neighboring countries, in a region where political instability is still causing much suffering of innocent civilians.”



Memories from the Past and Visions for the Future



I was going through some old files and came upon a picture that Dr. Dariah Morgan had sent me some years ago. I felt it so appropriate to share with all of you as we look back and see Roger and I with Fr. Peter Mubunga Basaliza. This was early in our trauma relief work in Africa and we were hosting Fr. Peter at our TFT Diagnostic Level training here in La Quinta.

Fr. Peter has since hosted three teams of researchers and clinicians to Uganda and supports regular TFT use to help his country.

We've come along way in our trauma relief efforts with both the UK and USA TFT Foundation's working around the world. This issue shares some of these efforts from places such as Israel, Rwanda, Japan Brazil, and here in the USA. There's new research and new happenings in our continual efforts to increase acceptance of TFT by formal governing bodies.

As you read this issue, please be aware and recognize all of these hard working individuals who are striving to improve the quality of life for all.

TFT in Israel – Expanding and Growing

By Immanuel Yosef Legomsky

My nonprofit, Israel Trauma Care, partnered with the prestigious Jerusalem Herzog Hospital linked Israel Center for the Treatment of Psychotrauma since April 2014, to design & complete a PTSD Research project using EFT.

As a leading international EFT Trainer and the only Matrix Reimprinting Trainer in Israel, I began teaching the ICTP professionals' staff EFT. Then I brought Matrix Founder Karl Dawson here from the UK to prepare this staff of mainly cognitive psychologists, to enable them to clinically test our Energy Psychology paradigm with a pilot and clinical research project treating 40 serious cases of clinical PTSD.

The research design dictates to stick to a protocol of facilitating TFT or EFT ---for which the energy tapping is primarily being tested. Yet in practice, after having trained 700+ facilitators and worked with 1000's of individuals---the professionals I've trained usually instinctively revert to their bread and butter cognitive talking techniques whenever they feel unsure, uncomfortable, or just experience that their client is not quickly resolving issues.

I went running to ACEP to speak to our PhDs about my theory that it was counterproductive for me to support EFT Energy Research unless we could first affect these facilitators' mainly cognitive treatment paradigms.

Even though I knew relatively little about practical TFT in April 2014--I decided that if I

was correct--I should use TFT for this ground breaking research because it's algorithms and de-emphasis of words and narrative would influence these cognitive PhDs to climb on board with our "tapping" energy based paradigm, and enable them to facilitate strong energy based clinical PTSD research.

Our PhD's at ACEP confirmed my thinking, I learned TFT from Suzanne Connolly and Joanne Callahan. We also arranged to bring Suzanne Connolly from the US TFT Foundation and Dr. and Mrs. Robson from the UK TFT Foundation in September 2014 to train these Israeli PTSD PhD's and begin this Jerusalem PTSD Project based on TFT.

Since then, I have learned the more advanced phases of TFT with Joanne in Baltimore in Nov. 2014, & Suzanne on skype and me in person --- I have been supervising this Jerusalem PTSD PhD's staff through a 10 person 10 session pilot which is now entering the 30 person 10 sessions' PTSD TFT based Clinical Research Project. I have also honestly concluded that Roger was a great scientist and that TFT is a better basic tool than EFT -- with more versatility and precision and far less limits. And I encourage TFT'ers to learn Matrix Reimprinting as a complementary and quantum advancement together with all that you already know!

While everything is still preliminary, it's clear we made an excellent & successful decision, (to use TFT in the research) according to everyone involved. The preliminary results are by and

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large quite successful. We have a very large LED viewing screen and I've distributed Suzanne's book TFT Clinical Applications and the Rwanda Trauma to Peace film to everyone!

Suzanne is not only an excellent teacher and skype supervisor--but from her goodness offers and seeks for the staff to discuss whatever they need with her and even gives individual case support.

Joanne is one of my favorite people and we share big humanitarian dreams --including reaching every school child to structure compassionate non violent communication skills for a better future!

The PhD staff has total gratitude and respect for Suzanne and for TFT. Still fledglings- yet it's clear they want to become strong enough to properly

facilitate our protocol and give TFT. Time will tell and I am increasing my input of TFT resources to increase their skills and comfort zones.

As Suzanne's TFT Clinical Applications book brilliantly suggests--many times we need to talk a little more and also use other therapeutic tools are mainly to set up further energy tapping based intervention.

One of the PhD's suggested here today that we immediately translate the TFT manuals into Hebrew (and perhaps Russian and the Ethiopian language too) for more project success and to reach more facilitators and students. THIS IS A FORMAL REQUEST FOR HEBREW which I would gladly mutually fund together with the TFT foundation immediately if they agree!

An Update on the Israel TFT Research

by Suzanne Connolly, LMFT, TFT-Adv.

The Herzog Hospital Israel Center for the Study of Psychotrauma is in the ending stages of their pilot TFT study and in the beginning stages of their 24 month TFT study. Center Director, Dr. Danny Brom and his team; Vered Nuriel-Porat, B.A., Nili Lavi, B.A. and Rabbi Immanuel Joseph Legomsky, Director of Israel Trauma Care, state that "This study aims to examine the efficacy of Thought Field Therapy (TFT) in reducing post-traumatic symptoms, in people who have been diagnosed with post-traumatic stress disorder (PTSD). In addition the study will assess predictors of the response or non-response to TFT".

Over the next two years, 9 Israeli therapists will be treating clients who have been diagnosed as suffering from Posttraumatic Stress. Dr. Brom and his team state that all "therapists included in this study are all health-care professionals recognized by the Israeli Ministry of Health. In addition, all the therapists are qualified TFT experts".

The team notes that all previous research in TFT and its derivative, EFT, has been conducted by researchers with a vested interest in TFT or EFT. In contrast, they say; "The Israel Center for the Treatment of Psychotrauma has a long history of assessing the effects of PTSD treatment (Brom, Kleber, & Defares, 1992), and wants to widen the knowledge base and treatment options for individuals suffering from PTSD."

The fact that this prestigious team has an interest in studying TFT is an exciting development in the world of Thought Field Therapy.

Join Other Like-Minded Professionals



by Suzanne Connolly, LMFT, TFT-Adv.

Do you want to spend time with like-minded people who love tapping? Listen to great cutting-edge Keynote speakers? Have lunch and/or dinner with old and new TFT friends? Attend great breakout sessions, many of them presented by TFT friends? Then you will want to attend next year's 18th annual ACEP Conference in Santa Maria, California.

I've been attending the ACEP Conference annually for the past several years and have joined TFT practitioner Bob Pasahow on the ACEP Board for the last two years. One of my goals, as an ACEP Board member, has been to increase ACEP membership representing TFT practitioners. ACEP has been most welcoming to the TFT community.

Roger Callahan himself attended the ACEP Conference twice and was awarded the life time achievement award. Joanne Callahan has given two invited presentations at ACEP Conferences. Bob Bray, Robert Pasahow, Caroline Sakai, myself, Jim McAninch, and Tom Greenhalgh are among TFT practitioners that have each given one or more break-out sessions throughout the years. Howard and Phyll Robson and myself, have given research presentations. We have all enjoyed spending time together and meeting other TFT practitioners throughout the world.

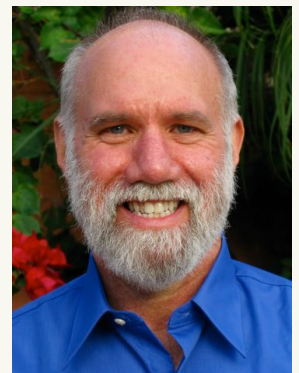
I would encourage those that use TFT for yourselves and/or others to join the TFT community that attends the ACEP Conference every year and to join ACEP and take advantage of the ACEP benefits such as the lending library, the Conference discount and much more.

Please feel free to talk to me about joining ACEP anytime, smc@suzanneconnolly.com

Thought Field Therapy for the Treatment of Post-traumatic Stress Disorder Symptoms Advances in the SAMSHA'S NREPP formal review

By Robert L Bray, PhD, TFT-VT

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online database of mental health and substance abuse interventions. All interventions in the registry have met NREPP's minimum requirements for review and have been **independently assessed and rated for Quality of Research and Readiness for Dissemination**.



TFT Conference in Japan



by Ayame Morikawa, MD, PhD, TFT-VT

Japanese Association for Thought Field Therapy held a three day conference on July 18th to 20th.

The first day, there was a seminar for professionals called “Integrative approaches with TFT: Facilitating tuning into perturbations”. Nearly 80 TFT therapists participated in this seminar, including medical doctors, clinical psychologists, counselors, teachers, physical therapists and other allied health care professionals.

The conference was recognized as providing continuing education credits for clinical psychologists.

The instructors included myself, Chairperson of Japanese Association for TFT Dr. Ayame Morikawa, M.D., Ph.D., M.B.A., Professor Yoshikazu Fukui, M.A., and Associate professor Dr. Masaki Fujimoto, Ph.D. They are all advanced TFT therapists and trainers.

Professor Fukui is a representative Ego State Therapy Japan, and he offered ego state therapy and practices each other. He also presented effective combination with EMDR, Somatic Experiencing, and Clinical Hypnosis.

Dr. Fujimoto is a president of Japan Brainspotting Association and presented the eye spotting evolved from EMDR and trauma treatment.

I have found through training experiences many people often have difficulties of having their clients tuning into perturbations, especially clients with dissociations and severe PTSD. So I presented tuning problems when you cannot treat trauma, which does not mean TFT does not work. But we can use other approaches to support TFT treatments and also TFT is such a great technique to support any other approaches.



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The seminar was from 9 am to 6 pm. Following the seminar, we took a survey, and it showed they felt they had learned a lot and wanted to attend the integrative seminar again.

The second day was opened to public including those who wanted to have TFT treatment in 20 minutes.

A lady with a cane walked in with anger. Perhaps she did not like to walk in the crowded street in the hot weather to reach our location. She started to complain of her boring work, but soon her anger was eliminated with TFT. She left without using her cane, held it with her hand and walked out very fast.



Another lady had physical pain in her back, and we treated her stress at work and trauma. She mentioned that she had been a breech baby. We had her focusing on her physical memory in Mother's womb. She started to feel uncomfortable around her shoulders, and we used Dx to treat her problems. She had bruxism and said she felt much better around her jaw and shoulders.

During our conference, we showed "From Trauma to Peace" with Japanese subtitles a couple times. The audience was all impressed with the TFT Foundation's great contributions and with Rwandans who talked about their story, trauma, and TFT. We asked for a donation to our humanitarian support.

On the last day, we offered our community program "TFT Partner".

The program is exactly how the TFT Trauma Relief team worked in Rwandan communities.

TFT Partner is for community leaders and lay people who want to help others. We mainly focus on trauma and depression algorithms and have participants practice with each other.

Nearly 50 people including professionals attended the certified program.

Thanks to all TFT members around the world who continue supporting and helping traumatized people from abuse or disasters. They are our ongoing projects.

The Power of our Beliefs

By Leandro Percario, TFT-Adv.

Just a few months ago I treated one of the most interesting cases of a cure by TFT. It really amazed me, even though I have watched so many cures by TFT.

She was one of the students in my last Algorithm training, let's call her "Ana".

Ana had a limitation on the movement of her left arm since she was born. She could move the right arm perfectly but had only limited movement of her left arm.

As she was talking to me about this and some other things she wanted to treat, she mentioned that she had had a very difficult birth. Her mother had to have a cesarean birth in an emergency, without any anesthesia...

She was born premature and was very fragile. She had a problem that the doctors had to stifle all her chest and left arm for six months.

Ana got better and survived but she had this permanent limitation on the movements on her left arm.

When she told me that it just reminded me of the story of circus elephants when babies they are tied by one of the hind legs with a chain to a wooden pole attached to the ground.

The baby elephants try to escape, but they are not yet strong enough to break loose, then eventually end up quitting and never try to escape ...

As adults, these circus elephants could very easily break the chain, but because they have developed the belief that they cannot, they just do not escape their shackles.

By this time, I diagnosed with Voice Technology and applied with her two specific tapping sequences, one for the trauma of her birth and the other for the trauma of being unable to move her arm when Ana was just a Baby. She didn't have the conscious memory of that but she knew it happened as her mother told her, so, I just asked her to think about it the way she normally thinks about it.

After just a few repetitions of these sequences, Ana started to move her arm a little bit better.

Then we repeated it some more times, it was around 8 times total.

I asked her to close her eyes and imagine she was moving both arms totally and freely.

She said it was difficult, so we did the sequences again while she was trying to imagine she was moving both arms perfectly in her mind first.

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Ana said she could now move them both in her mind!

So I asked her that still with her eyes closed to start moving physically her arms, just the way she was imagining at that time and much to my surprise she started to move it perfectly and freely!

Then I asked Ana to keep moving her arms and just open her eyes and she was very surprised to see she was moving her left arm totally and fully with absolutely no limitation in her movements! We were both very moved and emotional at that moment!

I told Ana the stories about the circus elephants. She understood and was really amazed at how TFT could easily help her to free her mind and her body!

For me it was one of the most beautiful experiences I ever had as a therapist and even after years working and teaching TFT I still got passionate about what it is able to transform in people's lives!

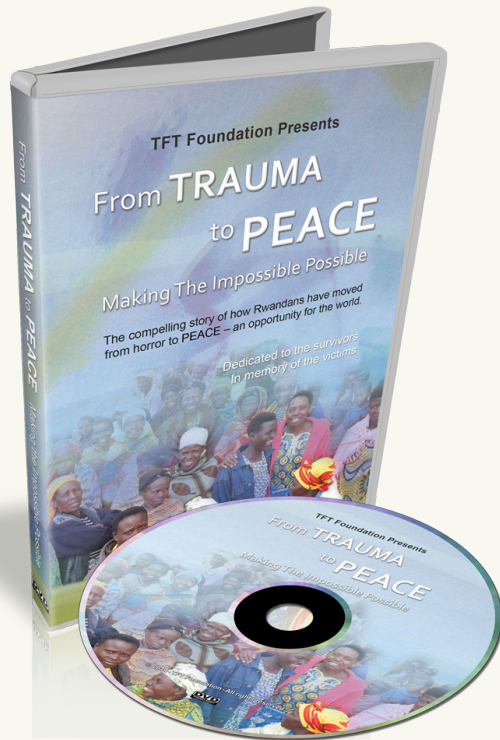
With joy and love to be able to be sharing this healing tool in Brazil,

Leandro

www.tftbrasil.com.br

PS It is my dream and goal to found my own non-profit (NGO) in 2017, so I have to make money for that. I am inspired by the work of TFT Foundation, and it will be dedicated to my mother. Until I have conditions to found my NGO, I am training other NGO volunteers with the trauma and pain algorithm, so they can use it with the people they already help. My goal is to train one NGO group each month.

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.