

TAPPING FOR HUMANITY

Summer Issue, 2012

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

INSIDE:

Uganda 2012 Brief Summary

Uganda 2012 Team Leaders
Short Report

Fundraising Book Corner

Wounded Warriors at Leaps
of Faith Event

Free of Your Perturbation

Case Studies

Horses and Tapping Heal the
Hearts of Troubled Children at
Stillwater Farms

A Trip to Cairo

TFT Mexican Association

Tapping Around the World



TFT Foundation 2012 Summer Tapping Around the World

It is always amazing to me to see how many people around the world are benefitting from Roger's discovery of a natural healing system that we have come to know as TFT. We have seen that it works across cultures, age, gender and even species. This issue of Tapping for Humanity is a great example of that broad application.



This issue shows us some amazing healing from North America to Africa, in many different cultures. TFT has healed many, improving their quality of life and helping them to handle their current life situations. With so much trauma and turbulence in the world, this simple self-help tool can do much to ease the pain and suffering of so many.

Our recent joint Uganda mission and PTSD study was a wonder success and we get a brief summary of what our team experienced and accomplished. This study further supports the effectiveness of our model for large scale trauma relief. You will see a heartwarming letter from Fr. Peter, our host, about all of the healing that is taking place from our team, and an invitation to come back next year. Our next issue of Tapping for Humanity will share many more details.

Our sister TFT association in Mexico has been busy as well and we hear of some their successes in Mexico and Africa.

Our wounded warriors and first responders had the opportunity to experience the simple relief from tapping at a recent Leaps of Faith Wounded Warrior event. Other vets are also finding that TFT can ease the struggle in their lives.

I am reminded of how much a few of us can do for so many when I put these magazines together. These contributors are sharing with us how they are making a difference in the lives of others in need.

Please enjoy this issue, learn from the applications presented, and share it with everyone you know. Join us in helping our foundations, both in the USA and UK, continue their research, education and trauma relief programs worldwide. You can contribute here: [Donate](#). There are not too many places you can donate where you can see over 90% of the contribution go directly to the program and see and hear exactly what was accomplished with those funds.

Joanne Callahan, MBA,
President, TFT Foundation

P.S. If anyone would like to help out with our magazine, we need an editor for the Tapping For Humanity newsletter.

Tapping into Healing – Uganda 2012 Brief Summary

By Roger Ludwig

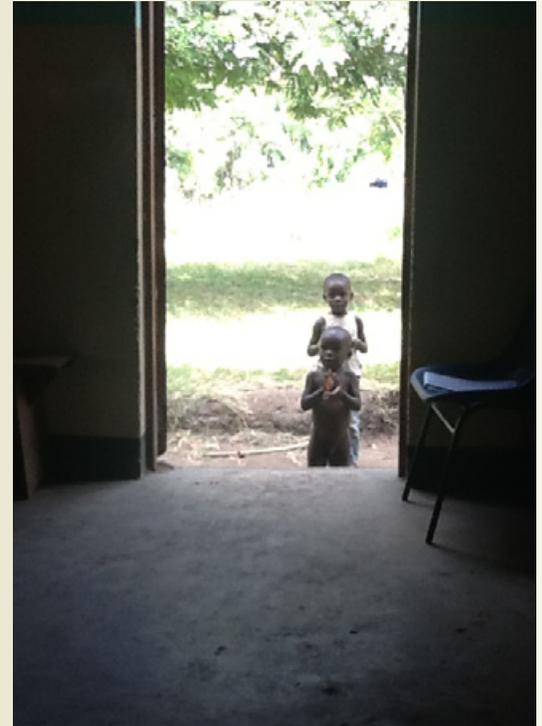
I have just returned from Nsenyi, Uganda, the site of our current training and research project and offers this brief update.

The project has been going very well, thanks to the efforts of so many. Fr. Peter organized a superb team of volunteers at the Catechists Training Center to take care of logistics, housing, food, transportation, translation and of course, the thirty who became TFT Algorithm Therapists. About 250 people from the community came to be treated in the study, as well as many others who received treatment outside of the study. Study participants have returned for their post tests in high numbers and are very grateful for the treatment they have received.

The training team is being led by Phyll Robson of the UK, with Roger Ludwig from USA, Celestin from Rwanda, Matts Uldal and Bitta Wiese from Norway and Dr. Howard Robson of the UK leading the research. Others, Fr. JMV and Deacon Augustin, and Celestin the director of the Rwandan Orphan's Project, our other newly trained Rwandan trainers, as well as Adrienne, the psychologist from IZERE Center, came over from Rwanda to assist with the study. Jackson came over from Kampala to assist as well.

In addition to the study the team has conducted three more two-day algorithm trainings for 300 or more catechists, they have appeared on the national TV news, a 30 minute radio interview program, and introduced TFT to 500 secondary school girls and their teachers. The team was received by and had lunch with the Bishop of the Kasese Diocese and were celebrated at a party in Fr. Peter's home village. It has been a busy, rewarding and memorable time of successful treatment and rich relationships!

Note: We will follow up with many more photos and details from each of our team members as they return home. Thank you to all of them for their hard work, dedication and willingness to give so much both of themselves, their time and their funds.



Tapping for Humanity

New Opportunities to Participate in the TFT Foundation's Humanitarian Relief Projects and Research

Fundraising Book Corner:

This new feature of our magazine helps authors promote their TFT related books and at the same time raise funds for our trauma relief work. This month, TFT Foundation board member Suzanne Connolly has offered to donate 100% of the proceeds from the sale of her book to the foundation.

Thought Field Therapy - Clinical Applications Integrating TFT in Psychotherapy By Suzanne Connolly.
Use TFT effectively with more clients. Recommended for those previously trained in TFT.

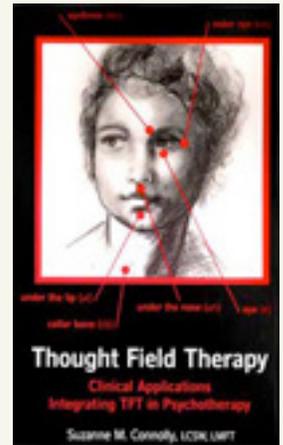
"Her book is full of practical advice and contains many tips on applying TFT algorithms effectively to help various psychological problems. Anyone interested in applying my TFT algorithms to help various problems is well-advised to obtain this book. Suzanne has done a marvelous job."



Roger J. Callahan, Ph.D.

Founder and Developer of Thought Field Therapy.

[Click here to order your copy of Thought Field Therapy - Clinical Applications Integrating TFT in Psychotherapy](#), and have 100% of the revenue go to support trauma relief worldwide.



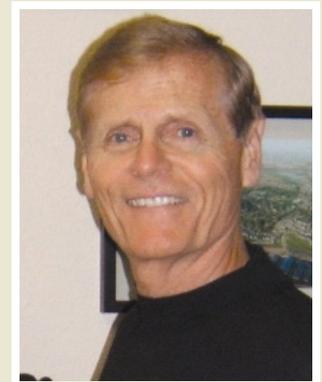
Matching Funds Gift Program:

Another of our TFT Foundation board members, and chair of our fund raising committee, has been a substantial donor, facilitating our research and trauma relief programs for many years. Dr. Bruce Paton is a retired PepsiCo executive.

PepsiCo's Foundation permits retirees to participate in its matching gifts program and limits its double matches to \$20,000 annually. Dr. Paton's annual donations to the TFT Foundation have produced several years of \$20,000 donations in double-matched PepsiCo contributions. This matched support has substantially increased the power of his individual contribution and subsequently the ability of the foundation to serve so many more in need.

Many companies have similar programs and we encourage our friends and readers to consider contributions to the TFT Foundation that may be matched by their employers. For our UK friends, the UK ATFT Foundation can receive matching funds as a charity.

For assistance with a Matching Funds Gift, contact Dr. Paton, drbrucer@yahoo.com, or in the UK, Dr Robson at R.Robson2@btinternet.com



If you can offer other forms of support such as celebrity contacts, airline miles, or wish to volunteer, please contact me, Joanne@TFTFoundation.org

A Letter of Thanks

It is always wonderful to hear the reports from our team about how many people have been helped and to see the exciting results from the studies but it is most heart warming to receive thanks from the people who have been helped and are carrying on the healing work in their country. They are already looking forward to having our team back next year.

JOANNE CALLAHAN,
PRESIDENT TFT FOUNDATION
USA

Dear Joanne,

I greet you and Dr. Callahan so much in the name of Jesus. I am very grateful to you and the foundation for sending us such a wonderful team of five people. They were very excellent. They did not only have a Mastery of the content and matter of TFT, but they also showed us a lot of love, concern and care. They came down to our level, and were able to integrate with us very well. It was very easy for people to ask them questions, and the responses were perfect and out of love. Everything, the training of catechists and the PTSD study went on perfectly. You really sent us excellent people. Our prayer and request is that, they should be the very people to come to Uganda next time. We already miss them so much. I am really very grateful. We did not have a single problem with any of them at all. Thanks a lot.....

.....The catechists who were trained mastered the TFT Algorithm level and have already started treating people with very good results.

Many people were healed during the stay of the team you sent us in Uganda. The catechists were getting amazed and surprised at the very many healings. I am so much impressed, and the bishop is so much impressed. I will promote TFT till I die, and I thank God for revealing TFT to you and Dr. Callahan. May God bless you abundantly.

We have plans that if possible on your part, there could be a follow up next year of the trained catechists and the PTSD study, and the same persons are followed up. We are planning a National training of TFT within two years if you and the bishop allow us.

I look forward to hearing from you.

Greetings to Dr. Callahan

I remain yours in Christ,

Fr.Peter Mubunga Basaliza

Uganda 2012 Team Leaders – Short Report

We are delighted to make this short report on our work in Uganda. The team worked hard to complete a packed program of research and training.

Training was provided for 310 Catechists at three centres within Kasese District of Western Uganda. To prepare for the PTSD study we first provided two days training for 40 catechists. These catechists would be the trainers in the PTSD study immediately following their Trauma Relief training.

The first day of the study was anxiety provoking, would all the participants attend? Many had to travel long distances, often on foot. We were expectant that the study would be carried out effectively as we had been working on the details for over six months. Due to the lack of email facilities much of the detail was planned on the telephone with Fr. Peter, these conversations were recorded on our computer and sent by mail to avoid any misunderstandings.

Our first day went well in spite of our anxieties. However, the team met to identify and rectify any actual and potential problems. Working in a foreign language was challenging, due to pronunciation it was often difficult to understand each other, this difficulty improved quite quickly. The first part of the study took four days.

The first Catechist training took place in Nsenyi, the home of Fr. Peter and Training Centre for Catechists and 116 Catechists attended this two-day training.

We only had one day off before we undertook the second part of the study, again it took place over four days. We employed the same diligent method of having a team meeting each evening to ensure that all was going according to plan.

For the second training we moved to Bukangara Parish where we trained a further 104 Catechists. Each time we provided training and treatment for anyone who requested our help. The team travelled each day during the training to keep the cost down.

Following another day off, we moved to Hima Parish. Due to the distance involved we were guest of Fr Walter. We trained 90 Catechists at Hima Parish. Many of the sick in the Parish came to mass on Thursday, the day we arrived, and Fr Walter asked us to treat as many as possible. Two of the team were assigned to training and two treated the sick with the help of the Catechists we had trained for the study. We worked in the shade of the trees, watched by anxious relatives.

Saturday 30th June was the final day of the study, we planned to review 128 of the wait list group participants, for their post treatment assessment. Some of these participants had first attended on 13th June. We were concerned that there might be considerable fall off in attendance at this stage. It was therefore gratifying to be greeted by a large welcoming group of participants, still clutching their attendance tickets.

We are obligated to Fr. Peter and the catechists for their support and commitment to the completion of the PTSD study. They welcomed us into their lives and it was a pleasure to share the gift of Thought Field Therapy with them.

Howard and Phyll Robson



Tapping into Healing for Wounded Warriors at Leaps of Faith Event

On June 22 and 23, 2012, approximately 45 wounded warriors and some family members came from all over the US (a smaller group than in the past) to Connecticut for a weekend of water skiing, boating and kayaking. We also had several first responders, firemen, and a para-olympian in ice hockey.

One young fireman came who had been in a fire and had lost 4 of his buddies on 911. Since that time, as told by his wife and sister, he had become unresponsive and in a deep depression. Over the years, there had been no change in his condition, in spite of medication and psychiatrist visits.

His wife and sister came to me and asked if I could help him. I said I would try, if he wants me to. I gave them a brochure about TFT and a copy of the TFT Trauma Relief tapping sequence to give to him.

He received it, and after about 10 minutes I approached him and asked if he would like to try the technique. He said yes he would like to.

After checking him for psychological reversal and correcting it, I had him tap the pain and then trauma tapping sequences. We went through the sequence once and he raised his hand and slapped me a high 5 and had a slight grin on his face. We continued with the 9 gamut and repeated the tapping sequence one more time. His SUD went from 11 to 8 to 5 to 2 and finished with the floor to ceiling eye roll.

He got up off the bench and gave me a hug with a big smile on his face. Two hours later I found him Kayaking with his wife and the following day he went water skiing with some of the other vets.

One of the firemen from New York City who was a first responder to the 911 had been watching me working



with the vets. He said that after the trauma that the firemen suffered, the city brought in several counselors to help but it had little effect on the firemen. Then a couple of TFT practitioners from New Jersey came in and the firemen began to heal. He was very excited about TFT.

At the end of the weekend Wounded Warriors weekend with Leaps of Faith, I had helped 22 Vets and firemen begin healing their post traumatic stress and many others took home the Trauma Relief Technique I printed out from the TFT Foundation's free Trauma Relief web site, www.TFTTraumaRelief.wordpress.com. I have received many thank you cards and emails from the Vets and families. Please share this site with all you can, it can make such a difference in their lives.

Thank you Callahan's for TFT and the TFT Foundation for these resources.

If you would like to help share TFT at one a future event, please contact me at pjpathways@webtv.net.

Patricia Jennings NHC



Don't Stop Short: Tap 'til You're Free of Your Perturbation

by Jacqueline Smillie, TFT Adv.

Recently I encountered a faulty assumption that I had made about TFT: I expected it to work rapidly in every situation. While it is taught that sustained tapping can be necessary, my mind grabbed onto the rapid solution concept and falsely concluded that if something didn't resolve quickly, TFT wasn't the best modality for that particular perturbation.

I experienced the power of sustained tapping when I traveled across the country for a four day screenwriting seminar. On the second afternoon I became very sick. I carefully left the auditorium and sped to the restroom with diarrhea, slight vomiting, profuse sweating and weakness.

I didn't want to leave the conference but couldn't return to the auditorium so I sat down on the hallway carpet and began tapping the Holon: SH, IF, UE, GP.* After five minutes I noticed no change but I was too weak to move so I kept tapping. About five minutes later I stopped sweating. Encouraged, I kept tapping. By minute fifteen I wasn't nauseous. My swollen gut returned to normal size by minute twenty and I suddenly felt quite refreshed and good. My body had required twenty

minutes of TFT tapping.

This experience strengthened my confidence in the healing power of the body and TFT. It's possible that perturbations persist due to a lack of focused, sustained TFT tapping.

In addition to experiencing first hand the value of sustained tapping, my curiosity was piqued. I'm interested to learn of other cases where sustained TFT tapping was required to eliminate perturbations.

*At the time I was too sick to test what had caused my sickness. That night I discovered that my breath mints contained the "natural" sugar, xylitol, known to cause intestinal distress. It's a big IET for me. I marvel at the way TFT can help the body heal even without knowing the cause of the disturbance.

Find A TFT Practitioner Near You - Visit Our Practitioner Directory at www.tftpractitioners.com

TFT Works at So Many Levels – From Launching Healing to Merely Improving the Quality of Life of an Individual

by Henry “Mack” Davis

Henry “Mack” Davis a disabled Vietnam Veteran is a Licensed Masters of Social Work in Albuquerque, NM. He serves as clinical lead for a private nonprofit 501C3 organization in New Mexico. This program administers a 50 bed VA grant per diem program for female and male veterans assisting those who do not have permanent housing, in integrating back into society and transitioning to permanent housing. Henry, along with one other social worker, works directly with each of the veteran clients. In this capacity there is no formal psychological therapy conducted, but there is ample opportunity to work one-on-one with each of the residents.

The Thought Field Therapy techniques are most useful in assisting a number of the veterans in dealing with the extreme anxiety associated with homelessness and allowing them to move forward with their various treatments and barriers. TFT has also been effective in assisting the residents to cope with the anxiety/stress associated with medical procedures, domestic relationship issues and legal issues.

After attending a TFT Boot Camp, I have been able to use TFT in many ways to better assist the residents in our facility. The following are examples of how it improved their quality of life.

Client A has multiple Dx (OCD, ADD,). He is a 52 year old Hispanic male residing in the transitional living facility. The resident is employed and receiving a service connected pension. He is overly clean and hoards plastic bags and with two or three items in it. The room is for two individuals and he was taking over the space with this and other “interesting” behaviors regarding cleanliness and order.

He also exhibited eczema and presented nervous and anxious. His thought content and language were both tangential and circumstantial in that his thought process did not reach the goal and was overly detailed. He was therefore unable to focus on one aspect of his life and address it systematically.

Due to his inability to concentrate on a specific idea, I suspected PR should be addressed first. I

had him tap the correction point on the side of his hand 7 times, and then the correction for further level reversals. His response was almost instantaneous, his anxiety subsided, he became relaxed and his face burst into a wide grin.

He said, “What happened? This is wonderful and completely natural”. At this point the anxiety and nervous behavior subsided completely and his speech was clear and normal.

I was not able to address the baseline and intermediate SUD(s) as initially the client was not able to focus internally on his level of distress. At this point we were able to continue the discussion and develop a cohesive plan to for him to address the present issues. After 5 minutes or so he began to revert to the initial presenting behavior. I asked him to repeat the previous steps. He did and immediately had similar relief of his symptoms.

Tapping for Humanity

What a simple tool to ease his life challenges.

On February 20, 2012 I worked with another client:

60 year old, male, USAF veteran, residing at the transitional living center. Veteran presented with extreme anxiety regarding needed dental work.

He had traumatic memories regarding dental visits as a child. The work is to be extensive. First consult was that his teeth would be removed and he would not be sedated and have to go 4-8 weeks without teeth. He was visibly upset about this prospect.

I provided an overview of the TFT procedure and he stated he would give it a try.

Due to the anxiety and stress observed, the common Algorithm for General Anxiety/Stress was used.

He initially reported a SUD of 9. He was tested for psychological reversal and we each tapped the side of our hands and retested. Next he tapped the sequence for anxiety and stress and he reported a SUD of 7; the sequence was repeated several times with appropriate psychological reversal corrections. He stated he was really relaxed and hoped the anxiety regarding the dental work would not return, but he really thought that was probably not going to happen.

There were no indications of the presence of toxins at this time. Approximately 1 month later the client and case manager met for a follow up. Client reported that an arrangement had been made where he would have the teeth extracted and a temporary bridge placed in his mouth while he was under full sedation. This would allow him to proceed with his temporary teeth during the recovery process. After 3 or 4 weeks he would be fitted for permanent teeth and these would be inserted. He was relaxed and did not mention any anxiety or upset relating to the procedure.

Client C: This client is a 56 year old Hispanic male residing in the transitional living facility. He is on SSDI and has a diagnosis of Major Depression, PTSD and anxiety.



He entered my office in the morning on Tuesday, and was visibly anxious and agitated. He reported that Monday was a holiday and he was scheduled to meet with his Parole Officer.

He was not able to make it due to the holiday and was going to see him this morning. I asked the client to sit in a chair for a moment. I had him tap the sides of his hands. He began to relax somewhat. I asked him what his SUD was at this time. He reported a SUD of 8. The tapping sequence for General Anxiety/Stress was selected. The client was guided through the tapping sequence.

We repeated this along with more corrections for psychological reversals. His face was significantly more relaxed as was his body. He smiled and said “that was great. I feel much better now” and left my office.

I spoke with him later in the week and he stated that things went fine with the Probation officer and there was no problem there. He stated “you really helped me with the tapping.” This was an excellent example of the effectiveness of TFT in a quick and simple manner. The client was extremely anxious and within 8 minutes was relaxed and centered.

It is amazing to be a part of this and watch people set down the burdens that have driven their behavior and life. I am looking forward to learning more and expanding my knowledge of this therapy.

Horses and Tapping Heal the Hearts of Troubled Children at Stillwater Farms

Things have taken a turn here on our horse farm located in the foothills of the Blue Ridge Mountains in north Georgia. We have always been a magnet for animals that were lost and needed help, but it seems that more and more we are attracting people who are lost and needing help in another way. Ironically, it is the very animals that we have taken in and provided hope, health and a home for that are now giving back to troubled and confused children and “bucket list” adults wanting one more chance to do something they have always dreamed of doing.

The atmosphere here is peaceful and harmonious. Even the stray dogs and abused horses innately know there is an unwritten rule that if you want to stay, you have to get along and put their differences aside. That essence seems to have a very positive effect on our visitors and students. This summer our horse riding camps held more than the average amount of children that grandparents or guardians were desperately seeking a refuge for to help erase or ease troubles and traumatic experiences from their young minds. The trend appears to be growing and we are making an impact, albeit a seemingly small one.

I have seriously been giving some thought to how I can help in a larger way. Horses and dogs have proven over and over again to have special therapeutic healing powers and I can say from experience that when I am with them, the rest of the world goes away during that time. Coupled with some direction using trauma relief tapping, I know I can help make that other stuff fade into the background and there will be relief and even joy where there was none. Repeated sessions bring those feelings back into the normal range of everyday life, not the exception. Our camps are for troubled children who need to be reminded that the world can really be a wonderful place. Our next camp begins the week of July 16'th. For more information please contact: barbarahutson@windstream.net

Barbara Hutson owner/operator of Stillwater Farms in Dawsonville, GA 30534



Tapping for Humanity



TRANSFORMING TRAUMA--CREATING PEACE

Mary Cowley, PhD, TFT-VT

The TFT trauma relief blog (www.TFTtraumarelief.wordpress.com) is now averaging about 65 views a day. That's a lot of people all around the world checking out what TFT can do for trauma.

We all know how TFT benefits the world by relieving suffering and opening hearts to peace. The blog has proven to be a powerful tool for getting this information out to the world!

Besides knowing that you are part of this extraordinary healing and transformational movement, how can the blog benefit you as a TFT practitioner? A blog can be a very effective marketing tool! Your written or videoed trauma relief stories can be read by thousands of new visitors. And you can send prospective clients to the blog to get an idea of how powerful TFT is by reading its very impactful stories, including any written by yourself or your clients.

When a story is written by or about a TFT practitioner and he or she has a website, a link is added from their name in the story to their website. I need to know the URL in order to do this, so if you ever see your name on the blog and it isn't linked to your website, please send me your website address.

TOGETHER—we are tapping for peace, one heart at a time!



Documentary Teaser: The TFT Foundation's documentary featuring the above mentioned PTSD studies and trauma relief model is currently in post-production. The Emmy Award Winning team of producers has just completed the teaser and will begin a Kickstarter campaign soon to build awareness.

Click image to view and share with others:



A Trip to Cairo

– by Phyll Robson

I was pleased when my husband invited me to join him on a business trip to Cairo as I had never been to Egypt before. I was busily packing my suitcase, when the news came on the television in the background. The newscaster caught my attention when she announced the death of 74 young people at a football match in Port Said, Egypt. I watched the television footage and listened to the local interpretations of events. Many Egyptians were blaming the Authorities for failing to protect fans. This had led to local unrest, and it was reported that a further four people at least had been killed in the subsequent conflict. Egypt's military rulers were calling for the country to unite and return to stability.

Thousands of protesters converged on Cairo's Tahrir Square – the epicentre of the uprising that ousted the Egyptian president last year – carrying the red flag of the city's Al Ahly football club and the national banner. They then marched to the nearby interior ministry to protest against the police inaction and call for retribution for the 74 people who died in the world's most deadly football violence in 15 years.

We started our journey to Cairo on 2nd February 2012. On the way to the airport I began to realise the possible consequences of the escalating unrest. I tapped for anxiety, with good effect. As we approached the airport I wondered if we would be allowed to fly to Cairo. After a wait of three hours at Heathrow airport we boarded the plane bound for Cairo. There were seven people in the group, six doctors and myself.

The flight from London to Cairo was uneventful. I began to speculate how I would spend the next six days, what would conditions on the ground be like? The six doctors would be conducting examinations from 8 am until 6 pm. Under normal circumstances I would have arranged sightseeing trips, checked out life on the Streets of Cairo, and enjoyed the local food. But, how dangerous would it be for a western woman to venture out alone? My anxiety returned and I tapped again.

When we landed at Cairo the airport things seemed to be working normally, we passed through customs without any delays. We were met at the airport by three medical staff, from one of Cairo's main hospitals. They quickly ushered us onto a private bus and we left the airport. Our hosts displayed signs of anxiety and concern for our safety; they were constantly looking out of the bus windows, making telephone calls to check if the roads ahead were free of holdups and relatively safe.

It was at this point that I realised the Hotel we were staying in overlooked Tahrir Square, the centre of the unrest. My anxiety returned as we approached the Hotel. The bus was checked by security personnel using a sniffer dog to check for explosive devices, prior to being allowed into the forecourt.



Protesters in Tahrir Square February 3rd 2012

Tapping for Humanity

We were then ushered into the Hotel building, where our hand luggage was searched and we were told to pass through a security scanner. The relief on the faces of our hosts was evident as they helped us to check into our rooms. We were subjected to these security checks each time we entered the Hotel.

It was dark outside when we finally got to our hotel room. From the French window, which overlooked Tahrir Square, we could see crowds of protesters in the street below. We heard the sirens used by emergency vehicles throughout the early hours of the morning as ambulances and motorbikes ferried the injured to hospital.

On Friday 3rd February the health ministry reported that 1,051 people had been injured. A demonstrator and a soldier died in the clashes as police fired tear gas at stone throwing crowds. The television coverage was broadcast 24 hrs a day in the Hotel business centre where I spent most of my time sending emails to reassure friends and family that we were safe. I never needed to tap for emotional distress when I watched the unrest on the television in the business centre, but I always felt guilt, frustration and anxiety whenever I looked out onto Tahrir Square from my hotel room, where I needed to tap.

My guilt, frustration and anxiety arose partly because I have the relevant knowledge and skills to deal with the injuries that most of the people sustained, but to do so would have placed me in danger. The local doctor in charge of the visiting Physicians made me promise I would not leave the hotel and put myself in danger. I found it hard to quell my need to help in some way.

Hearing the gunshots brought back memories of the 12 people who were murdered during a shooting spree by a gunman, in my home county on 2nd June 2010. I found it very hard to accept that I was unable to provide any physical or emotional care to the injured or the community in Cairo at a time of great need. People are grieving at the loss of life, and serious injuries threaten to increase the number of people who die, or sustain serious life changing injuries.

I recognised how very lucky I was to be able to maintain my composure throughout my stay in Cairo because I used Thought Field Therapy throughout my visit. One day, I hope to return to Cairo in peaceful times and perhaps share this healing tool.

ATFT Foundation UK Board Member Phyllis Robson

Prior to her retirement in October 2010, Phyll Robson was employed as Emotional Support Specialist at the North Cumbria University Hospitals NHS Trust. She is a registered lecturer practitioner in Nursing, nurse tutor and qualified bereavement counsellor. Phyll has extensive experience in clinical, managerial, educational and strategic roles in healthcare extending over 30 years. In 2008 she completed the Optimal Health Course in TFT. She has worked as a Chief Officer and Freelance Consultant in Change Management.



Phyll has a wealth of specialist knowledge in dealing with antenatal and neonatal deaths. She also trained in supporting relatives following murder/manslaughter and other serious crimes involving the criminal justice system. She was the lead author/ advisor on the Trust policy relating to antenatal deaths under 24 weeks gestation.

Prior to rejoining the North Cumbria University Hospitals NHS Trust in 2002, Phyll worked in the Criminal Justice System. She designed, implemented and managed a number of innovative projects to improve services provided to victims of serious crime. She was instrumental in setting up the first Child Witness Support Scheme in England. She managed the procurement and implementation of £370,000 of Lottery funding to support her projects. Phyll was a member of the Cumbria Criminal Justice Strategy Group, acting as an advocate for rights and needs of victims of crime.

TFT Mexican Association– Reaching out with TFT

ATFT Mexico President Alvaro Hernandez and his lovely wife Georgette have just returned from their eighth trip to Morogoro, Tanzania where they teach Spiritual Psychology and TFT. Alvaro was part of TFT Foundation's first trip to Africa, where we trained many and treated 100's more. Alvaro returns every year to continue his teaching and to reinforce their TFT skills, he says "we use TFT in all our trips to treat those in need and to help others and to review..."

"In the TFT Mexican Association we always have monthly meetings, providing our practitioners and members the opportunity for questions, practice and continuing education." Alvaro assisted Fr. Luis Jorge Gonzalez deliver TFT's first Boot Camp in Mexico City this last weekend.

He was very excited to share another accomplishment of their organization, "One remarkable success for our association was to get into the Universidad Ibero Americana (UIA) and teach a TFT course. This is the second year that this Jesuit University offers this TFT course. The UIA is considered the best private University in Mexico. "

Alvaro is a professor of this University and teaches a TFT course. There is one more course planned for this year.



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 4 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.