

ATFT UPdate



Official Publication of the Association Thought Field Therapy

Issue 11, Spring 2009

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Click the link below to view the
Vidcast of Dr. Callahan on
Thought Field Therapy
"Dr. Roger Callahan discusses his
greatest discovery"

www.atft.org/videos/

Time Shares for Veterans



Featured are: Joanne Callahan, Mike Black, and Herb Ayers with photos of donated Timeshares for returning vets and their families. Mike Black is President of Columbia Basin Veterans Resource Coalition in Pasco, Washington. Joanne is ATFT Foundation President, and Herb is ATFT Board Member and CBVRC Volunteer Counselor. See related stories.

ATFT **UPdate**



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Association for Thought Field Therapy UPdate

President's Message

Welcome to this edition of UPdate.

**by Rhoda Draper, BA, Dip. C.H.,
TFT-Adv, TFT-RCT**



Crisis into Opportunity

Has the phone stopped ringing? Have client enquires slowed down? These are testing times for many therapists; these are times that most ATFT members are too young to have experienced in their lifespan. It is eighty years since financial mayhem occurred on a global scale. Even multinational companies and industries are closing or downsizing; shares and property are devalued; people are facing unemployment or redundancy. And for therapists, many clients are reluctant to spend money if they are unsure of their earning capacity in the future.

What has this gloomy scenario got to do with opportunity? Quite a lot, actually! Those of us who feel financially challenged, but still have a roof over our heads and enough to eat, can engage our brains in finding creative ways to ride out this recession. If we can't attract our usual number of fee-paying clients, this may be the time to share our knowledge of TFT on a voluntary basis. Although it would not be possible for all of us to emulate such excellent role models as the teams that have recently gone to Rwanda and Uganda – and in previous years to New Orleans and Kosovo – there is still much we can do.

Even though we are not part of a team of trauma specialists, we can give more time to honing our own skills by working with family and friends. If we've already fixed all the phobias in the neighborhood by offering a 'Phobias Open Day' (all kinds of opportunities might come from that!), why not form local practice groups and get in-



involved in research projects together?

Those of us with time to spare could do a refresher course in Algorithms, Dx or Optimal Health; this is a great way of recharging flagging mental batteries. Remember, no matter how many courses we've done, no course is ever the same twice – different people, different problems, different questions – so you learn even more for a fraction of the original fee. Take a look at the TFT training schedules on the ATFT & BTFTA websites.

Finally, this could be a time to re-open all those partially-digested training manuals that are taunting us from the bookshelves – a great way of learning more about TFT for no cost at all.

**Rhoda Draper
ATFT President**

British Thought Field Therapy Association November Conference Overview

By **Ian Graham, BSc, CBiol, MIBiol, TFT-RCT**

Once again, a very successful day! 50 delegates attended. As usual Colin Barron, TFT-VT, TFT-Adv, TFT-RCT, gave a very amusing yet serious presentation about the reality of running a psychotherapy practice complete with guest appearances from a Dalek (Editor's note: A Dalek is a member of a fictional extraterrestrial race of mutants from the British science fiction television series Doctor Who.) ...and sound effects courtesy of a "fart machine".

Ian Wren was next to speak on the subject of his journey into TFT and the benefits of finding a niche market in which to practice TFT. His heartfelt presentation was much appreciated.

Dr. Simon Singh, our first keynote speaker, gave an entertaining lecture on the application of scientific research principles to the study of complementary medicine. Simon had everyone laughing immediately with his take on the Katie Melua song "Nine Million Bicycles", which he dissected and rewrote with scientific precision. Katie Melua was so taken with the rewrite that she actually re-recorded the song in Simon's honour! He went on to challenge us

all to meet the standards necessary to prove TFT to be a scientifically valid therapy. We will be rising to it!

The late arrival of Rupert Shel-drake from his trip to the USA meant a slight reshuffle of the afternoon with Steve Light speaking next. Steve took delegates through the process of website design to get the best out of an online presence for practitioners, including some of the

more up-to-date techniques of video posting on social networks, where people can see TFT in action for themselves.

Rupert Shel-drake, our primary keynote speaker, was well worth waiting for, presenting some stunning information about his research

and findings about morphic resonance and telepathic communication. He invited everyone to participate in his online experiments and help him gather data for some new research he is conducting. In conversation later he told some of us that he had met Roger Callahan about 25 years ago at a lecture and had discussed TFT. Highly skeptical, he told Roger that one of his relatives had a phobia of seaweed and he'd like to see TFT in action. Roger obliged, of course. Rupert was pleased to report that the

next day the girl concerned was swimming in the ocean without a trace of her fear. Twenty-five years later Rupert said that he was pleased to hear that TFT had stood the test of time and that he certainly preferred the "information" model of TFT theory, rather than the "energy" model of similar therapies, as it linked with his own findings much more scientifically.

CONFERENCE NOTES AVAILABLE

The notes provided by the speakers have now been printed and distributed to those who attended, and so are now available on request to everyone else. You can order and pay for the Presentation Notes online at www.btfta.org/notes.html. All debit and credit cards are accepted through the secure PayPal system.

A copy sent by e-mail attachment costs £4.99, or a printed copy bound in a report folder costs £6.99. Order online or send a request to admin@btfta.org, or by post to BTFTA, PO Box 147, Boston, Lincolnshire, PE22 0ZT.

The organization of next year's Conference will be in the capable hands of the ATFT, assisted by the BTFTA, as it will have an International dimension. Scheduled to coincide with the Callahan's next Optimal Health course, it should prove to be a "must-attend" event.



ATFT FOUNDATION DONATIONS AND TWO-LEGGED STOOLS!

By Bruce Paton, PhD, TFT-Dx
2009 ATFT Foundation Fund-Raising Coordinator

Webster's New Collegiate Dictionary defines an oxymoron as "a combination of contradictory or incongruous words". Two-legged stools would certainly seem to qualify as an oxymoron, since a two-legged stool has no stability and is no longer a stool, just a broken and relatively useless wooden structure.

The donation process to the ATFT Foundation has essentially had two legs. Leg 1, the Foundation depends on individual donations which may be made on line or by credit card at either www.atft-foundation.org or www.atft.org. Credit card donations may also be made by phone in the US at 866-396-1365 or from international locations at 760-512-0855. Checks or money orders may be mailed to ATFT Foundation, PO Box 1220, LaQuinta, CA 92247. Leg 2, we actively solicit foundations and supporting organizations for grants. We have done amazing work with our two-legged stool, completing trauma-relief projects in Rwanda, Kosova, Tanzania, New Orleans and New York City.

Since we have more projects than funds, is it possible a three-legged or even a four-legged stool would increase our fund-raising and thus our foundation effectiveness? A third leg, corporate matching gifts, has accelerated our fund-raising for 2009 projects, our first being trauma and malaria relief in Uganda in February. For example, we will receive \$10,000 from the PepsiCo Foundation as a double-match for a \$5000 contribution received early in the year. Temple-

Inland, a Texas-based company, will triple-match its employees' contributions, up to the first \$1000 contributed. We have a list of 852 US-based corporations who will match employee, and in many cases, retiree contributions to 501c3 organizations, of which the ATFT Foundation is one. Many of these corporations have thousands of employees world-wide. Should you wish to contribute and seek a corporate match from your employer, you can check with your human resource department, or email Bruce Paton at drbrucer@yahoo.com directly and I will be able to provide information on whether your employer is part of the program and the terms of participation.

Self-employed with no access to corporate matching gifts? World-wide service organizations such as Rotary, Kiwanis, Lion's Club, etc. have foundations that support international projects such as the trauma-relief work which the ATFT Foundation initiates. If you are a member of one of these organizations, check it out. If not, consider joining one, not only to seek matching donations, but to expand your personal service and contribution to your fellow human beings.

A fourth leg of our new stool is bequests. While writing a will is not necessarily a high priority with many folks because it puts us in touch with our own mortality, it is a "must" if you wish to have your worldly effects go to where you want them to go, with a minimum of red-tape and legal cost. Consider

including the ATFT Foundation in your list of bequests.

In conclusion, why donate to our foundation anyway? A charitable organization is considered well-run if it directly supports its mission with 80% of its revenue or more. Many are not, and manage to spend 30-40 even more than 50% of their money on salaries, marketing and other overhead. The ATFT Foundation gets incredible leverage with the money it spends. Not only do all contributions go to an initiative such as Rwanda or Uganda, but since many of the therapist teams self-fund their own travel expenses, we wind up getting more than a dollar's value out of each dollar contributed. Our missions not only "provide fish" for our trauma victims, we leave behind the knowledge and skills to "catch more fish" in the future. There may be a small handful of other foundations that work as effectively as the ATFT Foundation, but one would be hard-pressed to find one that does a better job for its mission than do we. Thank you for your past support and despite these difficult economic times, please give serious consideration to how you personally might contribute to and support the important work we are doing to heal the planet, for the benefit of us all!

Bruce Paton, PhD, TFT-Dx
2009 ATFT Foundation
Fund-Raising Coordinator



TFT TODAY

Book Mention

Positive Shrinking: A story of mind over platter

By Kevin Laye, TFT-RCT

Kevin states there is a revolution happening right now. The world's preferred way of losing weight has been dieting, however the overwhelming scientific research has shown that 50 years of dieting has actually made a large proportion of people in the western World overweight. This irony would be laughable if were not so sad, that in the late 20th century so many people became overweight after starving themselves on diets.

Paul McKenna states, "When it comes to learning, some people like

to read straightforward instructions; some people prefer stories and some like a mixture of both. That's why this book is so helpful to anyone wanting to lose weight and keep it off. The simple user-friendly approach makes it possible to transform your relationship with food and the way you think and feel about yourself forever!"

Available from www.authorhouse.com or www.authorhouse.co.uk and will be on Amazon et al very soon.

Book Mention

By Susan Wright, PhD, TFT-Adv

Susan Wright, Ph.D., mentions, "My book, BE YOUR OWN

THERAPIST, has been published in the following countries: Indonesia, Czech Republic, Poland (2 publishers) China, Russia, Mexico, and pending in Korea and Japan. I also have a pamphlet published in Mexico, called BE YOUR OWN PET THERAPIST and soon a book of the same name."

Book Mention

New TFT Work in Japanese Language

By Ayame Morikawa, PhD, TFT-Dx, TFT-VT

Ayame Morikawa, Ph.D., TFT-Dx TFT-VT mentions her new

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book.

I am happy to let you know my new book was just published.

"Meridian Tapping, Thought Field Therapy--Refresh Body And Mind by Integrating Eastern Medicine and Science"

Koudansha, by Ayame Morikawa, Ph.D., TFT-Dx TFT-VT

AI Institute for Psychotherapy
<http://www.tftjp.com>

Japanese Association for TFT
<http://www.jatft.org>

<http://www.amazon.co.jp/gp/product/4062725444?ie=UTF8&tag=thoughtfieldt22&linkCode=as2&camp=247&creative=1211&creativeASIN=4062725444>

Only the Japanese version is available at this moment, but you can see the book cover at amazon.co.jp by clicking the above.

Book Mention

Overcoming Driver Phobia: A New Book

By Diane Hall

As a driving instructor, I was continually disappointed about the number of good drivers that failed their test as a result of 'nerves on the day'. After a great deal of research, I published my book 'L of a way 2 Pass', which uses, TFT, and other therapies, to help people pass their test stress free and in fewer lessons. I sent everything using TFT to Roger and Joanne for approval, and have had an article published in The Thought Field.

My local TV station did a short clip about a pupil who was terrified of going on dual carriageways (freeway in the states) She had

failed 9 driving tests due to this fear and thanks to TFT within 20 minutes she was driving at 70 mph on a dual carriageway, and she passed her test the following week.

My book features TFT a great deal from dealing with driving test nerves, to embarrassment of failure, visualization for peak performance, and tapping PR to correct muddling up left/right! It is available on Amazon

Book Mention

By Janet Thomson TFT-RCT

Janet Thomson's new book, WEIGHT LOSS IN MIND, is now available from her website www.powertochange.me.uk. The book comes with audio CD's, or the book alone from Amazon.

WEIGHT LOSS IN MIND is the result of 20 years experience and research into how some people lose weight, seemingly effortlessly, whilst others struggle for years, often unsuccessfully.

She states, "This is not just a book, it's a system, a way to completely change how you think and feel about food, and yourself!" Janet explains how to use TFT in her system to insure success.

She says, "Most people I see for weight loss have tried every diet known to man, sometimes with short term success, but most fail to lose the weight and KEEP IT OFF! People are finally beginning to acknowledge that diets don't work. What DOES work is changing your mind. Change how you think and feel not just about food, but about yourself."

Book Mention

Work Showing How To Heal Traumatic Stress

By Bob L. Bray, PhD, TFT-RCT, TFT-Adv

The pain suffered by the members of the arm services and their families is overwhelming. It overwhelms those who have directly experienced the terror and helplessness of violence in all walks of life. It overwhelms all who experience it through bonds of love. It overwhelms those who care and reach out to help. It also overwhelms the communities that are changed forever by the impact of wasted lives and resources. Overwhelming traumatic stress responses are best treated with TFT. And the sooner it reaches those who need it the better.

Robert L. Bray's new book No Open Wounds- Heal traumatic stress NOW: Complete Recovery with Thought Field Therapy provides all anyone needs to know about traumatic stress and TFT to end suffering immediately. "This is an excellent source of self help for anyone who will do the tapping," says Dr. Bray, adding, "there is no need to wait for clinicians, academics, policy makers, or researchers to find answers."

Returning Military To Learn TFT In Readjustment

By Herb Ayers

Herb Ayers, MA, LMHC, TFT Dx, was recruited by the Columbia Basin Veteran's Resource Center, Pasco, Washington, to "captain" a team of counselors who will engage in volunteer counseling with groups

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of returning military personnel, family members, and with current veterans of all wars. Counselors who are on his team enthusiastically agreed to learn TFT and use it with the participants.

The counselors also want to use Bob Bray's book, "No Open Wounds, Heal Traumatic Stress Now" as a guide and they want each participant to acquire one for use in the program.

Doctoral Student Uses TFT In Schools For Improved Learning

**By Rita Weinberg, Ph.D.
TFT-Adv**

Rita Weinberg, Ph.D. is currently supervising Martha Fraire, a doctoral student, who will be doing research in a Chicago school with predominantly Hispanic students. They have learning problems and she will be using TFT with them to reduce anxiety around learning. Ms. Fraire reported, "Today I checked with a student from the pilot study. In October the student reported high levels of anger when thinking about

reading. He was reading letter by letter and appeared not to know all letter sounds. After four sessions of TFT the student reported no negative feelings towards reading. On the face chart he identified feeling happy when thinking about reading.

These positive feelings have been consistent for the past three months, including today. On an informal test, reading fluency was better. He was reading in syllables and appeared to be more confident. I am really proud of him. I can't wait to finish my proposal to be able to start the research." Editor's Note: We hope to hear more about this project in the future.

Blood Pressure Lowering with TFT

**By Bruce Paton, PhD,
TFT-Dx**

BY Bruce Paton, PhD, TFT-Dx

I have a good friend in mid-50's who recently mentioned that his blood pressure was so high he stopped taking it. I mentioned that I had a drug-free tool that might be of assistance. He eagerly "signed

up" and we sat down about a week later.

We began by getting an initial blood pressure which was 148/97 (120/80 normal). We corrected for psychological reversal (PR) and I walked him through the anxiety algorithm, eb-e-a-c followed by floor to ceiling eye roll. Oh, oh, blood pressure 170/105! My take was that his body was readjusting and we did some collarbone breathing (CBB). Blood pressure after...128/86. He was blown away as this was the lowest blood pressure he remembered having in years, on or off blood pressure medicine.

We closed with a recommendation to follow this protocol twice a day, morning and evening and also when feeling stress during the day. I advised him that this intervention was for educational purposes only and that he should continue to work with his physician in terms of any dosage changes in his medicine that his doctor might recommend.

HICCUPS ANYONE?

By Dottie Webster, TFT-Dx



This is just a very simple thing, but one day I walked into an office and the receptionist had the hiccups. I immediately told her to tap on her collarbone. She did and her hiccups went away instantly. I have since instructed others to do the same with hiccups and it works right away. Don't know why, but it does. Add it to the miracle of TFT.

ATFT Foundation

Looking Ahead for 2009

by Joanne Callahan, ATFTF President

Our ATFT Foundation is growing each year in its capacity to achieve its mission and goals: "...non-profit public benefit corporation whose purpose is to support the Association for Thought Field Therapy by furthering research, education and general charitable purposes related to Thought Field Therapy."

In 2004, our first mission to Africa, Tanzania and Kenya, helped trauma and malaria victims, trained community leaders and also taught TFT to professionals at the United States International University (Nairobi, Kenya). This mission laid the ground work for continued humanitarian relief and research in the area of trauma relief (PTSD) and malaria.

Over the last few years, we have provided humanitarian relief to many, often resulting in an invitation to return and requesting help for more individuals. Our continued research efforts have resulted in two very successful, completed PTSD studies, both in the process of being submitted for publication, spring 2009.

As a result of these studies, the ATFT Foundation has established a workable template that can be applied in a greatly expanded manner.

We will continue developing this model of response to large scale trauma (situations) where a team can train local community leaders to treat others affected.

The first of these plans is to apply the same PTSD model (used in Rwanda) on a larger scale in Uganda, in February 2009. Additionally, we have begun a malaria research project based on the pilot study in Tanzania.

We have been invited to work with the local Catholic diocese in Uganda who will provide the structure for training and travel to the various villages. The Catholic priest, Fr. Peter Mubunga Basaliza, who is the organizer, was treated with TFT for malaria, during his training here in the USA. All his malaria symptoms were eliminated in a demonstration in front of the class in a TFT Diagnostic training last January, 2008.

Our dedicated international Uganda team members are:

- Dr. Howard and Phyllis Robson from the UK, will lead the malaria study.
- Stein and Carine Halvorsen,



leaders in the Norwegian ATFT will lead the training of the 300 local Ugandans. Stein is our trainer for all levels of TFT in Scandinavia, and runs the TFT academy.

- Dr. Robert Bray, author, certified trauma specialist and TFT trainer in the USA will lead our PTSD study.
- Roger Ludwig, psychotherapist

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specializing in trauma in the USA, will assist with the PTSD study as well as trainings.

These projects are vitally important for several reasons:

1. The PTSD work is an easily replicable project that could be incorporated into existing humanitarian programs with significant results.
2. Malaria is a world-wide problem with costly medications that are unavailable to many of the regions where it is most prevalent.
3. Trauma, whether man-made or natural disasters, is ever-increasing. Many victims never receive the kind of assistance TFT can provide. I believe if we can get these tools in the hands of the victims, we can help them help themselves so they can move on to be productive human beings, and break the cycle of violence. We have seen this happening with the orphans of genocide in Rwanda.
4. Uganda is in desperate need of help for trauma and malaria. We have a welcome partner with existing infrastructure to introduce and expand our ATFT Foundation model.

Additionally in 2009, we have been invited to return to Rwanda to train thirty local community leaders. On this trip to Rwanda, we plan to leave a long-term program in place at the IZERE Center for reconciliation and peace which will address the long-term psychological needs of individuals and communi-

ties which have suffered in the aftermath of the 1994 genocide. Our chair of the Trauma Relief Committee and co-leader of the past Rwanda studies, Suzanne Connolly, LCSW, TFT-ADV is preparing a grant proposal for a major portion of the funding. The ATFT Foundation will need to raise a portion of these funds as well.

The year, 2009, has just begun and we already have a full agenda:

- a team in Uganda undertaking two research studies, training 300 people, a special training for the Catholic Diocese and treating as many as possible in the time allowed
- writing a grant proposal to return to Rwanda to assist the IZERE Center
- awaiting results of a large grant submitted in 2008 for additional malaria research
- submitting two successfully completed PTSD studies for publication
- will begin writing up the two current studies from Uganda for malaria and PTSD
- beginning pilot for our new Trauma Relief Retreat's for Vets program providing donated timeshares, self-help PTSD materials and a volunteer coach for our returning veterans – for details on this much needed project, please listen to the radio interview at the link given below.

<http://www.blogtalkradio.com>

All of these projects benefited from the continued support of our members, other foundations and private donors and companies. Please take a minute to read and thank our donors listed in this issue.

Your continued support is needed, even more this year, if we are going to be able to accomplish all we have been asked to do, serving those in need and funding research for the expansion and growth of TFT.

Bruce Paton, our Fund Raising Chair, has an excellent article in this issue, explaining various ways we can all support our foundation work.

Thank you all for your on-going help in achieving our 2009 goals. If you wish to offer support for any of these projects please go to www.ATFTFoundation.org.

2009 Needs:

- **Funds for all projects**
- **Airline miles for veterans to travel to retreats**
- **Gift cards for meals for veterans**
- **Grant writing**
- **Administrative volunteers for new veteran project**

TFT MUCH NEEDED IN RAPE CRISIS WORK

By Sharon Hales, TFT-Dx

I've worked full time in a rape crisis centre for 14 years, counseling women who had been raped or sexually abused. It would typically take about 1- 2 years of weekly therapy sessions for survivors of rape to reach a satisfactory level of recovery, but not a complete cure, from their trauma. For survivors of child abuse, it could take anywhere between 2 and 4 years to stabilize.

In addition to our rape therapy, many of the survivors had previously accessed psychological support through the National Health System.

Repeating The Trauma Is Cruel

Although I accepted the longevity of this work, I equally felt it was very cruel. Throughout those 14 years, I studied as many different techniques as I could, and I strove to develop resources that would speed up this process for survivors.

When I received an invitation in 2002 to train in Thought Field Therapy, I was extremely skeptical and cautious. It sounded too good to be true. But, on the other hand, I argued, if it does what it says it does then this is exactly what I have been searching for to help relieve the suffering of survivors, so I decided to attend the training.



On the first day of the training I achieved an immediate resolution for a driving phobia. I had suffered for 5 years with it and had received both counseling and psychological help. I have to admit I was blown away! My mind began to race with the possibilities.

I then began to put TFT to the test within my counseling work. The results were astounding. Traumatic memories that would previously have brought survivors to their knees were suddenly bearable and quickly resolved. Cognitive

processing began to function with more clarity, logic and speed. Suddenly, survivors had an almost instant new survival skill that didn't hurt or disadvantage them in any way. In fact, it was quite the opposite since they dramatically grew in confidence, congruence, motivation and determination. Recovery rates were far more rapid than I had ever believed possible.

Recovery rates today continue to be rapid and the relief that clients express is almost palpable as the following cases show. (Names have been changed to protect identities)

SUE:

At the age of 18, Sue was held hostage and repeatedly raped by two assailants, 1 male and 1 female, over a period of 12 hours. For the next 13 years she suffered on a daily basis, with the trauma negatively impacting on every area of her life. She had tried counseling and felt the counselor was out of her depth. She felt more miserable after every session, raking up the trauma and re-living it (her counselor had told her she would have to talk about it if she was going to get through it) and she began to dread each session.

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Sue came to me 5 months ago, when she left her counseling. We have had a total of 15 sessions together – although resolving the rape issues didn't take too long, she wanted to clear other issues from her childhood as well!

We ended our sessions together at the beginning of December and I received this email a short time ago:

Hey Sharon

I have said this before but today I need to say it again - thank you so much for everything.

I longed for the end of 2008, it was a year I never believed I would see the end of, at least not still alive and kicking. But last night for the first time in almost 14 years I celebrated a new year. In fact at midnight I sat in the middle of Sam's living room and cried my eyes out with a good bottle of wine !!! So now to 2009 - a new relationship, which is amazing and wonderful and fantastic and I could go on and on!!!! My counseling course is booked for April as are my self-defense classes. There have been a few hiccups but so far I am managing to tap them out on my own.

This is the way it is meant to be isn't it?? This is the life I am entitled to and finally I get to prove wrong the bastards who raped me....they didn't win and they won't win.

Happy New Year Sharon and thank you."

HANNAH:

Hannah was sexually abused by a nurse in her nursery at the age of 3. Following a high profile investigation, the perpetrator was found guilty. Hannah described being



passed from psychiatrists, to psychologists to counselors for over 16 years. She did not believe that she could recover.

I saw Hannah on a fortnightly basis and we ended our sessions together after 6 months. This is a letter she sent a few months after we ended:

"Well where can I start.... This has been the most amazing thing I have ever done and achieved in my life, especially after going through what I have, and that's right I am a survivor! I used to be so depressed because I thought there was no one to help me. From psychiatrists, to counselors with clip boards trying to help me, no one ever seemed to know what to do. I used to cry and never know why I always doubted myself and put myself down, my biggest issue was trust. I never trusted anyone at all, never letting anyone get close to me because I thought I was going to get hurt and now when I'm talking and writing this I can see a big difference because none of that was my fault.

I was so scared when I first

went but could not hold my tears back. Sharon introduced me to tapping therapy, which most people haven't heard of. This was great and I would encourage anyone to give it a go, I would love more people to hear about it.

It did not take me long at all to make me feel better. I had issues that I thought no one could help me with and let me be me. I can now look in to the future with my head held high."

Sexual trauma is much more common than people think.

Police recorded 57,542 sexual offenses in England and Wales in the year ending March 2007. (Source: Crime in England and Wales 2006-07).

Whilst these statistics are high, please bear in mind the real scale of sexual trauma is likely to be much higher as a large majority of survivors do not report to the police.

Around 21% of girls and 11% of boys experience some form of

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child sexual abuse. 23% of women and 3% of men experience sexual assault as an adult. 5% of women and 0.4% of men experience rape. (Cross Government Action Plan on Sexual Violence and Abuse www.homeoffice.gov.uk/documents/Sexual-violence-action-plan)

I believe there is a great need for survivors of sexual trauma to access adequately trained practitioners who use TFT in their practice. Waiting lists continue to grow for NHS

counseling, psychotherapy, and psychology, and Rape Crisis Centres are woefully under funded. And because of the slow nature of these therapies, many clients have to go through years of suffering before they reach a satisfactory level of recovery.

In my experience, using TFT alongside other healing modalities dramatically cuts the length of time needed to gain recovery, and survivors report feeling solid, congruent and in control for the first time in their lives.

Note two upcoming training events:

• Working With TFT And Survivors Of Childhood Sexual Abuse.

April 16th and 17th, 2009

• Working with TFT and Survivors of Rape.

April 23rd & 24th 2009

If you are interested in attending either of these courses, please email halesssharon@aol.com for a booking form.

Where will you be on 12th and 13th September 2009

The place to be will be the Holiday Inn, Oxford, England.

Why? For the third international ATFT conference and this year it will be held in conjunction with the BTFTA.

We are very pleased to be able to announce that the third international ATFT conference will be held at the Holiday Inn, Oxford on Saturday 12th and Sunday 13th September 2009.

We have chosen the venue as it is easy to get to from almost anywhere in the UK and is easily accessible from several international airports making it accessible for members from Europe, North America and further afield.

Adjacent to the Holiday Inn is a Travel Lodge so there is a choice of accommodation to suit all budgets and, being within a short bus ride to Oxford, is close to many other hotels and bed & breakfasts etc. In fact with such a location why not make it a family weekend. Whilst you are attending the conference

they can enjoy the sites of Oxford and very often its lovely weather in England in mid September.

We are in negotiation with a number of external speakers and will be able to let you know who they are in the next few weeks. We have also invited a number of members to give presentations on topics ranging from toxins to TFT and healing past lives. And Dr Callahan will be giving several presentations including a master class.

We do have some openings for other presentations and so will be sending a call for papers.

It is a challenge to keep the costs of the event as low as possible but we are very mindful we are in difficult times and that the conference will be self funded for the majority of you. Depending on your

circumstances and home country tax rules, you may be able to get a tax break on the cost of the conference and or the travel and accommodation. Hopefully the current £ sterling exchange rate will mean that it's easier for members from Europe and the US to attend than in previous years.

Places for the conference will be limited to 130 delegates. Once we send out the invitations to the conference you are urged to book as soon as possible; there will be an early bird discount to encourage you as well.

The full rate for the conference will be £170 including lunch on Saturday and Sunday and dinner on Saturday with an early bird rate of £150. Accommodation and travel is not in-

Continued on page 12

cluded. Colin Barron has agreed to be our after dinner speaker on Saturday night and those who attended the last 2 years BTFTA conference will know that he will be a great and amusing speaker.

Our aim is that no matter who you are, how long you have been practicing TFT, whether you are trained to Algorithm level or Optimal Health level with VT experience, there will be something for you to take away that will help you and your clients. We hope that you will have an opportunity to explore topics that you haven't before, move way beyond the box and see things from a whole new perspective... we are working with many different people to make this a possibility now, a reality for you. Also you will have the opportunity to network with like minded people and put faces to the names that you have seen on the list, serve over the years.

A page on the ATFT website will be launched with the full programmed, biographies of the speakers and a synopsis of their presentations and details of our sponsors. Booking will be online with the facility to pay by credit card. All payments will be in £ sterling.

If you have any contacts with organizations that may be willing to sponsor the conference please contact yvette@free2change.com and we will arrange to send them a sponsor's pack.

If you have any queries please contact Yvette Lamidey at Yvette@free2change.com
We look forward to seeing you there.

Conference Organizers
Yvette Lamidey
Amanda Moser
Janet Thomson

Thank You To Our 2008 Donors **Joanne Callahan, MBA, President, ATFT Foundation**

As president of ATFT Foundation, I want to express my sincere appreciation for the generous support from our donors. Not only have we received donations of funds from corporations and individuals, we have received many long hours of hard work from our dedicated board members and field teams. Without all of them and you, we would not be able to provide Thought Field Therapy (TFT) to the many who are in need. The research from the Rwanda PTSD project is being written up now and will be submitted for publication in the spring. This very successful study will benefit all TFT practitioners.

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Up-date from the ATFT Foundation UK



I just opened up my e-mail to find a wonderful update from Joanne about how things are going in Uganda. My eye rested on one particular line; a quote from Fr. Peter,

"Thanks so much for sending us a wonderful team to Uganda. Today we have finished the training of priests, sisters and brothers. The bishop also attended the training and was able to tap one of the priests and he got healed. Almost everybody has got healed."

I suddenly had this amazing image in my mind of a bishop tapping a priest with TFT. Transcending all hierarchical and religious boundaries, just one human healing another. It really brought it home to me just how important the work that is being done is. The team out in Uganda, is the latest group of amazing volunteers who are giving their time and expertise selflessly to spread the healing wonder of TFT. As before, we will only be able to realise the extensive ripples of this

Pack" which is available as a download. We are asking TFT Practitioners in the UK to donate one treatment of a war veteran suffering from PTSD to the Foundation. The charity will be gathering research through this project to put together a report on the effectiveness of TFT with treating PTSD. We have had a great response already in requests for Action Packs. If you would like to be a volunteer for the PTSD project please send an e-mail to Richie Moore at richiemoore@blueyonder.co.uk

The ATFT Foundation UK will be launching a new website soon where any latest news about the UK PTSD project will be posted. As time goes by we hope to have many success stories to share with you. The site will be a focal point for anyone who is interested in helping.

ATFT Foundation UK has launched a project to help war veterans with PTSD with TFT in the UK

project over time, but one thing I know for certain is that they will be significant.

I wrote in the last issue that the ATFT Foundation UK has launched a project to help war veterans with PTSD with TFT in the UK. The charity has put together a TFT Volunteer Practitioner "PTSD Action

It will be an information centre for both members of the general public and for our volunteers. We would welcome anyone who can offer internet, research, administration, legal, writing, or public relations skills and experience. If you feel that you can donate some of your time to the ATFT Foundation UK,

please contact me at ildikotft@hotmail.com.

If you have any local events coming up, please keep the charity in mind. Maybe you have some great fundraising ideas and would like to get involved in realising them. Please contact Richie Moore for a chat. We are in need of funds to help us achieve this important role for TFT with the treatment of PTSD and will gratefully receive any donations. If you wish to donate, please contact Yvette Lamidey at yvette@free2change.com

The ATFT Foundation UK looks forward to bringing you news of great developments in the UK soon.

Wishing you all health, happiness and success in 2009

Ildiko Scurr
Chair of ATFT Foundation UK

ATFTF Foundation Provides R & R Retreats with Timeshares for Vets

by Joanne Callahan, MBA

I have the privilege of being a member of a very special business networking group, Success Mastermind Alliance (SMA), which had its inception during a meeting on Necker Island, at the home of Sir Richard Branson.

While on Necker, we had the opportunity to enter the pavilion dome the Elders use when they meet on the island and I believe we share some of the same goals as we move toward a global village. We are committed to the enrichment of our lives and the lives of all those around us. I have been working toward this goal through the ATFT Foundation and now they wish to help others with support for the foundation's work.

Our current SMA group president, Randy Johnson came up with an idea to collect unused timeshares and donate them to returning veterans. Our group all supported the idea and I offered the ATFT Foundation as a means to provide a donation to the timeshares owners, and a way to package the timeshare with much needed TFT self-help materials and volunteer help. That way we could provide not just a timeshare but a Rest and Rejuvenation, or Freedom R & R's for our veterans. The ATFT Foundation board all heartily agreed.

Herb Ayers, ATFT board director, has been working with a veteran's organization, Columbia Basin Veteran's Resource Coalition (CBVRC) providing volunteer mental health services for veterans. He spoke with Mike Black, the CBVRC's president, and they agreed they would like to work with ATFT Foundation and SMA to develop a pilot project.

Our front cover is a montage of some of the leaders of these individual pieces along with one of the timeshares available for our veterans, an ocean front unit on the beach in Puerto Vallarta, during spring break.

The first three timeshares we



from a referral from Vacations for Veterans, an organization which provides vacation homes for wounded veterans. They will be referring their timeshare donors to us.

As ATFT members, we all know how effective TFT is for eliminating the effects of trauma and PTSD as well as daily stresses of life. We have seen amazing results from Kosovo, Tanzania, Rwanda, New Orleans, Uganda and Mexico. Help us bring this stress and trauma relief to those who have served us.

See the flyer included in this version of the UPdate and pass it out to all you know who may be able to help. We can accept

timeshares, funds or airline miles to assist with travel, or volunteer administrative help. E-mail Joanne@TFTRX.com to assist.

“As ATFT members, we all know how TFT can significantly improve the quality of life and eliminate trauma and PTSD. We have seen amazing results from Kosovo, Tanzania, Rwanda, New Orleans, Uganda and Mexico.”

have received have come from our SMA members, Randy and Lanet Johnson, Chrissy and Mike Mayhew, JoAnn and Dr. Alan Kilpatrick, and Lei-Lynne Duhorvick. The fourth timeshare has come



Freedom R & R's with Timeshares for Vets Show your appreciation for our Veterans

Generations of men and women in our Armed Forces have sacrificed for the good of America in ways most Americans can not imagine. The time away from their families is only the beginning. Many have willingly gone into harm's way with honor and discipline because their country asked them to. Some have paid the ultimate sacrifice and given their lives for freedom, and still others come back wounded in ways I pray we will never experience. All of their service allows you and me the opportunity to live our lives securely and without fear. America is the greatest country in the world because we are free, free to create the lives we choose for ourselves in the freedom secured by our Soldiers, Sailors, Marines, Airmen and Coast Guard.

Now we have the opportunity to serve those who have served us!



Timeshares for Vets Helps with Freedom R & R's

The ATFT Foundation (charitable arm of the Association for Thought Field Therapy), Callahan Techniques, Ltd. and the Success Mastermind Alliance (SMA) organizations like the Columbia Basin Veterans Resource Coalition and The National Veterans Foundation to provide a free, much needed trauma stress relief retreat to our returning Veterans.

Selected veterans and their families will have the opportunity to relax and enjoy at a donated time share resort for one week. In addition to the time share, the veterans and their families will receive self-help materials for trauma, grief, anger and stress, along with access and support from a professional coach or mentor and trauma specialist who clearly understand the unique needs of Veterans.

Timeshares for Vets

Success Mastermind Alliance is a group of committed individuals seeking to enrich their lives and others by providing a mastermind support group to encourage excellence in others to reach their maximum potential, holding each other accountable to take action on specific stated outcomes in an accelerated fashion.

SMA will be marketing and



collecting the donation applications from timeshare donors through their website.

Freedom R & R's Provide Relief for Vets

The ATFT Foundation, www.ATFTFoundation.org, with the assistance of various Veteran's organizations, will administer the selection process of the Veterans to be awarded the retreat package, donate the self-help materials, assist with locating specialized travel needs, and provide a selected volunteer coach or mentor. ATFT Foundation will work with organizations such as Angel Flight and the Coast Guard to assist in travel arrangements.

ATFT Foundation will provide stress relief using the documented methods of Thought Field Therapy® (TFT). The Foundation has been highly successful in eliminating the stress of trauma world-wide, from Kosovo to Rwanda, by helping people use

techniques that do not require long-term talk therapy. They teach individuals how to help themselves, their buddies, and their family members. They don't claim that a person would be totally "cured" or totally "adjusted" just by using TFT. But, it can provide a much needed stop gap until VA services are available. TFT quickly eliminates nightmares, flashbacks, anger, and stress and can help a person who has experienced traumatic events achieve calmness and relief, without the need for reliving the past events. For more information on ATFT Foundation and TFT, visit www.atftfoundation.org and <http://www.tftrx.com/traumahelp.php>.

All donations will be made to the ATFT Foundation, a California non-profit, public benefit corporation and 501 (c) (3).

Your generous donation of one to four weeks at a time share is greatly appreciated and will help many men and women of the Armed Services receive



much needed relaxation, restoration, and relief to help them on the road to eliminating stress and regaining their lives.

Any amount of funds, your transfer fees, and any other fees incurred with donating the 1-4 week use of your selected time share may be tax deductible. You will receive a tax donation letter once your time share has been

donated and your expense receipts have been received by the ATFT Foundation.

Please note: By donating your time share, you are aware that the donation is strictly for the use of and time frame selected. The ATFT Foundation, SMA, or any other organization or individual are not responsible for yearly taxes and fees, insurances or repairs and maintenance costs associated with owning a time share, nor are they assuming ownership of your time share.

We thank you for joining us in our effort to help our Veterans and considering donating to this wonderful program to give back to the men and women who have given so much of

themselves for our country. Please fill out the attached donation form, and you will be contacted by a member of Success Mastermind Alliance.

If you do not currently own a time-share but would like to help this worthwhile project, you can make donations toward travel for the Veteran's retreats in the form of funds or airline miles. You may make online donations at www.ATFTFoundation.org. Donations can be made with Mastercard or Visa.

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