

# ATFT UPdate



OFFICIAL PUBLICATION OF THE ASSOCIATION OF THOUGHT FIELD THERAPY

ISSUE 14, First Quarter 2010

## FEATURE STORIES

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# ATFT UPdate

**ASSOCIATION FOR  
THOUGHT FIELD THERAPY  
(ATFT)**

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Norman Doige, MD . . . . . Author of The Brain that Changes Itself  
Dean Radin, PhD . . . . . Author of the Conscious Universe

Donna Eden . . . . . Author of Energy Medicine  
David Feinstein, PhD . . . . . Author of Energy Psychology Interactive  
Debbie Ford . . . . . Author of The Secret of the Shadow

**ONE DAY PRE-CONFERENCE SEMINARS JUNE 3, 2010**

Gloria Arenson	EFT Training: Basic Level
Roger & Joanne Callahan	30 Years of Healing with TFT
Victoria Danzig & Mary Clark	Advanced Integrative Therapy
Tapas Fleming	Using TAT to Heal Your Relationship with Food & Weight
Fred Gallo	Introduction to the Identity Method
Anodea Judith	Gateway to the Core: Chakras and Energy Dynamics
Mary Hammond	The Energy of Addictions: Powerful EP Treatment
Nan Lu	Five Element Consciousness: Beyond the World of Opposites
Maggie Phillips	Maximizing Resiliency through EP: Solving Health Adversity
David Gruder & Gary Peterson	Client Care & Facilitation Skills Workshop
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C7 Healing the Trauma of the Rwandan Genocide with Thought Field Therapy - Caroline Sakai / Suzanne Connolly  
Saturday, June 5th, 10:30 am - 12:15 pm

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June 7, 2010 Energy Medicine a Hands on Experience with Donna Eden & David Feinstein, PhD  
June 7-8, 2010 The Bengston Energy Healing Method with Bill Bengston, PhD  
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## MEMBER SPOTLIGHT

# MEET YOUR ATFT MEMBERS...



### Jenny Edwards, PhD, TFT-VT

When Jenny first heard about Thought Field Therapy in 1997, she knew that her mission was to take it to Third-World countries. She became even more convinced of her mission in 1998 when she was in Nairobi teaching Thought Field Therapy during the bombing of the American Embassy and used it with bombing victims at Kenyatta Hospital.

Since then, she has taught Thought Field Therapy to thousands of people in 10 countries, including Kenya, Madagascar, Mauritius, South Africa, Israel, Italy, Mexico, the Philippines, Canada, and the United States. She has presented the seminars in French, Italian, Spanish, and English. In 1999, she used TFT with people who had malaria in Nairobi and saw immediate improvements. The ATFT Foundation trips to Africa to work with people who have malaria grew out of her discoveries. A particular joy for her has been teaching TFT to priests and nuns in Rome who come from around the world and take it back to their countries. She took training in Voice Technology in 1999.

Jenny headed a committee to revise the TFT Algorithm Manual in

2005-2006. In addition, she has developed and offered Trainer Training to Thought Field Therapy Algorithm trainers in the United States and the UK.

She has served on the ATFT Foundation Board since its inception. She is head of the Research Committee and was most recently responsible for developing the Thought Field Therapy Archives, which includes articles, books, and research studies that have been done on TFT and its offshoots.

She published *Inviting Students to Learn: 100 Tips for Talking Effectively with Your Students* with the Association for Supervision and Curriculum Development in January 2010. Her PhD is in Human and Organizational Development. Website: [www.thoughtfieldtherapytrainings.com](http://www.thoughtfieldtherapytrainings.com).



### Dr Howard Robson, MA, MB, B Chir, Cambridge University, UK, TFT-Dx

Fellow Royal College of Physicians, London

Fellow Royal College of Physicians, Edinburgh

General Medical Council Accredited in General Medicine, Cardiology and Clinical Pharmacology

Consultant Physician and Cardiologist, North Cumbria Acute Hospitals, Honorary Clinical Lecturer, Newcastle University,

Clinical Tutor and Foundation Programme Tutor, North Cumbria Acute Hospitals,

Examiner, Edinburgh Royal College of Physicians.

In his current post, he has developed Medical and Cardiology services, including cardiac and pulmonary rehabilitation. He also contributes to Undergraduate teaching.

As Tutor, Dr. Robson has developed the Foundation programme for Medical Graduates within North Cumbria, supervises their rotations and teaching, and provides Educational and pastoral support. "We have a cultural mix of trainees, including many International Graduates. I am a trained Mentor (Egan system)," he said.

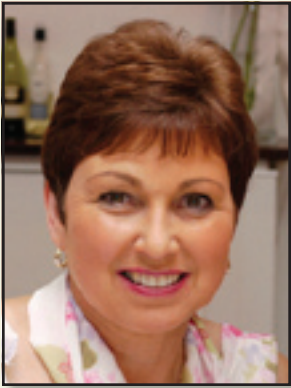
Dr. Robson has chaired the Local Ethics of Research Committee, and until very recently, the Research and Development Committee.

His publications have been mainly Cardiological and he has contributed to many multi-centre clinical trials

He has a particular interest in the social and psychological aspects of disease.

Dr. Hobson deployed to Uganda in 2009 for ATFT.

## MEMBER SPOTLIGHT



### Phyll Robson, TFT-Adv.

She commenced her National Health Service career in 1967, training as a general nurse at the North Staffordshire Hospital Centre, Stoke on Trent. She also trained in Intensive Care Nursing in Birmingham, Accident and Emergency Nursing in Liverpool and as a Nurse Tutor in London. Phyll later undertook a number of Emergency Care roles, where she obtained extensive experience in leading and develop-

ing trauma nursing and pre-hospital care. In addition she has held a number of senior clinical, teaching and managerial posts in Edinburgh, London and Cumbria.

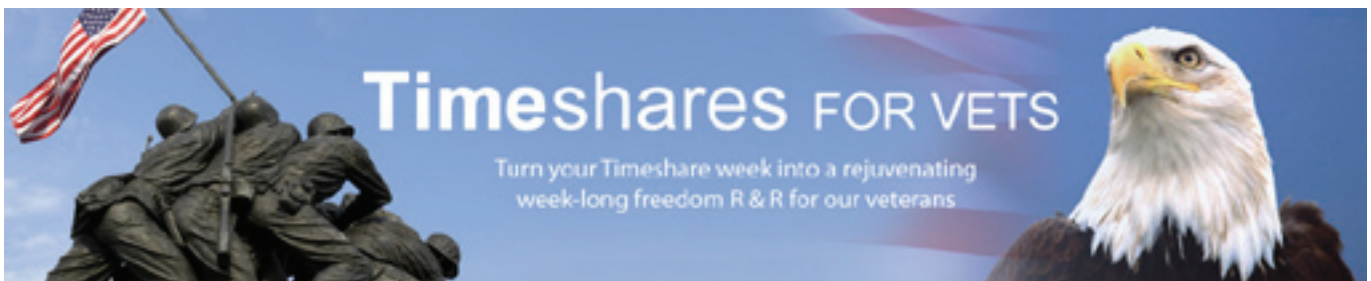
In 1995 she embarked on a new career as Chief Officer of Victim Support Cumbria, based at Police Headquarters, Carleton Hall, Cumbria. She negotiated at the highest level to bring about much needed change and improvement in the treatment of victims of serious crime. She was a member of the Criminal Justice Strategy Group. In addition she worked throughout the UK as a freelance Management Consultant, promoting education, research into the effects of crime on victims, their families and the community.

In 2002 she returned to the NHS in her current role as Emotional Support Specialist to the Women & Children's Service. She works with bereaved parents, criminal deaths, infertility, and a range of conditions

associated with pregnancy. She has been proactive and passionate in her efforts, successfully introducing TFT into the NHS. She has arranged for Doctors and Nurses at her local hospital to undertake TFT Training.

Communicating is an art, which she takes very seriously, whether on a one to one basis or larger scale. She has presented papers at an International, National and local level.

Over the years she has had involvement with various charities and voluntary organisations other than ATFT Foundation UK, but involvement with ATFT Foundation UK is her most cherished activity outside of her work in the NHS. She was a member of the ATFT Team deployed to Uganda in February 2009.



### We are in need of timeshare donations for our vets..

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All donations will be made to the ATFT Foundation, a California non-profit, public benefit corporation and 501 (c) (3). 100% of your contribution will be used towards your designation.



## JAPANESE ATFT: Publishing TFT's First Peer-reviewed Journal

ATFT's affiliate organization in Japan, the Japanese Association for Thought Field Therapy, JATFT, has launched the first TFT Journal. This is a peer-reviewed journal, reviewed by a Japanese University, and then published by the JATFT. Our thanks go to the JATFT and Dr. Ayame Morikawa for all her hard work and professionalism in launching this journal and reaching out to all the health-care professions in Japan with TFT.

ATFT will be joining with JATFT, to support and publish the English version of this journal, submit articles and provide a venue for research in TFT. ATFT members who wish to submit articles may submit them to the Research Committee, Chair

– Jennifer Edwards, PhD, jedwards@fielding.edu.

I have included portions of the abstracts of the first issue of JATFT's TFT Journal. The second issue is under review at this time.

ATFT Members are encouraged to buy an English version for \$20 USD which covers the cost of translation. We need to finish raising the funds to have the English translation professionally done. ATFT needs to pre-sell 100 issues to cover the costs for these translations. Please, help us get this done by ordering a copy for your self and one for your office. They are only \$20 each. You can place your order by calling Sheila in the ATFT

office, 760 512-0855 or sending her an e-mail, Sheila@atft.org.

### Articles on Thought Field Therapy® from the *Japanese TFT Journal*

Azami, H. (2009). **The use of TFT in the special needs educational setting as a support tool.** *TFT Journal*, 1(1), 50-58.

Hajime Azami 1)

1- Abukuma School for Mentally Retarded Children, Fukushima  
139 Aza Suginami, Akanuma,  
Nakata Town, Koriyama City,  
Fukushima Prefecture 963-0714

TFT may be applied to mental care for children, parents, and teachers in educational settings. This paper examines important points for using TFT as their support tool from the following points of view: 1) The whole structure of the support system that surround handicapped children; 2) The understanding of developmental disabilities and the appropriate application of TFT according to feature of the disability, 3) Guidelines to suspected cases of developmental disabilities; 4) Applications for parents and support persons. Since support to handicapped children and their parents is similar to trauma work, this paper suggests that it is important to build up small support systems in the context of a comprehensive support system.

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Igarashi, I., Sato, H., Suzuki, M., Sakurai, S., Saito, A., & Igarashi, Y. (2009). **The efficacy of TFT in a psy-**



# TFT

## ジャーナル

### Journal of Thought Field Therapy

2009  
Vol.1  
No.1

- ◆ 創刊にあたって ..... 佐藤 克彦
- ◆ 新しい心理療法 TFT  
ーその応用と人道的支援ー ..... 森川 綾女
- ◆ 精神科治療における TFT の有効性  
ーコメディカルの TFT 使用事例からー ..... 五十嵐 郁代 他
- ◆ 災害における TFT の早期介入と地域との連携  
ー佐世保銃乱射事件への緊急支援ー ..... 森川 綾女 他
- ◆ PR タップ効果についての検証 ..... 河岸 由里子
- ◆ TFT (思考場療法) の有効性と応用例 ..... 森川 綾女
- ◆ 経穴を利用した心理療法  
ーTFT とその鍼治療応用による「閉所恐怖」治療の一症例ー ..... 北爪 秀幸
- ◆ 特別支援教育における TFT の適用について  
ー支援ツールにするための留意点ー ..... 浅見 肇
- ◆ 思考場について ..... 森川 綾女

日本TFT協会 発行

Japanese Association for Thought Field Therapy

## JAPANESE ATFT: TFT'S First Peer-reviewed Journal

**chiatric treatment setting: The use of TFT by paramedical staff.** *TFT Journal*, 1(1), 10-16.

Ikuyo Igarashi, P.S.W. 1), Harumi Sato, R.N. 2), Manabu Suzuki, R.N. 2),

Sachiko Sakurai, P.S.W. 2), Akihiro Saito, R.N. 2), Yosio Igarashi, M.D. 1)

1) Hippo Mental Clinic  
2-14-6, Naneicho. Yamagata 990-2445, Japan

2) Nihonmatsukai Kaminoyama Mental Hospital  
1370, Aza Simogawara, Kanya, Kaminoyama Yamagata 999-3103, Japan

There are many patients with complex and multilayered issues under

hospitalized conditions at psychiatric clinics and hospitals; thus, the effective applications of TFT may be limited. This paper examines how nurses and psychiatric social workers who have just learned the algorithm level contributed to the treatment and suggested that the applications of TFT may be significant to the patients who have difficulties in learning TFT or avoiding toxins. TFT is effective when paramedical staffs eliminate patients' stress and anxiety before medical examination, establish and maintain a trust relationship with patients, which is the most important procedure before treatment, make it easier for patients to

receive other psychotherapies, alleviate psychological fatigue after medical examination, and maintain the mental health of the staffs. It is concluded that paramedical staffs contributed to the care team with TFT, which may cut back the workload of medical doctors, may reduce kinds and amount of medication, and may have them realize their contributions to treatment and confidence.

---

Kawagishi, Y. (2009). **Evidence of the efficacy of tapping for psychological reversal at school: Application for self-control.** *TFT Journal*, 1(1), 24-29.





## JAPANESE ATFT: Journal

the fingers. This simple technique enables patients to be free from psychological and physical problems they have been suffering from for years (Callahan, 2001). I am an acupuncturist and an industrial counselor. My own experience of depressive symptoms made me learn the techniques and knowledge of TFT. Also, when exploring holistic possibilities to help patients, I met TFT. I became interested in the application of meridian points and studied TFT by myself. I found that little literature of acupuncture referring to TFT was available, and I decided to learn this psychotherapy that acupuncturists can learn. Since patients with psychological problems in the background of physical symptoms come increasingly for treatment, I think it is significantly important for acupuncturists to learn TFT. I currently offer TFT to my students who have study problems at acupuncture school and also to my patients in practice after I learned the algorithms. This paper introduces my record of the patient with claustrophobia in 2005. I tried TFT tapping and added acupuncture to treat her. This case showed improvement, and I examine the procedure and the result in this paper.

---

Morikawa, A. (2009). **The efficacy and application of Thought Field Therapy (TFT).** *TFT Journal*, 1(1), 30-39.

Ayame Morikawa, Ph. D. 1)

1) AI Institute for Psychotherapy/TFT Center of Yokohama

POLARIS, 8-6-6 Nakagawa, Tsu

Yuriko Kawagishi 1)

1) Counseling Room Kakashi  
3F-303 Sasaki Build. 5-2-3 Suehiro, Chitose, Hokkaido 066-0027 JAPAN

Concentration is important in school classes. This study examines the efficacy of tapping for psychological reversal to manage self-control at the junior high school level.

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Kitazume, H. (2009). Psychotherapy using meridians : **The use of acupuncture and TFT for treating claustrophobia.** *TFT Journal*, 1(1), 40-49.

Hideyuki Kitazume 1)

1) Educational Foundation Joyo School, Tokyo School of Medical & Welfare

The Course of Oriental Medical Care

1-11-11 Hacchobori, Chuo-ku, Tokyo, 104-0032 JAPAN

Thought Field Therapy (TFT) is a new technique in clinical psychology and addresses meridian points in acupuncture. TFT, however, does not use any Chinese medical tools, but only requires tapping the appropriate points in the right order with

## JAPANESE ATFT: TFT'S First Peer-reviewed Journal

zuki-ku, Yokohama, Kanagawa  
224-0001 JAPAN

TFT (Thought Field Therapy) is a new psychotherapy that Callahan, a psychologist, has been developing since the late 1970s. It is a revolutionary treatment that improves various psychological symptoms such as PTSD, phobias, addiction, obsessive compulsion, panic, and depression that do not respond to conventional therapies. TFT has been developed in practice by integrating psychotherapy, Chinese medicine, and applied kinesiology (AK). Recently, there have been increasing numbers of studies and applications. Because of its safe and non-invasive features, TFT is convenient in psychotherapy practice, including trauma treatment and family therapy. This paper introduces applications, efficacy, and cases of TFT, including humanitarian

assistance to wars and disasters, and in a medical setting.

---

Morikawa, A. (2009). **Thought field.** *TFT Journal*, 1(1), 59-63.

Ayame Morikawa, Ph. D. 1)

1) AI Institute for Psychotherapy/TFT  
Center of Yokohama

POLARIS, 8-6-6 Nakagawa, Tsu  
zuki-ku, Yokohama, Kanagawa  
224-0001 JAPAN

The "thought field" may be the most important concept in Thought Field Therapy. Anyone may experience the difference of body response depending on what they think. Callahan considers the idea as the fundamental theory of psychological treatment and introduced it as the new view. This paper introduces the con-

cept of energy and field with examples and examines the background of perturbations, which is the fundamental cause of mental disquietude. It also includes a discussion of how TFT addresses the thought field and solves psychological problems.

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Morikawa, A. (2009). **Thought Field Therapy (TFT), the new psychotherapy: Application and humanitarian assistance.** *TFT Journal*, 1(1), 4-9.

Ayame Morikawa, Ph. D. 1)

1) AI Institute for Psychotherapy/TFT  
Center of Yokohama

POLARIS, 8-6-6 Nakagawa, Tsu  
zuki-ku, Yokohama, Kanagawa  
224-0001 JAPAN

Callahan, a psychologist in the U.S., considered that psychologi-





## JAPANESE ATFT: Journal

cal problems and emotions exist in the energy level. Callahan integrated conventional ideas of Chinese medicine such as meridians and psychotherapy in science together, researched, and developed innovative psychotherapy, Thought Field Therapy (TFT), which led to the new field of treatment. TFT is applied in a wide range from self-help of daily simple psychological stress to serious trauma caused by wars or disasters. Since TFT also may be applied in a group setting, it is used for humanitarian assistance. TFT has features including the following: the procedures are simple, the effect is prompt and high, and there are no side effects; thus, it may be useful not only for treatment, but also for prevention. The activities of TFT are worldwide and are being increasingly applied in areas especially where



# JAPANESE ATFT: Journal

medications are unavailable and for humanitarian assistance. This paper introduces the recent activities of TFT.

Morikawa, A., Sato, K., Kawamura, M., Saito, H., Takazawa, M., Watanabe, T., & Ishida, M. (2009). **Early intervention by TFT and regional cooperation at disasters: Crisis response to the Sasebo shooting incident.** *TFT Journal*, 1(1), 17-23.

Ayame Morikawa, Ph. D. 1)

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3) Kokoro-shizen

Ikeda-shi, Osaka, 563-0047 JAPAN

4) Quality Time Corporation #311 Square Setagaya Sakuragaoaka, 1-2-20 Sakuragaoka, Setagaya-ku, Tokyo, 156-0054 JAPAN

5) Echolo #B-9 Ariake Frontier Building, 3-1-25 Ariake, Koto-ku, Tokyo, 135-0063 JAPAN

6) Faculty of Engineering, Kyushu University 6-10-1 Hakozaki, Higashi-ku, Fukuoka-shi, Fukuoka-ken, 812 8581 JAPAN

7) M's Higashinada-ku, Kobe-shi, Hyogo-ken, 658-0003 JAPAN

In December, 2007, the gun shooting incident occurred at sports club Renaissance in Sasebo City, Nagasaki Prefecture. The Japanese Association for TFT was urgently requested for mental care and sent the critical response team. The assistance included not only mental support to the employees, but also offered workshops to the regional professionals for introducing infor-





## JAPANESE ATFT: Journal

close cooperation with the business enterprise.

It is state-of-the-art research like that being done in Rwanda by the ATFT Foundation, peer-reviewed journals like this new TFT Journal, articles published in other peer-reviewed journals and continued studies that will help ATFT gain acceptance for TFT is evidenced based and recognized by mainstream organizations. Research will open doors for all ATFT members.

mation and encouraging them to apply TFT in urgent assistance, and ensuring and encouraging cooperation between the regional supportive professionals. It helped to achieve the goal that all employees should recover by the 15th of January, 2008 at the reactivation of the club, and the goal was initially set up with the help of the Association. There had been a few such stabbing incidents in school settings in Japan, but there have been no such gun shooting incidents in private companies in Japanese history. The team did not have an appropriate assistance model to follow, and thus have developed new approaches to support the employees with success. There may be three main reasons for effective approaches. First, the Renaissance Corporation promptly and smoothly organized a mental support team, started to work on mental care for their employees, and encouraged cooperation of the regional professional parties. Second, TFT has the following advantages: TFT is highly and immediately effective, and it is safe without side effects. TFT may be applied as a self-help technique that enables the employees to practice it by themselves. The technique

is simple and thus enables the professionals to apply in their practice. This paper reports the summary and the results of the critical response and shows the findings through the experiences with introducing TFT's unique features. It is hoped that this report will be a new model of critical response that demonstrates the effective applications of TFT and the



# THE USE OF TFT IN FAMILY CARE

By Christina Mayhew

TFT-Adv

Life Changes and Transitioning is hard at any age yet making life changes in the 70's, 80's and 90's can be even more challenging especially when you add health challenges to the mix. I'm one of the later baby boomers born in the early 60's. I just passed the 45 year mark and wondered how this day came so fast. I have recently found myself in that phrase, "The Sandwich Generation". I have 3 boys that range from 13 to 21 which are all still home. They are still very much a part of my life. I work with my husband in his construction company as well as run my own holistic healing business. Over the past couple of years, I've added another role to my already endless list, that of caregiver to our aging parents.

Recently, I have had to move my dad in with me after he nearly died twice from complications of a heart attack. I had my 87 year old grandmother from Minnesota live with us for 3 different winters when my uncle who took care of her traveled with his volleyball team. I helped take care of my husband's mother when complications of diabetes ravaged her body and I helped her when it was time to transition.

I've also been helping my father-in-law and my mom transition out of their homes and into new places. My father-in-law turned 84 this summer and ever since my mother-in-law passed away 2 years ago, he has shown signs of dementia and failing health. This past November we

had to take the car away from him and put him into an assisted living home. He suffered from mini strokes and 2 diabetic shocks which caused him to pass out while driving. In 12 months time, he had 3 accidents, 3 red light tickets and 2 speeding tickets. He was not eating well and he was not taking care of his diabetes properly. Most of us lived at least an hour away, worked full time jobs and were raising our children. None of the family members could be a full time care giver to him.

My father-in-law knew that the 5 bedroom house was just too big for him to take care of by himself so convincing him of that move was somewhat easy. The challenge was helping him go through 56 years worth of memories. He didn't want anything touched after his wife died. Now he was dealing with her belongings on top of having to pack up. He wanted to take everything with him. We managed to get him through that.

The most devastating thing for him was taking the car away from him when he passed out for the second time and ran into a concrete barrier divider. He pleaded and pleaded for us not to take the car from him. He repeated over and over that he was fine and we were just making a big deal out of nothing. He insisted he was married for 56 years, raised 9 children and worked as a plumber for 47 years and he deserved to be able to live the way he wants. He realized that his memory was getting bad and that he shook a lot more

than he used to, yet he didn't want to let go of his freedom.

My heart went out to him. How would I feel if I was 84 years old and taking care of myself to now being dependent on others to drive me places, monitor my medication and activities?

I took this opportunity to talk to him about the holistic healing work I was doing and how I could help him with several problems he was experiencing.

He laughed and told me that I didn't have a white coat so what did I know about making people better. Surprisingly, he agreed to let me show him how to do the "tapping" to help him get over the feeling of hopelessness and loss of not being able to live his familiar way. After coming up with a specific tapping sequence for his problem, he started to relax and was less agitated. I checked him for sensitivities for his medication and certain foods/drinks. I identified several things that were IET's for him. I showed him how to clear for them and then gave him another tapping sequence for general anxiety, and one for pain. By the time we were done, he had stopped shaking. His entire demeanor changed and he was no longer looking like he had lost his best friend. He couldn't believe how much better he felt.

He was telling the family that I did some "weird tapping thing" on him and he magically got better. Now when he sees me he asks what I'm

## TFT IN FAMILY CARE

er change and not knowing what's going to happen. My parents have been divorced for 25 years and my dad already lives with me in a 3 bedroom house, so I had no spare rooms for her. I've spent the last 3 months looking for families who were renting their basement or garage because I knew she couldn't afford an apartment by herself. After months of looking, we found a farmhouse near me that had an affordable, full apartment in their basement. As I helped her with packing up, we worked on the emotions as they came up so that anger and depression didn't get the best of her. She is a cancer survivor and I know that negative emotions can take its toll on a healthy body. The more I can help her eliminate negative feelings and stay positive in mind and body, the better she will adapt to this transition and new lifestyle with ease and peace of mind.

As a "Sandwich Generation" caregiver, I utilize TFT on a daily basis to help me deal with my own frustration, exhaustion and anguish when I'm feeling overwhelmed with having so many people rely on me to take care of them. I can personally say that using TFT on myself has been a lifesaver through my own transitions of helping my parents while raising my own family and working.

going to "tap" on him for now? (Note: to tap on someone else is not protocol and should only be done in an emergency, with a hospital patient under a nurse's care, or for an elderly person or a child who shows signs of confusion and needs specialized help.)

My mom is in her early 70's and living with my sister and her 7 children. Due to several factors, my sister is losing her home which is causing

my mom much anxiety and anguish. At 72, she is finding herself having to find a place to live and with limited income, she can't afford a place by herself. She became very angry and depressed. My mom has always been open to my healing work so I've been able to work with her regularly with TFT for a wide range of problems. One day it's anger, another depression, another day it's for anxiety about making another

## A TOE-TALE SUCCESS

By Suzanne Connolly  
LCSW, LMFT, TFT-Adv

At times, as all readers know, we need to be creative in our use of Thought Field Therapy. Special circumstances can call for using some of the alternative tapping spots found on the other ends of the traditional meridians we use.

A therapist attending one of my algorithm trainings reported that she had been an avid scuba diver until recently when, after putting on her mask and gear and dropping under the water, she became overwhelmed with fear. Her last dive ended with a serious panic attack. At the time of the workshop, just the sight of her mask would set her into a panic. Her husband was also a diving enthusiast, and she wanted to join him again in their underwater fun. Because she couldn't get in touch with her fear of diving without her mask as a trigger, she asked if she could bring her mask to the second day of the training. We could have tapped even though her feelings were repressed without the mask, but having a SUD always makes a better demonstration.

During the second day of the training she put on her mask in front of the group, and reported that on a scale of 1 to 10 her SUD's level was at a "20". Because the mask was on her face, I decided that this would be a perfect opportunity to try tapping on the other end of the bladder meridian and the other end of the stomach meridian (the toe spots) instead of on the usual spots eyebrow and under the eye. We used the outer edge of little toe, and outer edge of second

toe, under the arm and collarbone as the major treatment or tapping sequence to treat her intense anxiety around scuba diving. The woman soon reported a SUD level of one, but in challenging this with her mask still on, she reported that she had just a little feeling left in her stomach. As I was preparing to address this with further tapping, she said, "No! Wait a minute, its just excitement that I feel." She shared that she had been picturing herself underwater with fish swimming around her. "I can hardly wait to get down there and swim with the fish." The intervention seemed a toe-tale success!

Another time a nurse called me from the hospital. She was treating a female patient who had been raped and beaten. She wanted to help her deal with the trauma of the event by using the anxiety algorithm but couldn't tap on the woman's bruised and beaten face. I helped guide her with the little toe, second toe, under the arm, collarbone algorithm that brought the woman relief.

I also like to use the outer end of the eyebrow as a substitute for the back of the hand as an alternative treatment spot and gamut spot. I use this when the back of the hand is tender or sore from too much tapping as with older people who have thin skin and are working with pain or depression. Other times I have had to use other meridian ends. Recently I had to consult my acupuncture chart to treat a man who was a burn victim and had no fingers. When in

doubt, just look at an acupuncture chart and find the other end of the meridian you want to tap and use that point.

Note: The client with the scuba mask did her own tapping. The nurse tapped for her patient because her license allows her to touch people and her patient was not able to use her hands.



# THOUGHT FIELD THERAPY® ARCHIVES

## By Jenny Edwards PhD, TFT-VT

The Thought Field Therapy Archives are available now!

The Archives contain research studies, articles, books, DVDs, and CDs on Thought Field Therapy, its offshoots, and related topics. The Archives also include a rich history of the references that Dr. Callahan used as he developed TFT.

Special thanks go to the ATFT Foundation Research Committee - Bob Bray, Jim McAninch, Bob Pasahow, and Rita Weinberg! Please send suggestions, additions, corrections, etc. to Jenny Edwards at [jedwards@fielding.edu](mailto:jedwards@fielding.edu).

On March 16, 2010, Sheila Crouser sent the link to the Archives to all ATFT members. If you need to get the link again, please contact Sheila at [sheila@atft.org](mailto:sheila@atft.org).

We hope that these resources will be of great benefit to ATFT members. Please access them to learn even more about the Thought Field Therapy®, as well as to share with your clients. The Archives include literature on the following topics:

- Research on Thought Field Therapy
- Research on Offshoots of Thought Field Therapy
- Articles on Thought Field Therapy
- Articles on Thought Field Therapy from the Japanese TFT Journal
- Articles in Which the Authors Mention Thought Field Therapy

- Articles on Heart Rate Variability with Applications to Thought Field Therapy
- Articles on Offshoots of Thought Field Therapy
- Articles on Topics Related to Thought Field Therapy
- Books on Thought Field Therapy
- Books in Which the Author Mentions Thought Field Therapy
- Books on Offshoots of Thought Field Therapy
- Books on Topics Related to Thought Field Therapy
- Articles, Books, and DVDs on Diet and Toxins
- DVDs and CDs and Thought Field Therapy
- DVDs Which Mention Thought Field Therapy
- DVDs on Offshoots of Thought Field Therapy
- DVDs Related to Thought Field Therapy
- Resources for Cancer
- YouTube Presentations on Thought Field Therapy



# NEWS: FROM THE UNITED KINGDOM

## THE LOUNGE CONFERENCE

By Ildiko Scurr, TFT-Dx

I belong to a business networking group. One of the most important and constant topics of discussion over the past year has been, not surprisingly, the state of the economy and what we can do to keep our heads above the water and survive. I know many of the therapists in my town and I found we were having similar conversations. Some of them had hardly any clients coming to see them and felt deflated. I started wondering how my TFT colleagues were coping and so I made a few phone calls. The news was not encouraging. Morale was generally low. I decided that something needed to be done.

The Lounge Conference 2009 was organised to inspire, motivate, uplift and empower all TFT Practitioners. By providing an opportunity to hear and speak to members of the medical profession, I hoped to be able to open up some discussions about ways to move forward with TFT in that arena. Additionally, by invit-

ing members of the business world to speak, my intention was to offer delegates a rich store of tips, ideas and the confidence to put fresh energy into their practices. The speakers were carefully chosen to reflect both areas of interest.

Jacque Hinson comments: "Before this weekend I was beginning to realise I could be one of the therapists whose business fails...now I feel more confident about promoting it with ideas and I am putting more value on it and myself."

The venue was the East Cliff Court Hotel in Bournemouth, on the South West coast of England. Bournemouth has many luxurious hotels looking out toward the sea and in the summer is pretty unbeatable as a holiday destination. The first day of the Conference; Saturday 31st October was a beautiful Autumn day. Our first speakers were Howard and Phyllis Robson who gave us an insight into being part of the ATFT team for

the Ugandan project into malaria at the beginning of this year. A glimpse into a very different culture where hens roost in the trees outside your door and people turn up for TFT training wearing their best clothes. As with all other ATFT projects, many people were trained and treated. We then got a fascinating view into Phyllis' work within the NHS at Carlisle Hospital and the demanding and vital role that she plays. Always on call and never knowing what harrowing situations she will find ever day, Phyllis has made TFT an integral part of her treatments in often very difficult situations. From comforting the loved ones of hit and run accidents to being the one who makes sure that premature babies are given a respectful funeral. We were all amazed by what a strong, resourceful and generous lady she is. In the words of one of the delegates, "what an awesome job Phyllis does!"

Next we were given an insight into the complexities of Human Rights legislation by Anna Korula who has many years of experience in this field. She is a recent trainee of mine but is already highly enthusiastic about investigating where TFT can fit in. She opened our eyes to an arena where TFT could potentially get a lot more recognition. I hold great respect for anyone who can negotiate their way through all the laws and requirements of this complicated minefield. Our last speaker of the day lead us into the business arena of the conference. Diane Hall is a driving instructor who uses NLP and TFT to help her pupils increase their pass rate. She has written a book 'L of a Way 2 Pass' which is available on Amazon. Diane talked about the importance of being a specialist in a field where we have increased knowledge, because





## THE LOUNGE CONFERENCE

people will identify us as a solution provider for specific problems. She told us about her journey to promote her book. She clearly showed how it is not plain sailing when we deal with the media. Her experiences were very useful to prepare us for the need to keep our feet on the ground. She very generously offers all TFT practitioners the opportunity to put our details on her website; this means that if someone is looking for help with driving problems they will find you. The more publicity the better.

"Great, loved it all, very motivating. Lovely people, so interesting," said Rosie Curtis.

Day two was opened by our keynote speaker, Dr. Colin Barron. He talked about the importance of having realistic goals for the use of TFT in the NHS (National Health Service) and the importance of making reasonable claims for TFT supported by plenty of evidence. He talked about how to make sure that we approach any medical problems in a way that protects us as practitioners and in no way hinders medical treatment. Colin gave a lot of practical advice on how to manage a business effectively and make sure for instance that client cancellations are reduced. Colin gave an amusing and informative talk from which every-

body benefitted.

His talk lead neatly into the business part of the conference and I was delighted to introduce Rob Cuesta; an inspiring expert in business growth and communication who also kindly filled in for Paul Haley who had flu. Paul is a business advisor with many years of experience who's talk would have been entitled 'Building and Maintaining a Patient Base'.

Rob's talk was full of highly useful business tools and practical information on how to get clients to find you. He shared many insights and secrets that have turned him from running a failing coaching practice into a six-figure business. We are working together on a series of Marketing for Therapists workshops which will combine TFT, NLP and coaching to provide a very powerful course in business and marketing skills. We will be using our combined experience to offer real help to therapists. Delegates learnt about valuing themselves and what they do, time management, and many ways of promoting their practice. Rob focused on the benefits of niche marketing. Echoing Diane, he spoke about how it is a worrying thought that you might lose out on some clients if you do not offer to treat everything, it is actually much more effective to specialise in a few areas of

treatment. Rob definately left the attendees wanting more! Our final speaker was Ed Peppitt who is a Publisher. With more than 20 years of experience of the publishing world behind him, Ed shed light on how we, as Practitioners, can turn expertise into regular, residual income. He gave great advice on how to create CDs, DVDs, e-books and other publications simply and inexpensively.

"I've learnt brilliant tools to help expand and market my business. So useful," commented Stephanie Fitzwilliams.

The feedback about the conference has been great and I am already thinking about the next one. I believe that we managed to achieve our goal to inspire, motivate, uplift and empower TFT Practitioners. We all need a boost now and again. My hope is that the delegates will all feel that the gloomy cloud has lifted and that the future for their practices is bright. A richness and wealth of experience, knowledge and real practical advice and tools has come out of this conference and I intend to keep up the momentum. My website. [www.tftfriends.com](http://www.tftfriends.com) still has the information about the speakers.

"I wasn't sure how or if to move forward... I have learnt many different ways to promote my practice and how to value myself and my abilities." Christine Hall

A PDF booklet will soon be available for all BTFTA/ATFT members containing all the best bits from the Lounge Conference 2009. The cost will be £10 and all proceeds will go to the Trauma Relief UK (the UK branch of ATFT Foundation.)

# LEADERSHIP CHANGES



## **Paul Oas, Ph.D. leaving the Trauma Relief Committee**

After more than 5 years of constant activity with the ATFT Trauma Relief committee, Paul Oas has decided to spend more of his time with his family. He will be continuing to be a TFT helper to clients and to those needing help in his missionary work.

Over the past 54 years, Paul Oas, TFT-Adv, has dedicated his life to helping, counseling and healing. He has been in private practice as a psychotherapist with emphasis on trauma counseling for 21 years, and he has taught graduate students as an International Trainer for Bioenergetic Analysis and Thought Field Therapy. He has also served on the Trauma Relief Committee of the Association for Thought Field Therapy.

Dr. Oas is certified by the Green Cross Academy of Traumatology as a Field Traumatologist and Compassion Fatigue Educator, and was employed by the Casa Palmera Drug Rehab, Eating Disorder Treatment

and Alcohol Addiction Treatment Center using Thought Field Therapy.

In 2002, together with a colleague, Paul journeyed to Kosovo, and in 2005 to Rwanda and the Democratic Republic of the Congo, to train therapists and medical students in healing the trauma of the genocides in these respective countries. In early 2006, he was deployed with a team of 10 therapists to treat victims of Hurricane Katrina in New Orleans. He also returned to Rwanda in 2006 and 2007 leading teams of 10 and 14 respectively to provide medical/dental and trauma care to hundreds of "Street Children" orphaned by the 1994 genocide, AIDS and poverty. He initiated the first of several studies on the effectiveness of TFT with victims of Rwandan Genocide PTSD.

The California Association for Measurement and Evaluation in Guidance granted him the California "Outstanding Dissertation Award" for his research on "Drug Abuse and the Experiences of Affection and Anger." For his work with servicemen during the Viet Nam war, he was awarded a Certificate of Commendation from the Commanding General of Camp Pendleton. Serving as President of Creative Resources For Actualizing Human Potential, Inc. and as a private pilot, he has flown surgical teams into Mexico for Children's Corrective Surgery Clinics.

Raised in North Dakota and Minnesota, Paul has lived in California since 1959. He earned his B.A. in English and Music from Concordia College, his B.Th. and M.Div. from Luther Seminary, an M.A. in Edu-

cational Psychology from the University of Minnesota and a Ph.D. in Human Behavior from United States International University, San Diego. As an ordained minister for these 54 years he has also served parishes as a Youth, Senior, Visitation Pastor and Hospice Chaplain.

Paul and his wife Nancy, a hospice R.N., have 7 children. He is "Papa Paul" to their 18 grandchildren and remains active as a pilot, playing tennis and counseling.



## **Darla Terry-Ausman, TFT-Adv New Director of the ATFT Foundation Board**

Darla has worked as a teacher for 5 years before having children - one boy and 4 girls.

She then worked as a teacher and psychologist in the San Diego school districts for 22 years until retirement. She has traveled extensively in Europe, Russia, Central America, Dubai and China.

In her spare time, she enjoys visiting her children and grandchil-

# LEADERSHIP CHANGES

dren who live around the world in Scotland and, more recently, in Beijing, China. She and her son were planning on furnishing homes and water through a company in Texas for parts of Africa where homes and water aren't readily available. Darla has also researched other projects for benevolence in Africa for young girls. Her daughter, a therapist in Glasgow, Scotland for refugee integration, wants her to teach trauma and stress reduction to the many refugee who come through her office from war-torn countries.

Darla has earned a Bachelor of Arts degree in English Education at California State University, graduate studies in Marriage and Family Living from Florida State University, and Masters of Science degree in School Psychology from National University



**John McLaughlin, TFT-Adv New Chairman of the ATFT Foundation UK Board**

A successful businessman, therapist and leading UK mind coach,

John has worked with hundreds of individuals from various walks of life to assist with helping them to transform their attitudes and lives.

As Director for life enhancing practices throughout the UK, he spends a great deal of his time analysing and assessing the aspirations of individuals so that he can assist to improve and accelerate them towards their goals, ambitions and to give them back control over their actions.

His work means he is in constant touch with the pressures placed upon many of us in today's society. He helps in restoring his client's focus and personal freedom in social and work life situations.

During his research into enhancing performance, John became increasingly interested in Thought Field Therapy. In particular he noticed how many seemingly confident and knowledgeable individuals were unable to put their point across in large meetings or presentations, or experienced emotions and negative thoughts that prohibited them from fully engaging in activities. Left untreated these feelings; anxieties; irrational thoughts; can transcend throughout our entire lives and affect those around us. It can also spread through an entire workforce or company. With many irrational fears a person may feel that they are unable to fully achieve what is required from them in their day-to-day existence creating further anxiety, stress and worry.

Through the predominant use of Thought Field Therapy and Neuro Linguistic Programming, John now specialises in the removal of irra-

tional thoughts, negative emotions, upset and excessive anxiety and stress in all life's situations, restoring control back to his clients.

# FOUNDATION NEWS

**By Joanne M. Callahan, MBA, President, ATFT Foundation**

I am very excited as we look to this next year. Much is happening, research studies being completed, new missions planned, new board members, and more.

**ATFT Foundation (UK)** – On behalf of the board, I would like to thank Yvette Lamidey for her service. She is stepping down from her board position on March 31, 2010. She has spent many a long hour over the last three years, getting our legal requirements and paperwork up to snuff and we are grateful for all her effort. We realize she often had to let her own work wait while meeting deadlines for the foundation and her dedication has been much appreciated by us all.

We welcome two new board members, one to fill the vacancy, and the other to bring on additional help. Our board work is all volunteer and often exceeds what a small group can do in a timely manner.

Dr. Howard Robson, Phyll Robson's husband joined us and has agreed to assume the vacated position of interim treasurer. There is a brief introduction and highlighting of both Phyll and Howard in this issue of the UPdate. We feel very fortunate to have them both on our foundation board.

John McLaughlin has joined us and will take the position of chair. His business and marketing experience and expertise will be a great asset for our team.

As a board, we are in the process of completing the company web site, and preparing a proposal to help with PTSD for returning troops. Additionally, we will soon begin work on another research proposal. We will announce all of these projects on the list serve as appropriate. Ildiko Scurr has just had a brief article published in the Forces Resettlement Guide, mentioning our new web site and TFT for trauma relief.

**ATFT Foundation (USA)** – On behalf of the board, I would like to thank Lionel Mandy, PhD, JD, for his service this last year. He has stepped down as he will be spending more time on his studies in Africa. It was such a treat for us to have an expert legal mind on our board. We will miss him.

Darla Terry-Ausmann will be joining us to fill the vacancy. She has a background in school psychology, humanitarian work and fund rais-

ing and we welcome her skills and expertise.

In August, Suzanne Connolly and Caroline Sakai will be leading a team back to Byumba, Rwanda, for a follow-up to the 2009 PTSD study. While there, they will also be training the leaders and staff for the IZERE Center and the Rwanda ATFT organization, as well as several other trauma relief organizations.

We have established a sponsorship program for the Rwandan TFT therapists at the IZERE Center so that their TFT work can continue. There are 36 therapists, with 2 planned for full-time and the remainder part-time. This will serve the northern Rwanda region and also be available for other nearby African countries to learn TFT and participate.

We are currently raising funds for the next year, \$300 per year for a part-time therapist and \$2000 per year for





## FOUNDATION NEWS

a full-time therapist. We have two part-time therapists sponsored and I would like to thank Michael Rebeck and Bruce Ramsay for their sponsorship of these two therapists.

Dr. Susan Wright has generously agreed to develop and write-up a sponsorship proposal/program for us to all use to take to companies and organizations to help build the IZERE ATFT program. She has successfully led sponsorship programs in the past and we appreciate her assistance and expertise. This will be a template we will then be able to use for other similar projects.

The manuscripts from the El Shadai Orphans work in 2007 and the Rwanda Women's Center PTSD study have been submitted for publication. The data analysis is being completed for the 2009 PTSD study. We are all very eager to see these studies become available.

Don't miss Caroline and Suzanne's presentation on the PTSD work in Rwanda at the ACEP Conference in June of this year. See conference details in this issue.

Thank you to Jenny Edwards, chair of the ATFT Foundation's Research Committee and her days of work to compile our Resource Library Archives. If you have not had an opportunity to see this, contact Sheila, [Sheila@atft.org](mailto:Sheila@atft.org) for the members only access.

In February, 2010, I trained three members of the Kids Company staff, a London based charity for at risk

youth. They attended a TFT Boot-Camp and we are looking forward to seeing how TFT can be integrated into helping the population they serve.

For those of you who wish to help with fundraising for any of our current or future projects, we have some new DVD's which are excellent.

***Excellent new DVD's are available. These DVD's are all useful to show the work the ATFT Foundation is doing and the power of TFT.***

Chris's Story – documentary on healing PTSD in a Rwandan young man. (Proceeds to go to helping genocide victims) - \$20 USD

Power of TFT – excellent, brief pictorial of work in Rwanda - \$5 USD

IZERE – 2009 Rwanda PTSD Study - \$5 USD

Military Servicemen Testimonials – testimonials of two military servicemen - \$5 USD

These DVD's are all useful to show the work the ATFT Foundation is doing and the power of TFT. They are helpful, not only for fund raising efforts, but can be useful for creating and increasing community awareness on what can be done with TFT. If you would like to obtain a copy, contact Sheila at [Sheila@atft.org](mailto:Sheila@atft.org).

Projects that are on our future agenda are relief mission to Haiti, Sudan, return to Uganda, and continued efforts to help troops in both

the USA and UK. Please contact our Trauma Relief Committee Chair, Suzanne Connolly, if you would like to help support or participate in any of these projects. Suzanne's e-mail is [zanne@earthlink.net](mailto:zanne@earthlink.net).

Our Timeshares for Vets and Freedom R & R's program is in dire need of timeshares. We have 20 veterans and families waiting but currently have only 3 timeshares in inventory. Please reach out to all you know who might have an unused timeshare week. Anyone who has a timeshare or a vacation home, please contact me, [Joanne@tfttx.com](mailto:Joanne@tfttx.com).

As our foundation's work grows and more projects come to us, we need more resources, both financial and human. If you can help with funds, skills and time, airline miles, grant writing skills, or anything else, please contact me, [Joanne@tfttx.com](mailto:Joanne@tfttx.com), and I will direct you to the appropriate committee chair or help you begin to work with us.

Join the ATFT Foundations as we reach out to heal the world with TFT. [www.ATFTFoundation.org](http://www.ATFTFoundation.org)



# TFT TODAY

By Herb Ayers  
MA, LMHC, TFT-Dx



## UK Foundation Board

The UK Foundation Board are pleased to announce that we have set up a charity page on eBay and registered with MissionFish.

This means that you can now donate to the UK Foundation every time you buy and sell an item on eBay.

And what's more you can also make a donation to the Foundation using PayPal from our charity page.

If you are selling an item, you are able to donate between 10 and 100% of the final selling price to the Foundation with a minimum donation of £1. And what's more, you'll also receive a free credit on the basic insertion fee and the final value fee based on the percentage donated to the Foundation.

If you are buying an item and are prompted to make a donation to charity we would love it if you chose the UK Foundation.

To find our charity page go to [http://donations.ebay.co.uk/charity/charity.jsp?NP\\_ID=34365](http://donations.ebay.co.uk/charity/charity.jsp?NP_ID=34365).

We are hoping that our website will be up and running very soon. The site will be TraumaReliefUK (because our projects will be focusing on those in the UK who have experienced trauma) which is why we have set up our charity page on eBay as the Association for Thought Field Therapy Foundation (UK) Ltd., known as TraumaReliefUK.

If you are a UK tax payer (either paying income tax or capital gains tax) then please remember to tick

the gift aid box when you make your donation and that way we can increase your donation by claiming tax relief on your donation.

## Mary Lou Dobbs...

believes in living "full throttle."

Her new book, *"Repotting Yourself – Financial, Emotional, and Spiritual Flow"* mentions how TFT helps in the process of personal transformation. A sudden and spontaneous motorcycle purchase is the catalyst for Mary Lou's journey of profound and personal transformation. A woman with substantial professional achievements and financial security, she realizes that she is actually living a "root-bound" life dedicated to staying small and fitting in.

## Tapping For Life



is a new book by Janet Thompson, of the U.K. Using the skills she learned to help people with weight loss, Janet has developed methods to effectively treat anxiety, depression, trauma and low self esteem. Janet later presented a series for ITV Central

News "Chance To Change", clips of which can be viewed on her website [www.powertochange.me.uk](http://www.powertochange.me.uk).

For the series she transformed the lives of five central ITV viewers in just one or two sessions. Her techniques and methods are so powerful that she is able to get the best possible result for her clients in rapid time. She runs her own private coaching and consultancy practice POWER

TO CHANGE and has clinics in London and Leicester.

## The Use of Thought Field Therapy in Educational Settings

A Guide for Practitioners, Educators, Parents, Students and Those Who Work With Youth By Dr. Victoria Yancey

Twelve students lay dead throughout the school; a student was found hanging in the school auditorium; three teachers killed in their classrooms shielding their students; a fire was set to a classroom burning all bodies except one beyond recognition; a school principal barely misses injury by a rock hurled through a window by a disgruntled student. These are all real-life incidents occurring in schools. The callous taking of life, the finality of suicide, the choice to bully, the feeling of hopelessness and helplessness result in families, communities, and the world suffering grief at the hands of students. This senseless killing is not limited to one country, culture, religion, ethnicity or economic status and has become the norm for schools the world over.

Who knows the pain these young people are suffering and how many lives could be saved? This book reveals how the use of Thought Field Therapy in Educational Settings is used by students and adults to ease the pain of anger, grief, trauma, separation, sadness, fear and other upsetting and debilitating feelings that burden youth and those who work with them.

Look for this book on [www.amazon.com](http://www.amazon.com).



## Back To School

By Phyll Robson TFT-Adv

The number of teachers referred to me for help and support has risen steadily over the last 5 years. The majority of them considered that it would be good to have an Emotional Support person in their school to help staff to handle their stress.

The more I thought about it, the more I realised that this was worth pursuing, and in keeping with my desire to make TFT a household name, I started to offer my services.

In November 2009 I was invited to speak to staff from two schools in the Carlisle (UK) area, on the topic of "Wellbeing". I had 90 minutes to give my presentation and demonstrate how TFT was the perfect solution to anxiety, frustration, anger, fears and phobias.

The presentation was received enthusiastically, and the demonstrations of TFT were greeted with amazement and delight. Forty-five members of staff attended, in spite of unusually severe weather conditions. This is a quote from one staff

member:

"Absolutely wonderful. Informative and entertaining".

I will continue to look for more opportunities to promote TFT in schools.

## Teacher of the Year

By Suzanne Connolly

Teacher of the Year Jamie Valderrama had barely completed her training in Thought Field Therapy at Scottsdale HealthCare Virginia Piper Cancer Center when she decided to put TFT to the test in the classroom. Jamie, who was teaching two honors anatomy/physiology classes at the time, told the students in both classes that they had a significant quiz that was worth a lot of points coming up and that the quiz would either affect their grade positively or negatively. "The material was not easy", Jamie explains "so this added to their anxiety and my non reassuring words did not help". "Ha ha" Jamie chuckles, "Before the quiz, I had one class tap the simple anxiety/stress/fear algorithm focusing on the upcoming quiz while the other class did not tap." Jamie explains further that "Both classes are very close within their quiz/test scores, usually scoring no more than 2 - 3% apart but in this case, my tapping class scored a full 15% higher (83% average on the quiz) than my non-tapping class (68% on the quiz)."

Jamie says that she was "amazed",



and that afterward, when talking to the kids and explaining her experiment (she did not count this quiz) the students who had tapped commented on how much easier it was for them to concentrate and remember the material. The class who did not tap reported feeling stressed over the effects the score would have on their average. Jamie concludes "I thank you again for passing this amazing therapy along - it really is life changing."

This is Jamie Valderrama's seventh year teaching biology, anatomy/physiology, zoology and student leadership. She was named the 2010 teacher of the year for Higley High School and The Higley Unified School District. This year she was also named as one of the top five teachers in the state - and 2010 Ambassador of Excellence for the state of Arizona.

Jamie explains the teaching philosophy that has led to these awards, "A great teacher takes the ordinary and makes it extraordinary, incorporating personal relationships, relevancy of material to real world applications, rigor that creates a critical thinker and continual reflection of both the strengths and weaknesses of the lesson given. I am a successful educator

Continued on page 26



Left: Dr Colin Barron recently held a TFT Diagnostic Training in Glasgow. This was the first such training to be held in Scotland. Seen (L to R) are Dr Jutta Richter, Diarmuid Grace, Dr Colin Barron, Pete Doherty and Alex Mackie

## TFT TODAY



Continued from page 25

because I continually take these four facets and match them against what I am doing everyday."

She states further that "Growth cannot occur without challenges, and I continually challenge both my science students and my student council students to step outside of their comfort zone and take risks educationally and with leadership. When they do this, they empower themselves and realize that their limitations only lie within the preconceptions they create. When I watch biology students create a hypothesis, test it and record their results, I inform them they are scientists. The thrill of seeing their eyes light up and understanding cross their faces is ultimate remuneration for what I do. They get it, and I provided the tools to make it happen. Relevancy and relationship will foster intellectual and personal growth, but I can take it a step further and model excellence; I understand that for students to actualize their potential they need rigor and they need to be challenged."

According to Dr. A. Denise Birdwell, Superintendent, Higley Unified School District,

"Mrs. Valderrama exemplifies the qualities of an excellent teacher. Jamie brings passion and enthusiasm along with knowledge and experience to learning. When entering her classroom, students are immediately drawn to her enthusiasm for learning. She is dedicated and cares deeply for each and every student. Jamie recognizes the importance of being a good role model and takes her responsibility seriously. Her teaching reaches beyond the classroom. By earning her

students' trust, she takes them on a journey of learning beyond the classroom to the real world in consideration of the impact they can make on the world."

Jamie Valderrama is just the kind of person that makes us proud to be part of the growing number of professionals from all walks of life that use Thought Field Therapy to help others.

### ***Tapping Into A Healthier Pregnancy***

By Lianne Schwartz

A dramatic case where one of my clients, 21 weeks pregnant, rang me late at night with severe pain in her belly.

I arrived and found her uterus contracted as though she was in labour, with the baby's heart rate very high. She also had pain surrounding her uterus. I was concerned when I arrived, because of the location and type of pain, that her placenta was starting to peel away from the uterus (life threatening for Mum and baby) and decided to do a very quick treatment before going in to hospital (at this stage I didn't think the baby would survive as her uterus was so tight and she was in so much pain). Following the one minute TFT treatment (I treated on myself, touching her) her uterus totally relaxed and the baby's heart rate came to normal.

The pain was still there but much milder.

We treated for another couple of hours altogether (going through all the food she'd eaten, toxins, etc. treating that, as well as treating the pain itself) until the pain was gone.

Incredible!

Thank you, thank you, thank you again to both of you for bringing this into my life, and into the lives of all these families.

### ***Holistic Health Network Meeting***

Tuesday, May 4, 2010, 6:45pm Free.  
Topic: Thought Field Therapy: Power Therapy for the 21st Century will be presented by Dr. Lois Sugarman who is a Registered Nurse (Psychiatric Mental Health), a Fellow in Thanatology (Death, Dying, and Bereavement), a Registered and Certified TFT Algorithm Trainer and approved by Callahan Techniques to treat via Voice Technology (VT) methodologies. Thought Field Therapy (TFT) has the capability of disabling and often completely eliminating troublesome emotional and physical responses. Come join us to learn about this amazing approach to emotional and physical well being. Dr. Sugarman lives in Wake Forest, NC and her web site is [www.personaltherapeuticresources.com](http://www.personaltherapeuticresources.com).

The meeting will be held at the Presbyterian Hospital, 200 Hawthorne Lane in the First Floor Bobcat Room near the cafeteria, easily accessed from the Visitors Parking Deck.

Program details: Belle Radenbaugh  
704-542-7040  
<http://www.ncholisticnetwork.com/>

# Learn TFT to Help Yourself and Others

## Thought Field Therapy Training

Thought Field Therapy® (TFT) is gaining worldwide attention at an ever increasing rate. The results TFT achieves for our readers are positively astounding. There is an ever-increasing demand to learn TFT at all levels.

Public awareness is constantly growing as TFT is recommended by high profile individuals, trainers and celebrities such as Paul McKenna (UK) and Jack Canfield (Success Principles, USA) and Kevin Trudeau (Natural Cures, USA), and recently Joe Vitale (the Secret) in his new DVD. They use and recommend TFT on national television and in best-selling books throughout Europe and USA.

You and I know there are millions of consumers in today's chaotic, rapidly-changing world, who could greatly improve their lives through these simple self-applied procedures. TFT has been called one of the "power therapies" of the 21st century.

We are now making it possible for virtually any professional to receive personal instruction in the best of TFT algorithms and diagnosis directly from the developers, either Roger or Joanne. You all now have the opportunity to join the healing world of TFT, learning just what you need to help your family or boost your practice.



**The Boot Camp combines the TFT Algo and the TFT Dx training into a 2-day course, saving you both time and money.**

This Boot Camp is hands-on training, practice and live demonstrations. Attendees have the chance to work on personal issues and many experience resolution of these issues during the weekend. Attendees receive all the materials included in the Diagnostic Training Step A and B. This material allows you to diagnose, i.e., determine the precise sequence of tapping required, to quickly help most psychological problems and daily stresses.

Click Here For More Information  
[www.rogercallahan.com/bootcamp/index.php](http://www.rogercallahan.com/bootcamp/index.php)



**Optimal Health (TFT-Adv) is for those that have acquired the TFT-Dx designation, by completing our Boot Camp or Diagnostic Level Course.**

**Learn TFT Voice Technology.** TFT Algorithm Level Practitioners are permitted to take this course provided they have purchased and studied the appropriate self-help program.

Be a part of a rapidly growing international group - healing the world with TFT Meridian Tapping.



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