

# ATFT Update



Official Publication of the Association for Thought Field Therapy Issue 6, Winter 2006

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**Meet Three of  
our Most Distinguished  
ATFT Members!**  
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**Meet Chris Milbank, TFT-VT**  
*ATFT's New President!*



**Meet Caroline Sakai, PhD, TFT-VT**  
*Head of ATFT's PTSD Study in Rwanda*



**Meet Jenny Edwards, TFT-VT**  
*ATFT's first Trainer's Training Instructor*





# ATFT UPdate MAGAZINE

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*The news and other items contained in this publication are intended for informational purposes only. Nothing herein is intended to be a substitute for professional medical advice.*

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**Chris Milbank, TFT-VT**  
ATFT President

## PRESIDENT'S MESSAGE

Over the last year, Thought Field Therapy has taken huge strides into communities and organizations around the world. As an organization, the Association for Thought Field Therapy has over doubled its membership, has hired staff to help with administration, and has developed a professional training course for algorithm trainers.

We are outsourcing the design of promotional and marketing packages to Dr. David Hanson, with whom most of you are familiar. The ATFT Foundation has sent teams to Rwanda, Tanzania and New Orleans and is currently setting up charitable status in the U.K. We had our first regional mini-conference in the U.K. and are now planning ahead for The Greatest International conference yet, which will be held October 20-21, 2007, in Boston. It will be full of wonderful surprises.

This has all been under the expert leadership of Dr. Mary Cowley. Whilst serving as Vice-President, I learned from her great focus and future planning, concise detail to matter and passion for pushing TFT forward. I was shocked when she notified me that her term as president was coming to an end; however, she really deserves a much needed rest.

I will find it a hard act to follow in her footsteps, but hope to have her ear in all matters. And I am most fortunate to be supported by an exceptional Board of Directors, including Herb Ayers, Joanne Callahan (Treasurer), Roger Callahan (Chairman), Mary Cowley, Rhoda

Draper (Vice-President), and Doris Keating (Secretary).

As President, I want to push forward having more and more people learn TFT to help with family and friends--to reach communities in the "bush", desert towns and cities the world over. Another focus will be to develop teams for the purpose of introducing TFT to various professional groups. I would like to see committees dedicated to getting TFT into business, education, psychology, health, the arts, and sports. I call on all of you who have connections in these areas to contact me and we shall do our best to target these groups with marketing, talks and seminars, and research.

I want to thank all those who help ATFT pursue its mission. Particular thanks go to Mrs. Joanne Callahan as President of the ATFT Foundation, which supports ATFT by furthering education, research, and charitable purposes. She is greatly supported by dedicated Directors and committee chairpersons. Special thanks to Norma Gairdner for her hard work in forming and heading the Trauma Relief Committee (TRC), which this past year has offered an ATFT Green Cross training and sponsored a team to go to New Orleans in response to Hurricane Katrina. Much appreciation goes to Chris Semmens for his work forming and leading the Research Committee. Profound thanks to all who serve ATFT, the ATFT Foundation, and their various committees. These are volunteers who give much of their time for the benefit of so many. Of course, I am forever grateful to Dr. Roger Callahan who again saved my life during an anaphylactic fit this year, and who has helped and inspired so many people around the world with his wonderful discovery. Also, sometimes forgotten but at the heart of TFT, is the wonderfully hard working and dedicated Chris Trautner, who is always willing to help ATFT when needed.

Let us now make an extra effort to reach groups that we do not normally reach. This next year will again take me the world over, and I ask you to join me in my efforts to teach and benefit an ever greater number of people, through Thought Field Therapy.

Dedicatingly yours,  
Chris Milbank



# ATFT Foundation News



Joanne Callahan, MBA  
President

## Global Healing



### Our Growth and Plans for the Future

**As President of ATFT Foundation, I am proud of our accomplishments in 2005-2006. I am looking forward to an even greater year as we have some very important and exciting plans and our members have worked hard to find ways to help raise funds for these projects.**

Our board members for this new year are, myself, **Joanne Callahan - President, Mary Cowley - Secretary, Jennifer Edwards - Treasurer, Chris Semmens - Chair: Research Advisory Committee, Norma Gairdner, Chair - Trauma Relief Committee and Alvaro Hernandez.**

We have had several fund raising projects that I hope will become templates for an on going source of revenue. You can read about one such resourceful project, a fund raising day in the UK, "Tap Your Troubles Away", later in this issue. It was a great success and we thank Ildiko for her hard work and perseverance to make it happen.

We have formed a Fund Raising Committee, currently chaired by Chris Milbank, and are in the process of establishing UK Charitable Status for the Association for Thought Field Therapy Foundation (UK) with a five-member board consisting of myself, **Joanne Callahan, Chris Milbank, Eileen McMahon, Stephen McNulty and Colin Davies.** This team brings together a great collection of business, legal, charitable and fund raising skills.

For USA members, we have established a scrip program where companies donate back to the foundation a portion of money spent on their products, to the foundation. And, for the UK members, a recycling program for inkjet and toner cartridges is being formed.

The foundation has recorded two DVD's for use by individuals wishing to assist in fund raising and awareness. The first of these two DVD's is 15 minutes and talks about our mission to Tanzania. This is available now, contact me, [Joanne@TFTRX.com](mailto:Joanne@TFTRX.com) for a copy. The second, will contain information about our work in Tanzania, Rwanda, disaster relief in New Orleans, and future work. It will be available early 2007.

Our Trauma Relief Committee, chaired by Norma Gairdner arranged a Green Cross training this last year in the Dallas, TX. Many members were able to take advantage of it. She has arranged for a second one for our European members, a Green Cross double certification training, to be offered in the UK on June 2,3, & 4, 2007. Sign up early as it will be limited attendance.

We plan to return to Tanzania for continued training and follow-up in June of 2007. Our hope is to teach the local community leaders, teachers and clergy TFT self-help procedures and go to local village schools. We are working with our previous hosts to coordinate the trainings.

Paul Oas is leading another team back to Kigali, Rwanda, April 9-21 (28), 2007. Objectives are:

*1. Dr. Caroline Sakai and Assistants to complete the one genocide, AIDS and*

*subsequent poverty. (See details in this issue.)*

*2. Suzanne Connolly and Assistants will return to offer continuing education for the 32 previously trained and will train a new class for professionals and a traveling "Conflict Resolution" team.*

*3. ATFT Foundation will assemble a team of medical professionals to complete medical exams, records and dispensary for the orphans of El Shaddai.*

For those of you wanting to learn and understand more about the people we are helping in Rwanda, Paul has made the following suggestion for reading (read by all our 2006 Rwanda Team) Immaculee Ilibagizza's book "Left to Tell." A true story by an orphaned genocide survivor featured on Wayne Dyer's PBS specials. It will touch your heart and spirit.

We encourage all our members to join us in our efforts to provide TFT to the many in need throughout the world. We need funds, airline miles, and many other supplies. Thank you for your compassion and resources that make this and other humanitarian missions on behalf of ATFT and the orphans possible!

**To contribute to any of ATFT Foundation's projects, you can donate funds on-line at [www.ATFT.ORG](http://www.ATFT.ORG), or send funds in USD in International Money Orders, or use Mastercard or Visa to:**

**ATFT Foundation  
PO Box 1220  
La Quinta, CA 92253**

*\*Note: Donations may be tax deductible.*

#### **The Association for Thought Field Therapy Foundation (ATFTF)**

is a nonprofit 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.

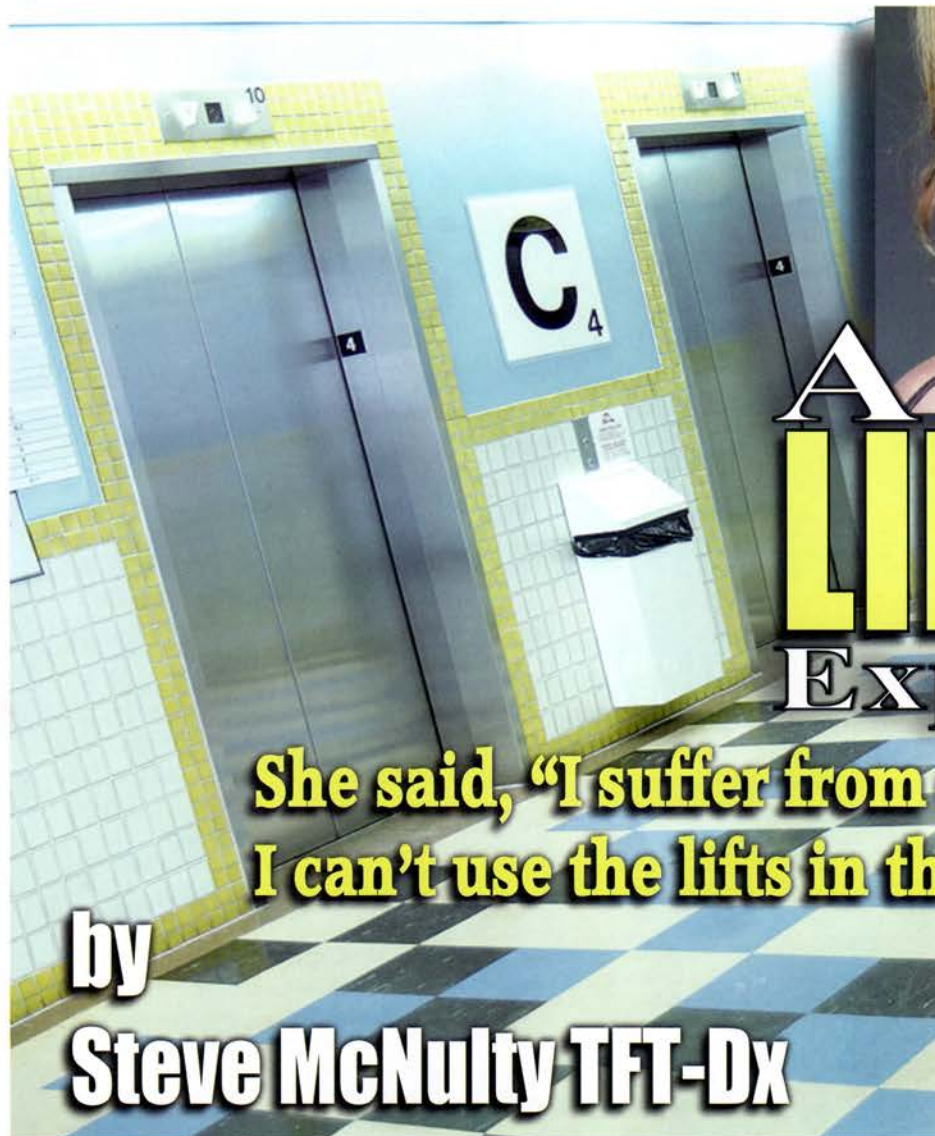
**The Board of Directors of ATFTF invites your help in obtaining funds and resources necessary to meet these goals.**

#### **Board of Directors:**

**President - Joanne M. Callahan, MBA  
Secretary - Mary L. Cowley, PhD  
Treasurer - Jenny Edwards, PhD  
Members: Christopher G. Semmens,  
MappPsych. BSc  
Norma Gairdner, HD  
Alvaro Hernandez, TFT-Dx**

**Please consider making a donation to the ATFT FOUNDATION (it's tax deductible) to support good works like these.**





# A LIFTING Experience

**She said, "I suffer from Claustrophobia,  
I can't use the lifts in this building..."**

**by**

**Steve McNulty TFT-Dx**

***I came upon an interesting TFT opportunity yesterday  
when visiting one of my Business Consultancy clients.***

I was in their restaurant for lunch talking to one of my coaching clients and we were discussing TFT in general.

A woman further along the table interrupted our conversation with the phrase, "It's all about belief systems!"

"Is that so," I replied. "Please explain." She continued. "You cannot change a person's emotional issues unless they believe that they can be changed and that was why Hypnosis was so successful". I explained that Hypnosis had its place in the Therapy World, as did NLP and EMDR, but that the real and only 'Power Therapy' was TFT.

I left her to ponder that for a few minutes and, sure enough, she came back with, "Well, how does it work then?"

I responded. "You sound like you have an issue, why don't I show you personally?"

"You are right," she said, "I suffer from Claustrophobia. I can't use the lifts (elevators) in this building."

So as not to bore you, I then went through the pre-treatment routine and explanation.

Her SUD was 10 on the lifts, we used the Algorithm **a - e - c - 9g - sq** and she was down to a SUD of 2. I then led her through the Floor-to-Ceiling Eyeroll.

Then, I accompanied her to the lift and in we went. We rode the lift up and down a few times and then went back to the restaurant. She could not get a SUD for the lift problem.

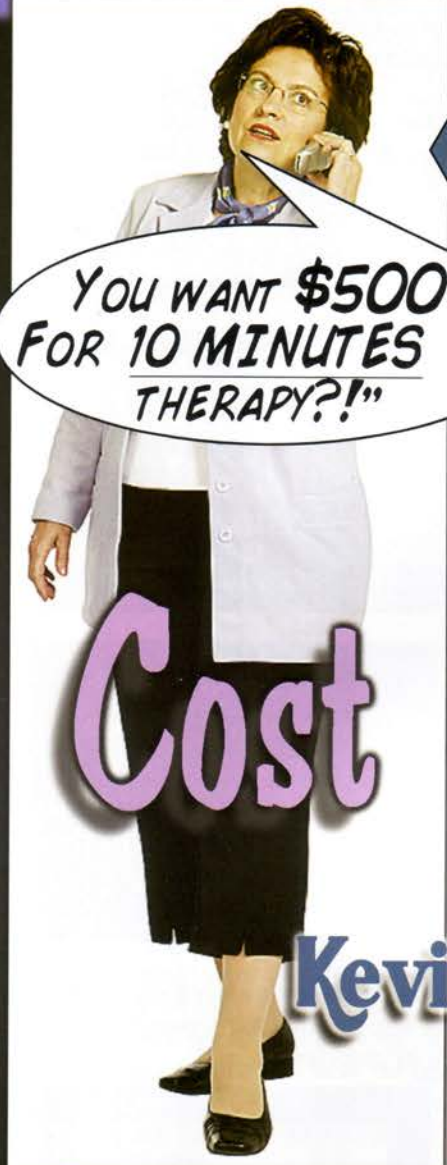
Well, as usual, we had some Apex issues centred on 'distraction' and 'self belief systems'. I patiently explained the rapid working of TFT and that the Algorithm she had used would treat 80% of all Claustrophobia sufferers. I went on to tell her that my level of training would elevate that (*pun intended*) to 95% and there were a few people in the world that, with Voice Technology, can get the success rate up to very close to 100%.

"How does Hypnosis compare with that?" I asked.

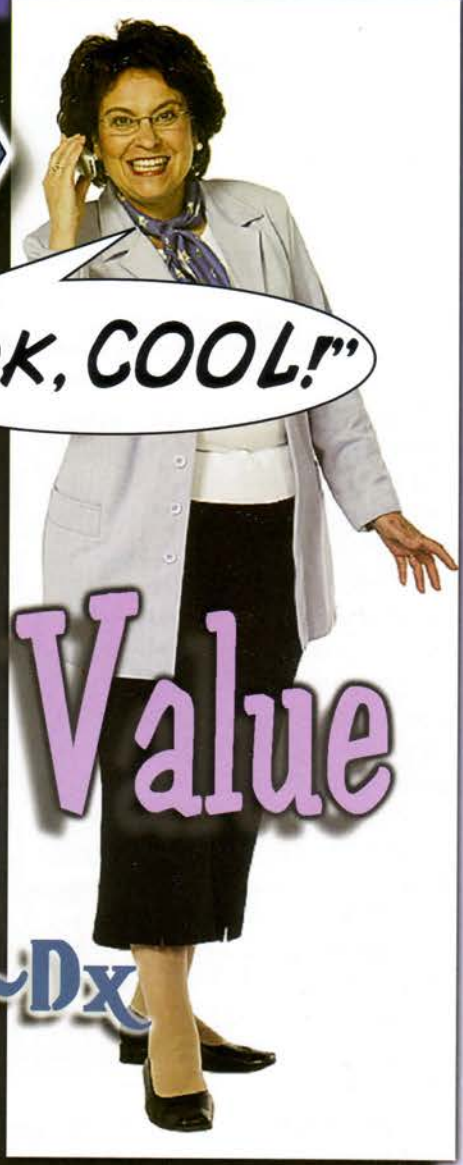
I now have an appointment with the HR director to discuss how I can help others in the Company.

I love this TFT! Not only does it enable me to provide for my family's material needs, it also provides me with everything I need spiritually through the help and hope I can give to people suffering unnecessarily.





**YOU WANT \$500  
FOR 10 MINUTES OF  
THERAPY?!"**



**"... OK, COOL!"**

# Cost - vs - Value

By  
**Kevin Laye, TFT~Dx**

## Understanding the REAL VALUE of your service to others

Here's a difficult question:  
*As a practicing therapist, what should you be charging?*

Think of a number...then think again. Most capable practitioners that I have met and spoken to over the years seriously undervalue what 'miracles' they offer and even more so, in my opinion, with TFT as a tool in the toolbox.

Why does TFT make the difference then? Think of it ... In addition to treating our clients effectively with an amazing therapy technique, we are also able to give them one of the most

valuable commodities that we have - *or don't have (depending on how you view it)*. **That commodity is time.** Once you have used it you can't get it back.

Even Bill Gates, the richest man on the planet, cannot give you a box and say, "Whenever you need just a few seconds open this box and they are yours."

In my corporate work, the biggest issue I hear time and time again is that ***we don't have enough time.***

In your role as a TFT practitioner, you can give a person more time free of *stress, fear, anger, addiction, guilt, trauma*, and other negative and life-

limiting emotions. As a helping professional, that's your job. But, stop to ask yourself this important question, ***"How much is this worth?"***

Further, ask yourself, "Is what I am doing for this person valuable or not?"

I am sure your answer is a resounding, "Yes!"

What price should we place on that value?

There is logic and reasoning behind why I charge £1000 to help people become non-smokers. Let me share this time to demonstrate a couple of examples.



An average annual costing for a smoker on 20-per-day (one pack) is between £1890 to £2000 depending on the brand they purchase. So obviously the more the clients smoke the greater the expense.

My Pre-frame is this...

**"If I was a bank and I told you that if you invested in me today a sum of £1000 and in return for that investment I would pay you back in 12 months approximately £2000 and for that same investment would pay you that amount year on year index linked for the remainder of your life."**  
**"By the way, as a side effects of this investment ...**

- *You will feel healthier*
- *Food and drink will taste better*
- *You are likely to increase the longevity of your life*
- *You will be less likely to harm your children or family with passive smoking*
- *You will no longer be ostracised or excluded in public places*
- *You will have control back over your life!*
- *You will have less chance of getting:*
  - *1. Lung cancer*
  - *2. Stroke*
  - *3. Diabetes*
  - *4. COPD*
  - *5. Heart disease*
  - *6. Stress*

***So... Do we have a deal?"***

### **And now one example from corporate land.**

I was hired as a coach last year to help with a major international Bank based in the city of London. Whilst coaching one of their finance directors

he told me he was unable to make a time next Wednesday because he had to go and see his counselor.

When I asked him how long he had been seeing her he told me it was 14 months and it was to uncover why he

**Whilst coaching one of their finance directors he told me he was unable to make a time next Wednesday because he had to go and see his counselor.**

was stressed all the time. I questioned him how much this cost him and he told me £95 per session.

"No," I said. Then I asked again, "How much has this cost you in terms of time lost, travel time, lost time at work (when you could have been more productive), etc.

We used a pro rata rate based on his pay plus all the other expenses we could enumerate. We calculated that his trips to his sessions had cost over the period some £53,000. **Ouch!!**

Was he less stressed? The answer was "No" (if you hadn't already guessed).

So, I asked, "If I could remove your stress and give you a simple tool that you could use to eliminate your stress in 10 minutes so you never had to make these trips and waste valuable time that would have to be worth £5000 wouldn't it?

"I suppose," was the answer I got. Ok ...so if I did it for £2,500 that would be a real bargain wouldn't it? He agreed. So I tapped a simple 'algorithm' and he could not get back the stress, which he

could easily talk about and manifest before the treatment.

He wrote me the cheque and I assured him that I would call him in one week and if the stress had returned I would rip up the cheque and if it hadn't I would cash it, we agreed this was fair.

He called me the following Tuesday, which was five days after the treatment and told me to just cash the cheque as he felt 'great'! His stress had not returned.

Now this is important because it has done two things, firstly made me a significant sum of money in minutes and secondly set a tariff for this particular corporation with the resulting effect is everyone is happy and we have a true 'win-win' situation. The only person who lost really was his counselor and I

**He called me the following Tuesday, which was five days after the treatment and told me to just cash the cheque as he felt 'great'!**

did feel a momentary pang of guilt until I remembered the words 'inept' and 'incompetent'.



**Kevin Laye, TFT-Dx lives and works in the UK. Kevin found TFT after retiring from a highly successful career in the corporate world. That success has followed him into his current career as a TFT practitioner/trainer. Mr. Laye is a regular contributor to the ATFT Update and we sincerely appreciate his participation and hard work.**

## **WE LOVE SUCCESS STORIES!**

And, we want to hear yours! Write your success story in one, short paragraph. Some of the best success stories are the ones that not only surprise the client but also amaze the practitioner. Or, the treatment that had a surprising conclusion.

Write it down. ***And, then, send it!***

Send yours to:

Dr. David Hanson, *UPdate Editor*

P.O. Box 1220

La Quinta, CA, 92247

Or, e-mail it to: [david@tfttrx.com](mailto:david@tfttrx.com)



The musician Ry Cooder once said, "All the money in the world is spent on feeling good"... I use TFT as my primary therapy to do just that - - *and do my utmost to ensure that my clients feel good.*

An odd thing, though, is I keep raising my rates. Interestingly enough, *no one bats an eye.* I have learned that people will pay for *passion* and *results*.

Mercenary? It is one of the possible

**Everyone is happy  
and we have a  
true  
'win-win'  
situation.**

assumptions you could make. However, let me say in balance that by charging those who are willing to pay premium amounts it allows me to offer 50% of the £1000 I charge the smokers to my main charity. The Rainbows is a hospice ... a local children's hospice near where I live.

It also allows me to do any pro bono work that I feel I need to do. And, it means because I am comfortable and not stressed or worried financially, I offer my clients the 'best' of me.

Someone once wrote 'life's a crap sandwich the more bread you have the less crap you have to deal with'. Those of you who read this and know me know I never take any crap ... life's too short to waste your time on that crap. Isn't it?

I encourage you heartily to charge what you are worth.

TFT is 'The Power Therapy of the 21<sup>st</sup> Century'. *Value what you have* and *value yourself* because if you don't, your clients won't either.

Oh, and please if this article stirs up any feelings of unease... I know a really good therapist ... *expensive* but *worth it!*

I even know a few who can save time by working with you over the phone...

How cool is that?

Happy tapping.

- Kevin Laye, TFT-Dx

**Keep Your Skills Current!**  
*TFT is continuing to evolve!*

*Consider taking a refresher and see what new developments and discoveries have come to TFT! Call Christine Trautner at (760) 564-1008 for more information.*

# ATFT Update



would like to  
Congratulate  
and welcome  
our newest  
VT-Level  
Members!



**Stein Lund Halvorsen, TFT-VT and  
Annette Forsdal Halvorsen, TFT-VT**

**Stein Lund Halvorsen and his wife, Annette Forsdal Halvorsen are our newest VT-level members. Their enthusiasm for and dedication to TFT started with the personal experience in the Success Story featured on page 15.**

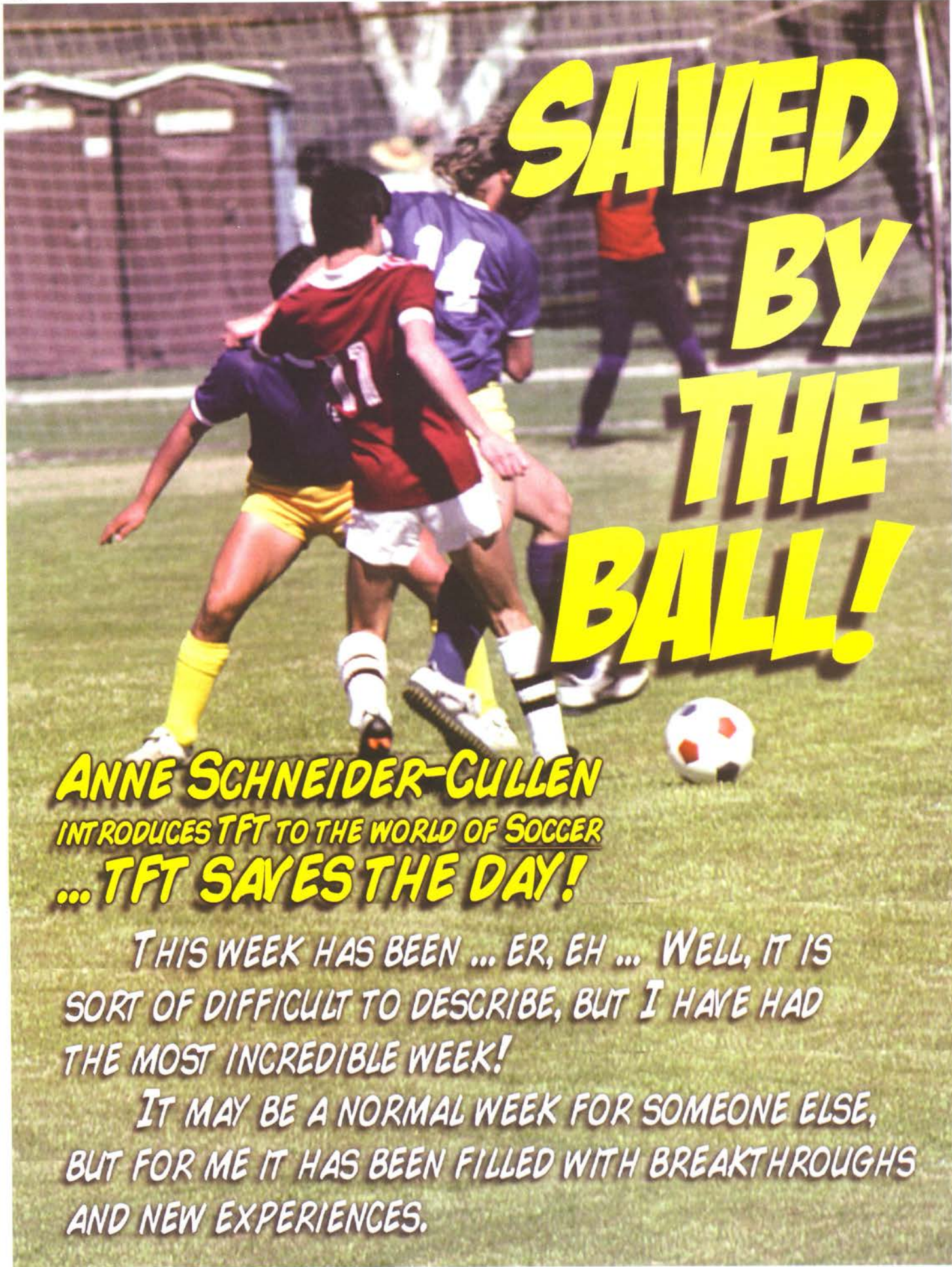
**They completed their VT training with Dr. Callahan in California late in July of 2006 and have integrated their new skills into their practice in Porsgrunn, Norway. We are pleased to have them as members and contributors to the ATFT Update.**

**I had the pleasure of meeting them while they were in Indio completing their VT training and I can heartily say they were delightful.**

Congratulations på Deres fullføring av Deres TFT- VTOplæring. Det var vidunderlig møte De mens De her tok Deres stemmeteknologiopplæring. Jeg forteller fra vår kort tid sammen at De er varm og omsorgsfull folk. De, Stein og Annette, for å være en del av ATFT og for å dele Deres personlig erfaringsartikkel med oss. Vi ser frem til å se De igjen på den Verdensomspennende Konferanse i Boston, MA i Kan av 2007. De begge har vår glad ønsker.

- David Hanson, DEH, TFT-Dx  
Editor, ATFT Update Magazine





# SAVED BY THE BALL!

**ANNE SCHNEIDER-CULLEN**  
INTRODUCES TFT TO THE WORLD OF SOCCER  
**...TFT SAVES THE DAY!**

*THIS WEEK HAS BEEN ... ER, EH ... WELL, IT IS  
SORT OF DIFFICULT TO DESCRIBE, BUT I HAVE HAD  
THE MOST INCREDIBLE WEEK!*

*IT MAY BE A NORMAL WEEK FOR SOMEONE ELSE,  
BUT FOR ME IT HAS BEEN FILLED WITH BREAKTHROUGHS  
AND NEW EXPERIENCES.*







tapping points, a brief introduction to TFT, a note on PR, a simple stress algorithm, and dates of upcoming trainings. I made one for each player and a couple of spares. I'm as prepared as I can be.

Its Friday evening, I'm still surprisingly calm, so I ring David anyway. Again he was calming and reassuring. He went over the strategy for handling this thing with me again and ended the call by saying, "Darling, you'll do fine!" I felt even better after that.

I know I'm nervous when I forget to get off the train at my station. Self-sabotage? Reversal? Oh, no! Whatever is next? I was beginning to feel panicking again. My self-confidence is down and I'm experiencing a loss of personal power. The date of the producer's e-mail kept running through my mind ... the thirteenth day of the month ...

I tapped my PR spot and felt better. The TV company sends a car for me and we are now back on schedule.

The fun began when we arrived at beautiful Dulwich College, in south London. The setting is some of the best of rural England. Superb architecture, and a beautiful, warm summer's day in mid July. I realized my calm was the result of the inevitable happening. There's nothing to do now, but to trust.

A pretty, lively girl met me when we arrived at the college. She introduced herself as a member of the television staff and we began to talk. My first question to her was, "Do you know much about TFT?"

"No," she said. "Nothing except to say that I've heard its really effective."

"Please don't worry," she said. "Its all arranged and Tom will tell you what he wants when he gets here."

Tom was directing this shoot. Upon his arrival exclaimed, "This is television, we have to make it interesting, so we are going to work in a field."

"You mean **outside** in a field?" I stammered. "No desk, no chair and with wind and cows and things?" I asked. "Yep," he harped. And then in a move to reassure me, he said, "Trust me. **This is television!**"

During a slack moment, I retired to the 'loo' to do a bit of private tapping. I looked in the mirror at my face. I *looked* frightened and its years since I've been

this nervous. I felt a strong impulse to back out. I thought I might get ill! But, I wanted to grow and develop and that takes courage. So I declared to myself that I would be '*bold and playful*' that day and I went back in to Tom, et al.

Lunch was nice and we chatted with ease. Suddenly, it was time to go to our field and Tom set me up as we left by car. I became calm again and curious about how the TV show would be done.

Tom instructed me again. He said, "Please use peoples names. This is TV and its important." Life's funny sometimes. Names are my worst thing. "Do we have name tags," I asked. "No, we don't." was the answer.

My microphone was fitted under my frock and hooked to my bra. I was asked to remember not to tap my upper body as sounds would be picked up.

We arranged two benches for the players and I have a chair. A single chair. I believe it was supposed to be an all purpose desk-chair-prop. I felt better and very okay with my new 'prop'.

I was introduced to them.  
And they introduced  
themselves to me. They  
had names like Puke,  
Puddles, Mo, Razor,  
and Burnside.

The team arrived and sat on the benches. I was introduced to them. And they introduced themselves to me. They had names like **Puke**, **Puddles**, **Mo**, **Razor**, and **Burnside**. I figured the right way to manage my name-remembering deficiency was to write their names down - from left to right - as they were sitting. I half sat on my notes so as to be able to peek at them if necessary.

Very good. Problem solving, its easy-peasy. Everything was runing smoothly except that the director announced, "Everyone, *except Ann*, please leave, and come on again while being filmed, OK?"

Naturally, they were led on by their coach. The plan was that he would introduce me and I would then say a bit about myself and explain about TFT. Nerves got the better of me here and I couldn't use the questions and answers I had prepared ahead of time. **Oops**. I went bland and keep smiling.

As the squad is led on, I couldn't believe it! Every single player sat down in a different place! It was time to pull something out of my 'hat' and, because I'm being '*bold and playful*' today, anything is possible! Isn't it?

Magically, I remember names. I'm also concerned that I needed to stay purely with algorithm level and because of the time factor I had to keep it simple and effective, so I did pure algorithm.

My first question to the group was, "How do you feel about the match next Sunday?" Every face in the squad dropped. "Were going to be humiliated and thrashed in front of our families and closest friends," one player volunteered. "There's nothing we can do about it," he muttered.

**Aha!** A light bulb moment! A million TV viewers weren't the problem! It was people closest to the players that bothered them most.

I led them through the Complex Trauma with Anger and Guilt algorithm and watching their faces and their bodies relaxing as we worked through it. The change was encouraging.

As their SUD's dropped like magic from 9 and 10 to 7, 5, then to 3, smiles began to appear and I was so relieved!

I started to hear comments from the players like, "Were actually good aren't we!" and, "We played really well on this and on that day!"

Names were coming to me easily now and I realize how capable I can become under pressure.

Then I start to work one-to-one with Mo Morris, who plays centre forward. He has recently retired from the armed services after 18 years service and two deployments in Bosnia, the most recent tour being with his brother. They both dodge bullets and avoid mines and arrived home safely. Sadly, Mo's brother was hit by a car and killed on their return and he hadn't yet reconciled the loss. Compounding this, his mother died recently and his wife has left him, taking their 4 year old daughter.



So, where to begin? He chose to work on the feelings he had about the little girl that was no longer in his life.

Mo responded quickly and there was a moment when his body language transformed. His posture straightened and his expression turned from one of sadness and confusion to a one of positive thoughts accompanied by a big smile. Relief seemed to flood into his being and he said, "I'm not losing my little girl, she is just living in another house."

We complete the Complex Trauma with Anger and Guilt algorithm. I made an agreement with him to work with him after the football programme to clear his PTSD and grief.

Next up for tapping was Stephen Stinson, or 'Puddles' as he is called. He plays central midfield.

Puddles was adamant that he had no problems or issues. He had lost three stones of weight and was satisfied with this result.

After some probing about the Sunday game, he gave me something to work with. He has anger. "If the referee makes a bad decision I've no idea how I will react," he confided.

I was grateful that we now had something to work on! I had him imagine himself on field when Referee makes a bad decision. His SUD was a relatively high 8, so we tapped for anger. I could see that he was amused at how he became indifferent to the emotional impact of the Referee's decision in less than two minutes. Whew! Thank God.

This was another great moment for the cameraman!

Stephen Johnson (Puke) Right Midfield was my next. His problem issue was his first wedding anniversary was on the day of the big game. He was at the game rather than with his wife. That meant they were sleeping apart and he was upset and felt guilty. Additionally, he had consumed 100 pints of alcohol in the prior two weeks and was probably full of toxins. This is where more experience would have come in useful for me. I became embarrassed and realized the benefit of more training in Toxins. His SUD went from 10 to 8 and there it stayed! We did the PR correction. *Nothing*. Then Collarbone Breathing. *Nothing again*. Neither of these treatments moved his SUD. I said I would work with him after filming ended when we had more time off camera.

In addition to his work on the team, Graham Nash is a Billy Joel Impersonator. On the team, he plays right Midfield. He confided that he was nervous when coming off stage and before going on. He was, however, confident while on the stage. He had already participated in the group tapping so I moved to work on his most prominent personal issue. I used the anxiety algorithm (e, a, eb, c, lf.) and he went quickly from a SUD of 8 to 9 down to a 1. Graham has called me a couple of times since to say he is using tapping

on a regular basis and to reiterate his thanks.

Jason Crane (Burnside) is the Goalkeeper for the team. He reported that self-confidence was a big problem issue for him. We used complex trauma with anger and guilt and he went from a SUD of 7 to a Zero. When he reached Zero, he let loose a broad smile.

On Monday the 15<sup>th</sup>, I received a note from Dylan Tweddle the Producer of the programme. He delivered just the news I wanted to hear. **The team won their first game 4-0!**

Sunday came and it was the day of the **big** game. Everything for the past ten weeks has been for this evening, this couple of hours and how is it going to be for my 'Saved By The Ball' Team.

Dagenham and Redbridge Football Stadium was packed! My guests and myself have reserved seats with our names on them. The energy was electric. We're greeted with smiles and waving of hands from cameramen and we are escorted to our places. The National anthem was played and all stand - - united, for our Queen and country in the name of sport.

The teams were warming up at either end of the pitch. I've only ever been to three Football games in my life. But I knew that this one would be great - - much better than the previous games.

The Legends scored their first goal in the first few minutes and followed quickly by a second. Beginners luck? I didn't think so.

This squad is all ex-professional players. They're easy and natural and are always in the right place at the right time, as if by magic.

Our team played consistently, kept good and active to the end, everyone in that stadium wanted them to win.

The Legends won 7-1 and, as StbtB Team did their lap of honour, Mo (number 10) threw his shirt to the home crowd. With a lump in my throat and bursting with pride, I was so moved by this victory for these 15 Essex blokes.

This was their 'world cup'. They played well and had every reason to hold heads high.

I know this has been a life changing experience for all of them and I'm proud that I was able to have played a part in it.

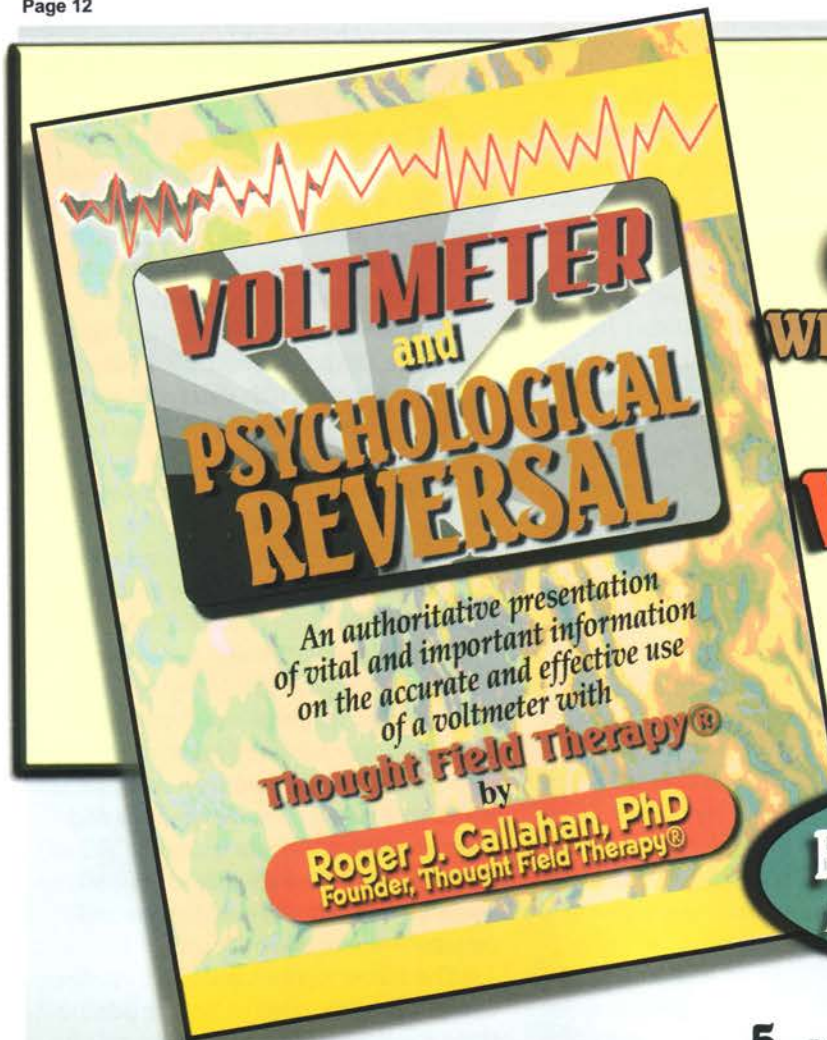
----- Original Message -----

**From:** Tweddle, Dylan  
**To:** ann.schneider-cullen@virgin.net ;  
**Subject:** Good news!

Dear Ann  
Just to say a massive thank you for your time on Saturday, the treatment went fantastically well and I personally was amazed by the results. It must have done some good, because the team won their first match yet on Sunday 4-0!

Thanks again and best wishes  
Dylan Tweddle





# Nine Great Reasons WHY YOU SHOULD GET THE NEW VOLTmeter and PR Book



BY  
**ROGER J. CALLAHAN, PhD**  
*Founder, Thought Field Therapy*

1. It is an opportunity to help and support the work of the ATFT Foundation, to do its charity work and spread TFT around the globe; showing how deeply suffering people can be helped dramatically and quickly.
2. It is exciting to see an important and fundamental concept in TFT objectified with a Voltmeter. When the person is in a state of reversal, the Voltmeter shows it. When the reversal is corrected, the Voltmeter shows it. Yes, the needle on the Voltmeter will move from a negative to a positive after successful treatment right before your eyes.
3. Join those who are using a Voltmeter and are contributing to new knowledge. We are just beginning to learn how to use TFT with a Voltmeter. Many new discoveries need to be made – join us and participate in making new discoveries!
4. Do not forget that the early scientists using Voltmeters did not know of the phenomenon of psychological reversal and therefore had no idea of how to correct for it. Stable corrections can allow vital healing to take place. Every day work in TFT demonstrates this important fact. Problems ranging from mosquito bites to cancer are showing promising and dramatic results by means of the Voltmeter-TFT work.
5. It is possible for Voltmeters, used with knowledge, can demonstrate Toxins and non-toxins.
6. Your more intelligent clients will be thrilled to see the effect your treatment can have on their reversed polarity.
7. Learn how the Voltmeter has shown that Psychological Reversal exists in degrees, and how it can lead the way to more thorough therapy.
8. Years ago, I found PR highly related to cancer – this was long before I knew about the work at Yale University in the 1930's through the 1950's. The early scientists knew cancer was related to the PR but THE ONLY WAY TO CORRECT IT WAS RADICAL SURGERY. Yes, when the cancerous tissue was completely removed, the voltmeter showed a correction of the reversal. As you know, I found several ways to correct a PR, without surgery.
9. Proper use of a voltmeter can make you a better and more thorough helper of people (and animals).

IF YOU HAVE ANY QUESTIONS OR COMMENTS  
PLEASE WRITE TO ME AT: [roger@tfttr.com](mailto:roger@tfttr.com)





# Charlotte

## The TFT Baby

by  
**Sigrid  
Semmens**

**Spot, as the baby was affectionately dubbed prior to her entrance into our earthly realm, for the not knowing of her gender, nature or name, was inadvertently first introduced to TFT at the same time as me.**

**I was eight weeks or so off giving birth and the size of a small hotel when I made the decision to investigate further the seemingly magical properties of a technique, called TFT, for which my clinical psychologist husband, Christopher Semmens, had no end of praise.**

So, I chose to participate in the TFT Algorithms training presented by my husband, in the Autumn of 2003.

Apart from the initial bamboozlement of getting the tapping sequence right (– *where did that mini PR go?* –) I was very surprised that my pregnant memory or lack thereof allowed me to take everything in and after that weekend, I was off like a rocket, madly tapping anything that moved.

A healthy eight pound and a half an ounce Charlotte arrived one day before she was due, on the 1<sup>st</sup> of July, after a

nine hour (three hours active) induced labor

The birthing journey was tough for the little darling though and in the last half an hour she was becoming quite distressed. The obstetrician threatened caesarean but after one final almighty push, she literally flew into daddy's arms and he was quick to apply the trauma algorithm to her tiny form. Then he plopped her on my belly where she made her way to my breast for her first taste of mother's milk.

The Beatles and TFT teamed together nicely to assist Charlotte's encounter with colic, an episode that lasted a good month from when she was about three weeks old.

Religiously, from 3 PM until 5 PM each day, we would tap her gently for pain and for anxiety while rocking her to the songs of the 'Beatles for Sale' album.

Things went quite smoothly for some time but as Murphy's Law would have it, just as you are starting to get comfortable, something hits you from out of the blue.

When she was about eleven months old, Charlotte picked up a 'playgroup cold' that left her listless and disinterested in food. Her spirits though were still able to be lifted with a funny face or game of peek-a-boo and the doctor didn't think it was too serious.

The cold turned really nasty however and landed our little bundle in the Princess Margaret Hospital for Children for a week over her first Birthday with a lump the size of a golf ball on the right side of her neck. No-one was able to tell us what was wrong: the doctors waxed and waned between TB and a staphylococcal infection, the latter of which it turned out to be.

Charlotte's daddy took her in for her ultrasound and dutifully tapped her for



- Continued from previous page

trauma, much to the astonishment and disbelief of the nursing staff. I lived the week by our brave baby's side, sleeping in a recliner chair next to her cot, untangling the tubes of the antibiotic drip each time she moved and gently tapping her and me for trauma and anxiety.

Thankfully she has a strong constitution (like her mother!) and though the doctors wanted to operate to remove the lump as well as part of the lymph gland, we kept tapping - PR for rapid healing - and using castor oil poltuses to drain the wound.

When we finally returned for the surgeon's verdict he was as pleased as us to see that Charlotte's body was fixing itself sufficiently to avoid the knife. Phew!

Our dalliance with the "terrible two's" lasted all of about a week and a half as it took Christopher and I that amount of time to successfully teach Charlotte how to use the anger algorithm. For the times when her mind, working quicker than body and or speech left her frustrated and annoyed, this one came in particularly handy.

At 3, after lots of hours watching mummy 'tapping people over the phone' and using TFT for every day life situations, Charlotte is now quite adept at the technique, offering to tap other little kiddies hands when they have a fall, encouraging me to do the collarbone breathing when I get a bit stressed and though I have written here of only a sample of the experiences of our lives since Charlotte's birth, I can't help but be so thankful to be able to have given our daughter such a life gift as TFT.

TFT has so far helped our Charlotte to become a happy, confident, healthy human being, comfortable in her own skin and I'm sure she will have no end of use for this marvelous technique, throughout her childhood and indeed her adult life.

## The Therapist: A PERSONAL VIEW By DORIS KEATING, TFT-DX

**A good therapist shows interest, creates rapport ... and allows clients to feel free in expressing themselves without prejudice.**

The word "therapist" is a noun and denotes somebody trained in methods of treatment and rehabilitation other than the use of drugs or surgery. (Longmans dictionary.)

What is it that makes any of us want to become a Therapist in the first place?

- Do we think we can do this better than anyone else?
- Do we think that we can change the world and make it a better place by changing all the people in it?
- Do we think it is "easy money?"
- Do we have a secret wish to discover a "new" therapy?
- Do we want to help people?

Truly, there may be NO common denominator. We have come to the business of "people helping" from many and varied backgrounds and we have arrived here by hundreds of different routes. And that fact alone is a real blessing because each of us has gathered a highly specialized and totally unique set of life experiences from which to draw while traversing our journey through life. Each life and each person encounters a DIFFERENT set of life experiences because each person and life is unique unto itself.

I realized long ago that even though each life and set of experiences is different, the *insight* and *wisdom* each successive experience gives us builds for us an internal reference system from which we can draw when helping on of our clients. Our past experiences teach us not only about the past particular experience, but also teach us valuable life principles that we are able to draw from and bring to our practices.

When I have a first meeting with a client, I am always amazed at how they found their way to my door and the experiences they encountered along the road the led to my door.

Often, I've found that they have been to every other possible ".....ist" (fill in the blank: therapist; psychologist; allergist; acupuncturist, etc. You get the idea, I know) before they got to me. For those, I am the practitioner of last resort. They would never have found their way to me unless they HAD been to everyone else without any treatment success.

Others have been referred to me by past clients or other therapists. Some have found me through the Yellow Pages, and others came to me as a result of the internet.

When clients start to tell me their reasons for wanting to see me they tend to start slowly and build up into a rapid flow of all the problems that they have kept inside - sometimes for years.

As their thoughts begin to flow they sometimes become mixed with anger, hurt, heartache, disappointment, the feeling of being let down, and many more emotions. Invariably, they ask me, "What can you do for me? I expect you think I am silly? They are such silly things."

My usual response is, "It's not 'what can I do for you?' Rather, it is, 'What can you do for yourself? And remember that nothing is silly or trivial. If it effects you and how you encounter your life, it is VERY important.'"

As therapists, we cannot help our clients if they don't want or won't allow us to do so. We can, therefore, only offer them our best.

Consistently offering your personal best first displays itself in the way we go about eliciting what it is our client needs and wants. Whatever the problem, our effectiveness depends upon being successful at building *rapport* with the client. Rapport is the first step in the process of determining how best to help any individual.

Building rapport is extremely important because it is the foundation

- Continued on next page

### MOVING?

#### CHANGING E-MAIL ADDRESSES?

Please remember to keep your contact information current with the ATFT office! A potential client may be looking for you! Call ATFT Customer Service at: (760) 512-0855 or (866) 396-1365 (TOLL-FREE) or e-mail: [custsvc@atft.org](mailto:custsvc@atft.org) with your new information. Stay in touch!



**The THERAPIST***- Continued from Previous page*

upon which rests ALL of your remaining interactions with this person, your client. It can, however, be a very time intensive process.

And, it does not matter how much time your rapport building takes, it is essential. The reason is simple. Without rapport there can be no building of trust, without trust the client will not participate with you fully, and unless they participate in their own wellness process there can be no significant or tangible result. You have wasted their time and your time and to top it off you have created a disappointing experience for them.

When we were at school we all had our favourite teachers. When we were in their class we learnt more than the classes with the least likable teachers.

Why was that?

I would suggest that rapport is on the same wavelength and having respect for each other. When we went for the end of term meeting, somehow sitting in front of our favourite teachers felt good because you knew they weren't going to give you a dressing down in front of your parents. Instead, they would treat you as an equal and show an interest in you as an individual.

Generally speaking, the least liked teacher was abrupt, negative about your future possibilities and bored with the whole parents evening.. Your favourite teacher was one who had the skills and spent the time it took to build a sense of interested and respectful attention between the two of you. Being a therapist is akin to being a favourite teacher.

Once rapport is established, it allows your client to feel free to express themselves without prejudice. Rapport make it possible for the best teachers get the most out of their students just as it help the best therapist gets the most out of their clients.

There is a strategy taught in some types of counseling coursework in which the therapist 'mirror images' your client in order to build rapport. They duplicate the client's posture, movements, and reactions. But your particular strategy really doesn't matter. What matters is that you get

your sense of rapport established with your client.

TFT, even with its rapid speed and simplicity, still requires us to build rapport. Not all TFTers have clients in the office and in-person. Those who do Voice Technology®, VT, do their work with clients by telephone. And even in that case, it is necessary to establish rapport. Most VTers I have known do so through their voices over the phone.

How many times have you received a "cold call" from a storm window or home improvement salesman? Most people stop listening before the salesman can gleefully deliver his opening line, "Hi. My names Nick from East West Double glazing and we are in your area this week ...."

He has lost you already. His voice is droning on. And, because there is no rapport you are about to end the contact because this is a one-sided conversation.

What will happen now? Most people simply hang up, but others tell him they are busy or say that they do not want what he has to sell. Some salesman must not be very bright. If they were, they would take a lesson from your hang-up reaction or to what you are saying and offer to phone back at a later date or *accept you do not want any.*

One of the things always stressed at trainings is the fact they you must always work within your capabilities. How true. I take it to mean that you use common sense and developed skills to help your client achieve their full potential. The most important lesson I learnt in my training is to *listen to your client.*

Your client deserves the best - - your personal best. Is that what you deliver?

**ATFT Has NEW  
Phone Numbers!**

**ATFT Offices:**

**(760) 512-0855**

**Toll-Free:**

**1 (866) 396-1365**

**Update Editor's Office:**

**(760) 898-5838**

# This Issue's Featured SUCCESS Story

By

**Stein Lund Halvorsen, TFT-VT &  
Annette Forsdal Halvorsen, TFT-VT**

## Our story starts early in 2001.

It was a very difficult time for us. Our 10 years old daughter was having trouble in school. She was riddled with anxiety on a daily basis.

It started with pain in her stomach. She would start blinking her eyes uncontrollably. She complained of feeling insecure and dizzy.

One day she experienced a full-fledged panic attack. Her problem really escalated after that. From that day forward, she couldn't be more than six feet away from us. Day and night, home and away she never left our side.

Help was not on the way, it seemed. No one had a solution except for the medical doctors who wanted to try medication. Medication was something we didn't like. We considered it and refused the idea.

After six agonizing months of trying everything we could think of, we read about Thought Field Therapy® in a magazine. But, like the mates to your socks, the magazine disappeared into the mysterious void and we "forgot" all about it. Out of sight - out of mind, so they say.

Three month later, we were visiting Annette's grandmother in the hospital. She had broken her leg. On the table in her room were several old magazines. And, can you guess which one was laying

*- Continued on Page 30*





Dear ATFT:

As Roger had said many times, its not the clients you help so easily, its the ones that are so difficult or impossible where you learn the most.

Several weeks ago, I worked with a New Yorker who was suffering from anxiety, sleeplessness, lethargy, and inability to concentrate; so much so that she has been on disability for over seven months.

I started with basic algorithms and moved to Dx. Nothing worked. No clearing protocols, PR reversals, no testing, no water, nothing lowered her SUD.

As she was sincerely motivated to find some relief, I felt it would be wrong to give up. In the course of some questioning of her background. I found that she lived about six blocks from Ground Zero, worked with relief efforts since the beginning until about seven months ago when she had to go on disability. Her apartment was right in the path of the downwind aftermath of 9/11. However, this was not her first exposure to severe toxicity.

Seven years ago, she and 42 other office workers had to leave their jobs because of "sick office syndrome". Of course she never found out what was causing the disruption in her energy systems.

As a result of our session, she now has a direction in to pursue major cleansing of petrochemicals, and other fallout materials from both incidents.

It became so clear to me that in our daily TFT work we avail ourselves to clients who are not so severely damaged by environmental toxins that nothing seems to work. If this happens to you look for massive toxin exposure.

**Gary Rosenthal LMT, TFT-Dx, MC**

Dear ATFT:

As a medical doctor in the UK, TFT has been a wonderfully amazing discovery for me since May 2006.

What is so good is that it works in a relatively short time - and the relief is often surprising.

I have tried the pain algorithm on various people with chronic pain and it seems to work in about 80%. Conditions it has helped range from simple headaches to injuries, chronic lower back pain, repetitive strain injury, and frozen shoulder.

Also, it is brilliant at helping people with all sorts of fears and phobias. My best result has been with a middle aged man with a life long phobia of having an injection, as well as passing out at the sight of blood. He has been cured in one session using Dx, and he could not believe how different he felt afterwards. It has been two months now since his treatment and he has not regressed.

Other very good results have been with people with grief and past traumas. It helps people let go and move on easily. Also negative emotions like anger are easy to defuse, and you can see the relief as people smile.

Certainly, of all the things I have learnt, there is little doubt that TFT for me is one of my favourite tools in relieving suffering. The more you practice it the more the wonder.

So my sincere gratitude to Dr. Roger Callahan for its discovery, and the whole ATFT for helping to promote it here in the UK.

Thanks to you all, and may more people benefit from TFT.

**- Dr. Dipa Modi**

Dear ATFT:

Here is a small contribution for you to consider for your UPDATE.

I help my 8 year old grandson who is dyslexic with reading, spelling etc. I have treated him for PR and for anxiety as we have worked. He also has a phobic problem concerning separation from his mother under some circumstances. For example, he wasn't able to remain for a "sleep-over" at his cousin's because of the problem.

After that incident, I taught him the algorithm for a phobia and anxiety.

We had to use it when my husband and I were taking him on a five-day trip. Then this morning, his mother left him in the van with two younger siblings while

she made a very quick trip into the store.

He panicked, but when she came back, he was fine, and he told her "I had to do some tapping, Mama". Thanks to Roger, and Callahan Techniques®!

**- Louise Lee, TFT-Dx**

## SELF-TREATING MIGRAINES

I was teaching one of my piano students when I began to experience the all too familiar zig-zag eye distortion and nausea which can put one out of action for hours.

My options were to stop her in full flow, give her a quick lesson in muscle testing, or do what I had done on previous occasions and treat it myself.

I never know what IET causes this, so decided to treat "the ziz-zag lights" with that wonderful "Seven-Second Treatment".

Being quite intuitive to my needs, I have always managed to choose the correct "inhale or" exhale" but I am by no means suggesting that this is right. (*TAKE FULL RESPONSIBILITY FOR GETTING IT WRONG, AND WOULD NOT DREAM OF DOING THIS WITHOUT DIAGNOSING FOR ANYONE ELSE!*)

I moved my chair slightly, so that I was out of her peripheral vision, and began to treat on inhale. I thought this a little odd; as all previous ones had been on exhale.

In the past, the lights and nausea have disappeared almost before the treatment is completed, but on this occasion my antenna must have been picking up the wrong signals as the symptoms became considerably worse.

Luckily for me, my student had some difficulty keeping up her already manic speed allowing me time to repeat the treatment on "exhale". Upon reaching the glorious finale, my symptoms had started to subside. However, instead of being INSTANTANEOUS, it took almost FIVE long minutes before I was back to my former self with my student being none the wiser of my escapades.

The point of this information is only to suggest that it is obviously possible to treat "the symptoms" of a migraine and achieve positive results, without knowing the offending IET.

Once again a BIG "THANK YOU!" to ROGER for giving us this **INCREDIBLE TREATMENT!**

**Elizabeth Bourne, TFT-Dx**





ATFT

# Leaders

This is a new, recurring feature of ATFT Update in which we recognize those TFT practitioners, teachers and enthusiasts who have distinguished themselves through achievement, service or merit. If you know of a TFTer who deserves recognition, please send your nomination and a brief statement as to why you feel your candidate should be recognized to: ATFT Superstars, ATFT Update, PO Box 1277, La Quinta, CA 92247

Dr. Caroline E. Sakai is a clinical psychologist and social worker. She was the chief psychologist at Kaiser Behavioral Health Services in Hawaii for 31 years, and authored a study of clinical applications of TFT. The article was published in the Journal of Clinical Psychology in October 2001. She is currently in full-time private practice in Honolulu, HI.

*Caroline has participated in three trauma relief missions in New Orleans, and co-instructed the Thought Field Therapy Algorithm Trainings there with Suzanne Connolly. She also led the clinical and research team in Rwanda where trauma relief and other TFT work was provided for 400 orphans, including 174 genocide survivors.*

She has presented on Thought Field Therapy clinical applications at the First Annual Meeting of the Association of Thought Field Therapy in 2002, at the 17<sup>th</sup> World Congress on Psychosomatic Medicine in 2003, and at the 7<sup>th</sup> Annual International Energy Psychology Conference in 2005.

*(PHOTO INSET: Dr. Sakai attending a meeting during Africa deployment to Rwanda)*



We WELCOME Chris Milbank, TFT-VT, as ATFT's new President! We are recognizing him here not only for the ATFT Presidency, but also for his enormous enthusiasm and his ability to think creatively. His "outside the box" thinking has resulted in many advances for ATFT in the past year during his term Vice-President. We are sure that, under his leadership, ATFT will flourish and grow like never before and recognition of TFT will continue to grow stronger and stronger in the public consciousness.

Chris is a highly skilled and proficient TFT practitioner. He has traveled the world, learning with some of the biggest names in holistic health and healing. He now helps his clients from all over the world with their emotional health problems on a one-on-one basis and over the telephone with his skills in TFT-VT. Chris is also an important part of the ATFT Foundation's missions to help people in Africa.

*(PHOTO INSET: Chris presenting at the 2006 ATFT Mini-Conference in England)*

Meet Jenny Edwards, PhD, ATFT's first **TRAINER'S TRAINING INSTRUCTOR**.

*(Read more about the TRAINER'S TRAINING on later pages.)* Jenny is highlighted and recognized here not only for her appointment to the post in which she will be training Algorithm Trainers in the newest teaching techniques for algorithm trainings. She is recognized here for many other reasons as well.

Her intellect, tireless work and cheerful attitude are what sets her apart. She travels the world teaching Algorithm Level TFT, often in parts of the world where the people are among the poorest and disadvantaged. She has taught TFT in 10 countries and is responsible for training more people in Algorithm Level TFT than practically any other TFT instructor.

Jenny is a superb trainer. She has a background in Education, speaks five languages and is well-known for her energetic and highly effective presentation and training techniques. Lately, she has directed her intellect and efforts to editing and revising the TFT Algorithm instruction manual, making it more user friendly and adding art and icons that relate to a powerpoint presentation that she created which is available to Algorithm instructors through ATFT.





# Creativity and Hard Work Pay Off! ATFT FOUNDATION Fundraising Event in U.K. Is a BIG SUCCESS!

Photo ABOVE RIGHT:  
Ildiko Scurr with  
planning committee  
for TAP YOUR  
TROUBLES AWAY!



Photo BELOW RIGHT:  
Ildiko Scurr with  
Sophie Williams -  
recovered from a  
severe insect phobia.



----- Original Message -----  
From: Doris Keating  
Sent: Monday, October 30, 2006 10:09 AM  
Subject: Ildiko Scurr SPECIAL EVENT  
- Tap Your Troubles Away with TFT

To: Joanne Callahan and Everyone at ATFT:

I had the pleasure of attending Ildiko Scurr's open day on October 22nd in Bournemouth. "Tap Your Troubles Away with TFT"

She worked very hard putting the day together and she was nervous in the morning - this soon passed. Her efforts were rewarded by a well organised mix of speakers, demonstrations and plenty of opportunity for the public to experience TFT, diagnostics, voltmeter and HRV sessions. One man who had a problem speaking in public and was not able to even ask a question in a meeting, asked a question at the end of the talks. He was very pleased he attended the open day.

There were many Practitioners there and please forgive me if I don't name them all. Charles Stone showed DVD's and spoke, Jo Cooper and Ann Schneider Cullen both spoke of their experiences in Kosovo and New Orleans respectively. Jo also spoke about TFT with animals.

There were also other Practitioners there to talk to and work with the Public. Among them was Donna Bond, Ann Smith, Dee Hartley, Ly Chee Chow-Ryves and Rosemary Wiseman.. Lawrence Wiseman videoed some of the talks. Gareth Meadows, Donna's fiancé, was also on hand to help.

Ildiko was supported by family and friends and I know everyone enjoyed themselves. Arrangements were made for local journalists to attend and they appeared to be taking a very keen interest in the work carried out.

WELL DONE! to Ildiko. She has given us all something higher to aim for and I hope that we can achieve the success she has.

ATFT diagnostic level member, Ildiko Scurr, had an idea. As it turned out, it was a marvelous idea!  
Her idea was to create an event, open to the public, in which she could not only introduce TFT to those who had never heard of it, but also to generate much needed funds for the ATFT Foundation and its good works around the world.  
"Tap Your Troubles Away," was the product of her active imagination. She enlisted the help of many friends - also TFTers - to help with this project. Together they created an event that generated over \$500 and, at the same time, brought the message and miracle of TFT to many.  
Ildiko, you and those who worked with you on this project have our heartfelt congratulations and thanks! Your example shines brightly and you have set a great standard for us to follow!  
If you have an idea for an event, we'd like to hear about it! Write it down and e-mail it to Joanne Callahan, President of the ATFT Foundation. Her e-mail address is: joanne@tfttr.com.

From: "Ildiko Scurr" <ildikotft@hotmail.com>  
To: "David Hanson" <david@tfttr.com>  
Subject: TAP YOUR TROUBLES AWAY  
Date: Tue, 31 Oct 2006 13:30:45 +0000

Hi David,

Thanks! I appreciated your kind complements! We all had a lot of fun. I am sending you a photo of me with Sophie; her T-shirt reads "I tapped and zapped my fear of.....(spiders) with TFT." Also present were Doris Keating, Jo Cooper and Ann Schneider-Cullen but all arrived later in the day, unfortunately I have no photos of Ann.

We raised \$523 (£280)!!!

We had a local journalist there practically all day! She tried out everything on offer including HRV, IET testing, the voltmeter picked up lots of info and sat in on at least 2 of the talks. She will be doing an article on Sophie Williams who I treated for practically total insect phobia in February, she will be taking her to a petshop and getting her to hold a tarantula. Several phobias and anxieties were treated on the day including spiders, rats, fear of asking a question in public. That particular gentleman went on to prove the treatment had worked by asking questions during the talk later on. We had 3 speakers, Charles Stone gave an introduction to TFT, Jo Cooper talked about her experiences in Kosovo and an extra talk about her work with animals and Ann Schneider-Cullen gave an insight into the work done in New Orleans. All were very good and generated a lot of interest.

I noticed that people did not rush off, but stayed around for several hours talking to the practitioners and each other. There were several NLP practitioners who came, a nurse who was treated for nailbiting and many expressed an interest in training, the information being provided by Charles Stone. All the practitioners who kindly gave their time worked hard and helped to make the day a true success. And most of us went out for a great meal at the end of the day, definitely well deserved!

If I have left anything out that you need info on just let me know.

Best wishes,  
Ildiko

## FROM THE EDITOR

Dear Ildiko,  
On behalf of our readers and all the members of ATFT, I would like to express my thanks to you and all those who helped make this event such a smashing success. As Editor of this magazine and a former member of the Board of Directors, it has been my pleasure to watch your growth in TFT. Your boundless enthusiasm and endless creativity are traits to be admired! I know you have certainly earned my admiration and I hope to be associated with you for many years to come. Thank you, again for your wonderful support!

- David Hanson, DEH, TFT-Dx

Editor: ATFT Update Magazine  
Chairman: Membership and Publications Committee

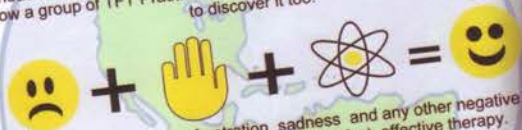


# ATFT's Sincerest Thanks and Appreciation go to Ildiko Scurr, TFT~Dx And her many friends and associates

## Tap Your Troubles Away with TFT

22nd October 2006 10am-4pm  
The Wessex Hotel, Bournemouth

Thousands of people all over the world already know the secret of TFT. Now a group of TFT Practitioners are offering you a unique opportunity to discover it too.



Tap away fear, anxiety, frustration, sadness and any other negative emotion with Dr. Roger Callahan's original fast, effective therapy.

TFT treatments HRV testing Talks Energy Toxins Books

Proceeds will help to fund ongoing Association of Thought Field Therapy Foundation projects in

New Orleans Rwanda Tanzania

where for many, trauma is already a distant memory.

come and help others by helping yourself.

eliminating trauma and helping the world to smile  
ATFT Foundation www.atft.org



Pictured Above: (left to right) Rosemary Wiseman, Lawrence Wiseman, Charles Stone, Lai Chee Choy-Reeves, Ildiko Scurr, Jo Hensman, Donna Bond, Gareth Meadows, Dee Hartley, Jo Williams, Sophie Williams, Richard Leyman, Ann Smith and Liz Pitcher. All TFT Practitioners except Gareth Meadows is Donna's partner who offered to help out, Jo and Sophie Williams - mother and daughter have both been treated with TFT.

Dear Ildiko,  
Well done! Your open day, I'm sure, was an inspiration to many. Thank you for your efforts to support the ATFT Foundation. I can only imagine the work you put into making this idea such a success. The idea was brilliant. Hopefully, it will catch on with some of the rest of us. I'm already thinking. ...  
- Suzanne Connolly, LCSW, LMFT

Wow - nice work Ildiko, and all those who assisted! Sounds like it was a terrific day and an inspiration too! Thanks so much!  
- Norma Gairdner, H.D., TFT-Dx Chair: Trauma Relief Committee - ATFT Foundation

### Photo LEFT:

Ildiko with planning committee for **TAP YOUR TROUBLES AWAY** work out the details.



### Photo Right:

A well-deserved meal after a successful event!



Association for Thought Field Therapy

From the desk of Chris Milbank, TFT-VT  
President, ATFT

Dear Friends in TFT,

On behalf of the ATFT Foundation Fund Raising Committee, of which Ildiko is a member, I want to congratulate Ildiko Scurr on her leadership and creativity in innovating the **TAP YOUR TROUBLES AWAY** fundraising event. I would also like to commend everyone who helped make this event a success through their participation and hard work. I am only sorry that I am away in Australia and missed it.

We now look forward to creating a template for future events of this kind to repeat it not only throughout the UK but also in different locations around the World.

Congratulations again.

Chris Milbank

Chris Milbank



### Photo ABOVE:

Greeter welcomes visitors to **TAP YOUR TROUBLES AWAY!**



## Anatomy of a Fundraiser

# TFT: On the Right Track

By Ildiko Scurr, TFT-Dx



Ildiko Scurr, TFT-Dx

### Editor's Note:

This article was written by Ildiko Scurr describing some of her thoughts while planning the event described on prior pages. Unfortunately, the article and our publication dates didn't jive and the event was produced before we could bring the article to publication. As you have already

### I love this part of the season.

I am especially fond of its mellow tranquility. Last weekend was beautiful. We have had a lot of rain and the grass and trees are still a vivid green and have not yet taken on their autumn colours. I was sitting with my husband and a big pile of the Sunday papers, looking forward to flicking through them for a relaxing hour.

I picked up the Sunday Times Magazine (which had an unpleasant portrait of Kofi Annan constructed from gun casings) and opened it at random. What I saw appalled me. There was a photo of a mass of slaughtered Tutsis strewn on the ground on Nyanza Hill in Rwanda 1994.

Twisted, decaying bodies and my heart felt deep pain at the sight. As the human mind has a great capacity to do so, I had forgotten the horror of what happened and that stark image brought

it back to me. As I was sitting in shock, my eye happened to fall on a stack of posters that I was going to hand out to people advertising the event "Tap Your Troubles Away with TFT" that I am organising in Bournemouth on 22nd October.

Instead of a sad image, I have chosen to show the photo of those beautiful smiling children in El Shaddai Orphanage, taken after their treatment by the volunteer TFT Practitioners who went out there last year. The powerful contrast of the two photos struck me deeply.

We know what has been achieved out there in Rwanda through the ATFT Foundation project but can we really appreciate the terror, horror and total trauma that those children must have gone through? Yet they have been given a wonderful gift of healing and their faces confirm it.

Last month we had our South West TFT Practitioners meeting and one of the topics discussed was the upcoming event which will be raising funds to support the projects in Rwanda, Tanzania and New Orleans.

All the members have offered to help and many will be giving 20 minute taster sessions of TFT to visitors. We will also be offering HRV testing, the chance to attend talks introducing TFT, the work of the ATFT Foundation and various other topics. This will be a real chance for people to find out a lot of information.

On 22nd October one of the things I am hoping to achieve is to get visitors to realise that trauma affects all of us. What affects others in a far off country echoes across the world. Words such as terrorism have become commonly used in the media and many people's minds turn to uneasy thoughts whenever they listen to the news or open a newspaper.

Fear inhibits and anxiety stunts growth. I know of one person who moved to London from Bournemouth and only managed to stay for a month because she was terrified that a bomb would go off on the underground. I would like to demonstrate to our visitors that they can be free of this everyday distress, that if miracles are being achieved in places where real horror has taken place, then they too can be helped.

As for the magazine, I put it out for recycling, because it represents the past and I have a great hope that as TFT Practitioners, we can help to change the future.



ATFT Board of Directors announces ...

# Jenny Edwards, PhD

Accepts Post as

**ATFT's FIRST "TRAINERS TRAINING" INSTRUCTOR**

... and announces the release of newly revised **ALGORITHM MANUAL**

**Note:**

When the ATFT Board of Directors wanted to start a course for Algorithm Trainers, they went straight to Jenny Edwards!

*Their reasoning was simple and flawless.*

She was the best person for the job... *hands down*.

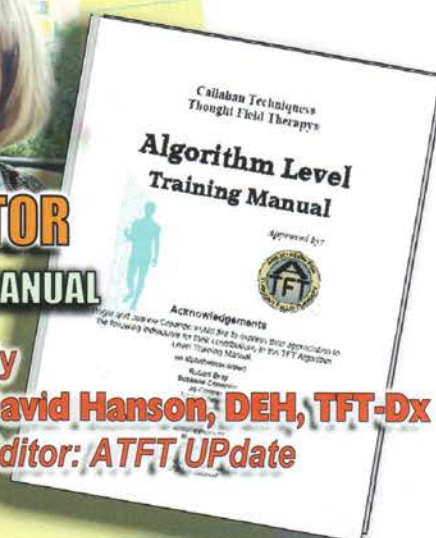
Jenny knows TFT. She is a TFT VT (Voice Technology®) practitioner, holds a PhD in education, and speaks five languages. As a Algorithm Instructor, she has traveled widely and taught TFT in ten countries -- *sometimes to the poorest and most under served populations where TFT is needed most* -- and is responsible for training more people in TFT than practically any other trainer. Her personal teaching style is fun and animated with loads of well thought out strategies that have proved very successful in helping people learn to use the algorithms quickly and well. She has won the accolades and admiration of practically anyone that has ever watched her teach a class. That's quite a set of qualifications!

And, when the ALGORITHM MANUAL (used by the trainers in the ALGO classes) needed the services of an editor, it was Jenny who stepped up to offer her services - lending her considerable acumen as a professional educator, TFT expert, and highly experienced Algorithm instructor to the task. After her work, which even included rewriting large segments of it to increase its clarity, the new manual is:

- **Clearly written and very readable**
- **Easy to use by both the instructors and the class participants**
- **There is even a colorful KID'S CHART** for helping you determine the SUD when treating children, and **many more innovations and refinements that enhance learning and increase retention.**
- And, the finished product is even illustrated with **colorful art and special icons that are keyed to a Powerpoint presentation that instructors can obtain from ATFT.**



By  
**David Hanson, DEH, TFT-Dx**  
Editor: **ATFT Update**



So when it came time to find someone to help our Algorithm instructors with new and effective ways to help Algorithm students to learn the material more quickly and completely, the Board decided that Jenny Edwards was the best candidate to start this level of training for ATFT.

Algorithm instructors will enjoy this course because it will give them fun and effective strategies for communicating the information in ways that their students will retain it. It is no secret that Jenny's algorithm graduates are among the best trained by practically anyone. The training even contains hints, tips and strategies for the production and marketing of the training workshops to help instructors glean greater profits from their hard work.

Jenny is quick to point out that the Algorithm Trainer's Training was not created to force everyone into one mode or style of instruction, but rather to help each instructor hone his or her own skills and sharpen their own personal instruction style, so that they deliver to their students the best instruction they can offer.

The first Trainer Training will be offered in **Denver, Colorado on May 5-6, 2007**. Another Trainer Training will be offered as a **Pre-conference Training in Boston on October 17-18, 2007** (which will be convenient for our European members) **with other trainings scheduled in other countries throughout the following year.**

The **TRAINER'S TRAINING** is a new and added benefit to those who have completed their Callahan Techniques® STEP C and have chosen to affiliate themselves with ATFT.

Joanne Callahan, ATFT Treasurer and Board Member explains, "From the feedback received after Jenny's brief presentation on 'How to Give a Algorithm Training' that she gave during our last Conference in San Diego, we know that the presentation skills and teaching strategies that participants will learn from Jenny are a wonderful addition to anyone's skills as an instructor in **any subject area**. Clearly, our instructors will enjoy and value this training."



I would want to share an experience with you that was not only personally enriching for me, but also taught me a thing or two and reinforced other things I have already learned, but forgotten.

If you are a practitioner and responsible for your own income, as I am, I hope what I am about to share gets you thinking as it did for me.

Having a successful practice (or better yet - *starting* a successful practice) demands that you do some planning and market research. Simply, you want to be selling what the customers (*clients*) in your area of service will *need, want* and *buy*. You could be the world's BEST therapist, but if the folks in your service area aren't buying the service you are selling, you can quickly starve to death.

As therapists and healing practitioners of all types, it seems easy for us to lose sight of the fact that *we are selling a service*. Sometimes, I am just as guilty of that shortsightedness as anyone else. Even in spite of the fact that I seem to be spending a sizable chunk of my time these days harping on sales-related issues.

Most of you know that I have left the office of Executive Administrator of the ATFT and returned to doing the things I do best. Those things are *marketing* and *helping people*.

When I left ATFT as an employee, I had to make some determinations and decisions. I had to determine WHAT I would be doing and HOW I would accomplish that thing, whatever it would end up being. I decided that I would stay in the Palm Springs area where it is sunny all year through (and NOT return to Washington State where it is cold and depressing, and gray most of the time) and I'd go back to doing TFT and healing work and maybe some ad work on the side.

The Palm Springs area is a mecca for the retired. The population is composed heavily of the more well-to-do retired (some of whom only live here during the winter and leave when the summer heat sets in) and there is also has a heavily disproportionate composite of gay folks who, statisticians will tell you, have a much higher quotient of disposable income than their non-gay counterparts. This is mostly due to the fact that they are, as a group, well educated, hold good jobs that pay them well, and they don't have the kids and family spending obligations that really gobble up paychecks. That's why they have such healthy disposable incomes.

So, both groups that predominate in the local population here are affluent. They have one more interesting (and for the purposes of this article, important) trait in common, as well. That is, both groups have pets that they love with all their hearts. The older folks often take on the responsibility of a pet because they are empty-nesters. The dog or cat is often a surrogate for the children they no longer have at home. And gay people, although they will not be procreating, seem still to have the instinct to parent and take on the responsibility of a pet to fill that void. (I've got two Pekingese dogs that I even call, "My kids.")

# Some Thoughts on NICHE MARKETING

Your Beloved Dog  
was lots more than  
"just an animal ..."



Helpful advice on dealing with the  
**Loss of  
Your Friend**

**Dr. David W. Pearson**  
Serving the greater Palm Springs area  
Offering "M" "J" "K" "L" "P" "R" "S" "T" "U" "V" "W" "X" "Y" "Z"  
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Pesul  
pid  
fre  
Drug-free Help  
Emotional Pain  
Online Friend.  
556-5838

"Pet Loss"  
May Be A  
Productive Niche Market

Recently, I became acutely aware of the role that my dogs play in my life through a curious turn of events that had me helping people. (Again, one of the two things I am best at.) But to get to that part of the story I need to take a step back and give you some background information that will make the rest of this article a little easier to understand.

As some of you know, much earlier in my life, I was an actor, singer and ventriloquist and worked professionally in show business - both on stage as well as on radio and TV. I still keep my finger in it because it is so much fun! Simply, I enjoy it. And, to satisfy my inner need to be a "show-off," I will periodically perform in local venues - both as a singer and as a ventriloquist



with Maude, my dummy friend. (Maude -- her last name is *Mildew* -- hates the word "dummy"! Instead, she prefers "Mannequin American". It's more politically correct, says she.)

One evening, a few months back, I walked into one of the establishments where I sing and the man who plays piano for me was having emotional problems. I could tell from looking at this face that he was not just in emotional pain. He was having a very dark night for his spirit. His usually cheerful countenance was gone. It was easy to see that his heart was breaking. I was very concerned because this is a person of whom I am very fond.

I took him outside the establishment, to a private patio, to see if the problem was something that I (or TFT and I) could do something about. Tearfully, he explained that earlier in the day, he and his partner of twenty-some-odd years had to have their ailing pet dog, Phoebe, euthanized. She was too old, too sick, and in too much pain and they had to make the painful decision to have their vet bring an end to her life and her suffering. Most longtime pet "parents" have had to make that decision for themselves. I have made it more than once and I can tell you it is truly agonizing.

He was what I have so often heard called, a "basket case," beside himself with the grief of losing his "baby" and brimming over with feelings of guilt resulting from his signing the order to legally authorize the vet to, as he put it, "kill my friend." (Oddly, I have heard that same identical phrase many times since.)

I put my arms around him and held him as he quietly sobbed on my shoulder.

Then I asked him quietly, "Do you know that you did the right thing?"

"Yes," he answered quietly between convulsive sobs. I continued, "Then, if you know that you did the right thing, the feelings you are having right now aren't completely rational - **but they ARE human.** And, maybe, there is something that I can do here with you that might help you feel a bit better. Are you willing to try?"

He pulled away from me, wiped his eyes and said, "I hate feeling like this. Go ahead and do whatever it is that you

do. I can't go on [perform] tonight like this. I'm a mess!" That was the agreement I was waiting for.

Before the move to sunny California, I had worked for many years in the funeral business as a counselor and had used TFT often with the families who sought our help. But I had never worked with someone over the loss of a pet. This would be the first time. I put on my best external sense of confidence while inside myself I was crossing my fingers and hoping that TFT would work the same way for pet loss as it worked for the loss of a human.

Asking for his SUD seemed pointless since it was obvious from the tears that a 10 wouldn't begin to touch it. So I mentioned that we were going to rate this feelings on a scale of 10 with 10 being the worst. He shook his head in acknowledgement that he was at least a 10. So I tried the algorithm for grief and loss.

It didn't work.

When he reported to me that his SUD

**He said, "You're the only person I know of that I'd feel okay asking for help with being torn up over losing a pet. I'd feel funny calling someone out of the phone book. I'm afraid they'd think I was nuts."**

had not changed, he looked worse than before. I didn't let it rattle me. Calmly, I explained that the first trial was a test that told me what I needed to know about how I had to treat him. Then I immediately began to diagnose the correct sequence, found it, applied it, and suddenly, he started to feel better. I

could tell because of the look on his face -- particularly around his eyes. His posture corrected and he seemed to start regaining his emotional vitality.

I could not get his SUD to go completely to a ONE or ZERO. It didn't bother me because I knew from my many years in the funeral business that a bereaved person will often apex and not report their true feelings about the SUD measurement. I have come to think that this happens because they somehow equate or confuse losing their feelings of grief with having a lack of respect or love for the life that has just exited theirs. I got the SUD to a 3, and it would go no further. However, he reported that he felt better and that he thought he would be able to perform that evening. "I think I'll be able to go on tonight. Thank you," he said. He wiped his eyes again, sniffed, and straightened his clothing.

I was there the rest of the evening and his performance, although not stellar, was fine.

A week or so later, I got an e-mail from him telling me that he had a friend who had had a similar loss. His friend, a person with whom I was not familiar, had lost his dog to a heart attack and he was having problems. He wanted to know if I would be willing to help his friend.

I picked up the phone and called him to ask him about his e-mail. He explained a little more about how emotionally wrenching this loss was for his friend. And then he said something very curious that made me think. He said, "You're the only person I know of that I'd feel okay asking for help with being torn up over losing a pet. I'd feel funny calling someone out of the phone book. I'm afraid they'd think I was nuts."

*Right then and there, because of his last statement about **fearing rejection because he was grieving for a pet as he would expect to grieve for a human**, I had what Oprah calls a "light bulb moment."*

A "**light bulb moment**" is an epiphanous realization that comes to you suddenly and always when you need clarity. It feels like you are being divinely led to a deep, serious and profoundly personal understanding of



something that you had never really considered before.

I reasoned, if he was reticent to call a therapist from the telephone directory and ask for help for **PET** loss, he probably wasn't the only one who felt that way.

I saw his friend and TFT did the trick in short order. His friend was similarly thankful. I kept rolling the idea of specializing in Pet Loss around in my head. How would I promote it? Was it even reasonable to follow this path? What if my reasoning was flawed and I went through all the trouble to gear up for that genre of business and then the market just wasn't there. What if it was just a fluke?

Then, two weeks after I saw my friend's friend, I got another referral call. This time it was the landlady of of the friend's friend who had her cat pass away in its sleep. She was in tears as she described how she found her friend of so many years and the panic that overtook her when she realized the cat was gone.

I had never had such an unbroken thread of clients referred from a single source. I determine that Pet Loss was the course I would pursue. I created the brochure you saw on the title page to this article and ran off a handful, put myself in the car with the brochures in hand and stopped at the animal hospital down the street. The Vet was in the lobby. I introduced myself and explained the reason for my visit and handed him a brochure. He looked thoughtful for a moment, then said, "Can I have these?" as he took the rest of the brochures from my hand. "I'm so glad that someone is doing this here. I'm a vet. I deal with animals. I confess that I am not very good with the people sometimes. This will be a great resource. Thanks for coming in. Oh, and by the way, would you come HERE to do it. I'll give you an exam room to see the person in, if you want." Boy! An enthusiastic referral source and free practice space. What a deal! I was met with similar enthusiasm every time I have shown the brochure to people who routinely work with or for pet owners.

The interesting thing is that I have actually gotten clients from the small run of brochures I got out into the public. They have come from the vet I visited

and one here and there from the two pet food stores and the groomer I sat next to at the counter at Denny's who wanted some of the flyers. I know this has been a long-winded introduction to get to the subject of **Niche Marketing**, but I needed to illustrate first that there are opportunities right here and right now to gather clients to your respective practices that many - if not most - of those in the mainstream just don't recognize or seize.

For us, **Niche Marketing** simply means looking for opportunities to access those potential clients that have need for your services but are not being served by anyone else. Finding the tiny segment of folks that have a need that no one else is filling.

**But keep in mind that there is no magic to finding clients through networking and referrals. No magic, just hard work.**

These groups are often called, "hidden markets" because their unconventional needs or lack of willingness to state their needs make them seem hidden. Admittedly, it takes a little work and time to find them.

In order to explore and prospect through these groups so that you can start to do effective networking, you need to use your imagination and begin to think creatively. Always foremost in your thoughts should be the question, "How could these people benefit from what I do? How could I be of service to them?"

Why don't more therapists and practitioners prospect for clients with more unconventional **-but real -** needs? There are many possible answers. Perhaps the answer that would turn up most often is that to find these unconventional clients, one must actually spend time and energy looking for them. My discoveries with regard to treating folks who have lost a pet sort of fell on me, I admit. But the learning I have achieved through investigating why this population is not commonly solicited has caused me to re-learn a valuable lesson about prospecting for

clients that I learned long ago but have long forgotten.

I learned it in another context but it applies here. Simply stated, it is this:

**WINNERS are those who are willing to do the things that LOSERS WON'T DO.**

With that in mind, I have made a personal resolution to immediately start making inroads into the pet owning population with my message. That means that I have to get the word out by taking ads in local pet owner newspapers, talking to the people at each dog and pet show I see coming to town, offer myself as a speaker to pet groups, and make an earnest effort to get my printed materials into the hands of the people who need it.

Discovering that there is little help available for pet loss issues has had a profound effect upon the direction I am taking professionally. It amazed me that I stumbled upon this information in the first place. It was the innocent comment of a friend I had helped that put the idea into my mind. Then, I found that there is at least a certain segment of people with pet loss issues that will access my help when they know it is available to them. Now, my actions need to be directed toward getting my message (the brochure I produced) out to as many referral sources (groomers, vets, pet food stores, etc.) as I can.

But keep in mind that there is no magic to finding clients through networking and referrals. No magic, just hard work.

In my mind, I can still hear Mr. Holt. Mr. Holt was the teacher of the first class in sales that I ever took. He was a tall, good natured man with a Texas drawl. I remember him saying over and over again that the cornerstone of all business is sales and the cornerstone of sales is to see lots and lots of people and tell your story often. Funny, isn't it, how the most basic information often serves us best? I intend to follow Mr. Holt's advice.

Those of you who know me, know that I am willing to share. If you are a "pet person" and are interested in helping other "pet people" in this way, contact me and let's see how we can help each other. If you'd like info on using the brochure I created, e-mail me.

**- David Hanson, DEH, TFT-Dx**





# Migraines

## Disappear

A CASE STUDY

By  
Christopher Semmens, TFT-Dx

**In October 2002, I saw a 45 year old woman named Angela. She had been referred to me in my capacity as clinical psychologist in a multidisciplinary pain centre.**

Migraines had started to be a significant interference in her life "for no apparent reason" in 1990.

Over the ensuing twelve years, she saw numerous doctors, specialists, a dentist and many alternative therapists. Her migraines were becoming more frequent and increasingly she was attending her regional hospital for pethidine and morphine injections.

Along the way, as she continued to consult a series of medical people (including neurologists and a gynaecologist), she fixated on finding a solution to the symptomatic problem. She was prescribed numerous medications without success. From the year 2000, she was taking three to four Imigran per week.

When Angela first saw me I asked her a series of questions that I put to everyone I see. *"Tell me about your life – in particular has there been any trauma in your life? Has there been any disruption in your life? Have you had*

*any losses in your life?"* and I ask a follow up question: *"Is there anything else that you think I ought to know?"*

Of all the people that she had consulted prior to seeing me, I was the first person to ask her about her life – at least the first to take a similar approach as Peter Falk's detective 'Colombo' and to not accept, "No, not really," as an answer without a more forensic examination of the person-body connection.

Over the years I have become used to people responding in this way. It is often, of course, the *sinequanon* of the psychosomatic process – a suppression or repression of painful issues.

I operate from an integrational model of person and body factors. The medical model primarily separates these entities placing little importance on any reciprocity between them.

I remain enamored with the Freudian notion of "organ language". The idea here is that we tend to push down and

suppress or repress uncomfortable and "difficult to deal with" issues. These then tend to reside in the sub-conscious allowing us to get on with our lives with achieving varying levels of success, happiness and fulfillment, especially if life is predictable, structured and risk free.

However, the suppressed/repressed issues can reflect themselves in various vulnerabilities that we may have at a bodily and/or emotional level. These vulnerabilities can relate to the skin, the respiratory system, the gastro-intestinal system and relate to a propensity to depression, anxiety or addictions. They can also be expressed in the form of headaches - including migraines.

My interpretation of the Freudian "organ language" it that the subconscious mind communicates with the person via the bodily/emotional vulnerability and in the Australian vernacular is saying: "We are going to continue to bother you like buggery until you deal with these issues."



*Continued from previous page*

Once the issues are dealt with the symptom has served its purpose and has no need to continue.

So, Angela initially responds to my probing into her "psycho-social history" with "No, not really". Well, what is Peter Falk's "Colombo" going to do with that?

He would comma, as I do, say something like "can you tell me a bit about your life anyway?"

Angela had emigrated from the UK. There had been issues that were significant in her parenting, particularly with regard to her relationship with her father. In 1990 – does that date ring a bell? – Her father announced to her that he was coming out to Australia.

Now – what would "Colombo" think about this? More importantly, what would a TFT therapist think about this?

We clearly have a candidate for a connection with the onset of the migraines and the accompanying organ language.


Not only that but we have, thanks to the genius of Dr. Roger Callahan, a way of intervening here with every expectation that a rapid and enduring alteration can occur in the relationship of Angela's body-person-subconscious mind balance thereby listening to the organ language and quelling the "buggery".

We talked in more detail about her relationship with her father and her emotional pain about the gap between her perception of the quality of the fathering that she got from him and the kind of fathering that she ideally would like to have had. The love pain algorithm successfully resolved the emotional pain about the gap, though of course the gap will not change.

This was the intervention that I saw as being most critical in the connection between Angela's life and her migraine symptoms. We dealt with a number of other niggles in her life as well. She was shown the physical pain and anxiety algorithms to do for herself at appropriate times.

One session was sufficient to make a massive, enduring difference to this lady's quality of life. Whenever she notices the beginnings of a migraine, she taps. Now only occasionally will she take an Imigren if she can't tap away the initial signs of a migraine.

# Look!



## ATFT's member benefits are **ABSOLUTELY GREAT!**

### All Classes of Membership:

- "ATFT Update" magazine Hardcopy and E-Zine
- "Success Handbook" A great practice tool to use with clients. Can even be imprinted with your personal contact information
- **Eligibility for LISTSERVE MEMBERSHIP:** Our e-mail listserve keeps our members aware and involved with ATFT news and happenings.
- **CLIENT PROMO AND INFORMATION MATERIALS:** You'll receive our full-color brochure, "What You Need to Know About Thought Field Therapy®" for use with your clients. Also can be imprinted with your personal information.
- **DISCOUNTS on ATFT CONFERENCE & PRODUCTS**
- **RIGHT TO USE THE ATFT LOGO IN YOUR ADS**
- **Certificate of Membership** - Suitable for framing
- Listing on our internet **MEMBERSHIP DIRECTORY**

### **Dx LEVEL:** (includes all listed above, PLUS):

- **CO-OPERATIVE ADVERTISING PROGRAMS** - Optional participation
- **ATFT FOUNDATION WORLD RELIEF PROJECTS** - Opportunity to participate and travel worldwide helping disaster and trauma victims with TFT
- **ATFT Website Listing w/ your personal website clickable link**

### **VT:** (including all listed above plus)

- **ATFT Website Listing w/ your PHOTO and PERSONAL BIO as well as a clickable link to your personal website.**

The Board of Directors is continually investigating ways in which ATFT can further benefit its members and invites suggestions from its members.

### Classes of Membership and Yearly Dues:

- VT Membership: \$175
- Dx Membership: \$125
- Algorithm Membership: \$75
- Associate (non-voting; no training required): \$75





## *Association for Thought Field Therapy* **Mission Statement**

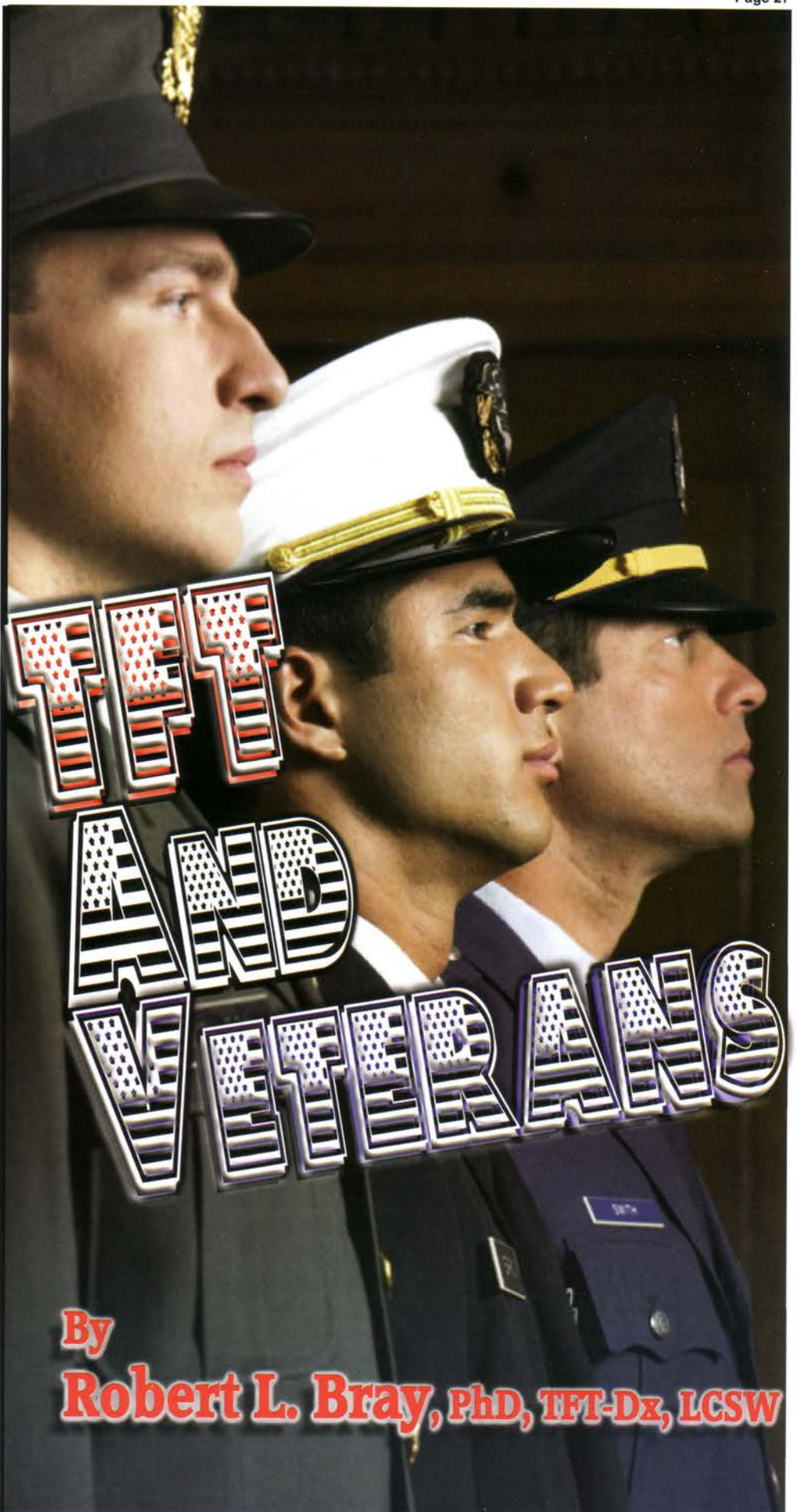
The Association for Thought Field Therapy (ATFT) is a nonprofit membership organization of Callahan Techniques®-trained Thought Field Therapy (TFT) professionals and associates, dedicated to improving health, well-being and performance by providing a forum for the strategic advancement of TFT, establishing standards of practice and education, developing support for TFT practitioners, promoting ethical research, and encouraging and offering community service and public education.

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**By**

**Robert L. Bray, PhD, TFT-Dx, LCSW**



# *The vast majority of those who make up the TFT community are healers and teachers of all sorts.*

*Few of us have lived the life of a warrior. Yet one of the greatest services we can offer to our community is to help heal the wounds of violence in all its forms. I hope that this article will help those of you who find yourselves needing to respond professionally to the needs of those who have experienced first-hand the worst of human activities – war.*

I am a man who has never been in a situation in which someone is intending me harm. I am a man who has never been faced with a decision to kill another. I am a man who knows right and wrong from the safety of a family who loved one another and protected children from all harm. I am a man who had found a way to live his choice to not be in the military. I am a man who has helped men who have killed while in military action. With TFT, we are able to help these men at the most fundamental level.

What I share with you here is what I have been taught by clients who have killed in war. I am honored by their trust in working with me and share this in appreciation for all I have learned from them.

I have tears as I think about them and about the horror of the killing for any reason. I have to tap to continue. The ***Complex Trauma with Anger and Guilt Algorithm*** allows me access to my

feelings and memories without being overwhelmed and I can continue.

## **Be clear about your stance as you approach this work.**

When I talk with young men about planning the course of their lives there is often a discussion of joining the military. The question that they must answer is “are you willing to kill or to die on command?”

The question is not just *will you kill or die for a cause or because you think it is right.*

The question is not just *what do you hold so dearly as to kill or die for.*

*Will you respond to a lawful order to act without hesitation?*

Unless your answer is an unequivocal yes, you will be a risk to yourself, to the man next to you, and to all the men and

start. Don’t confuse your position with your clients.

## **You are a helper—not a judge.**

No one knows for certain how anyone will respond or what they will do in a life and death moment until they are in that moment. Give up any moral judgments about decisions and actions others make. As a healer you get to pass moral judgments only on yourself. Even if you are a veteran –don’t confuse your situation with that of your clients.

As a therapist your role is to help - - not to judge your client. *Tap yourself* when your feelings are so uncomfortable you need to separate yourself from clients. Using some abstract concepts of right and wrong or any other way you make yourself different from the human

***“No one knows for certain how anyone will respond or what they will do in a life and death moment until they are in that moment.”***



women who depend on you for their lives.

Under what circumstances do you believe killing is acceptable? Know your own beliefs, values, and feelings about those who you kill before you

being sitting in front of you may help you with your feeling, but this will not help your client.

Listen to his request for assistance and make it your priority. Help your clients tap for ***grief, anger, rage, shame,***



*guilt*, or *pain* he may have experienced in the past as he felt judged by others.

## **Manage the intrusive symptoms FIRST.**

It is no secret that many veterans have trouble coping with negative memories of their past experiences. Turning to alcohol or drugs (or other high-risk and self-destructive behaviors) helps them avoid some of the overwhelming feelings but does not stop them. Most find ways to cope in time to save their lives, but many find that they have other problems to face in their relationships or at work.

As with all traumatic stress work, manage the intrusive thought, sounds, images, memories first. Help them with the issue they present first before looking for deeper issues. Occasionally, you may find there are no deeper issues for them.

Some may have to manage their feeling as they adapt and reconcile the experience. Remember that physical pain from injuries or wounds can drive the need to self-medicate. When the client learns to use TFT on their own, they are no longer controlled by their symptoms.

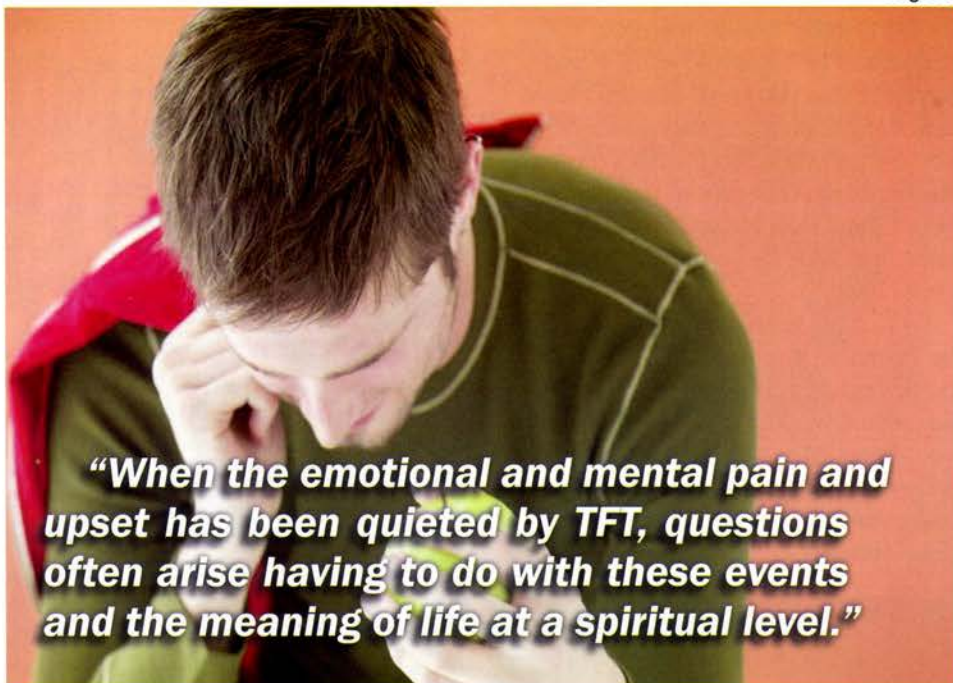
## **These men are part of a family and a community.**

Often when help is sought, it is for relief from the intrusive images and memories, the disturbed sleep, the hyper vigilance, and the over used coping mechanisms of avoidance of triggers in all forms of addictive behaviors.

However, the call for help often comes when a man has problems in relationships or work. His wife, child, boss, or coworkers may be more aware than the vet himself of how his attempts to adapt are hurting relationships.

Use TFT with the veteran to help eliminate the overwhelming feelings that arise from not being understood or accepted and get in the way of understanding and accepting others.

Use TFT with family and friends to help them deal with their overwhelming feelings. Helping a wife accept the reality of the man she loves - without



***“When the emotional and mental pain and upset has been quieted by TFT, questions often arise having to do with these events and the meaning of life at a spiritual level.”***

losing herself in vicarious traumatic stress or fear - can be the best medicine.

The problems presented to you may be related to the consequences of your client's action or inaction in combat or at home. Being able to talk to others and think things through is a necessary part of being in any relationship. TFT allows people to communicate and connect without their scary feelings stopping them.

## **Understanding and making sense of the killing.**

Military training is designed to prepare men and women to kill and to do so with a sense of purpose. They are trained to expect to be part of the carnage of war. Without this training the psychological casualties would be even greater.

Even so, after the symptoms have been managed and the relationships addressed some men may be faced with unresolved questions such as: *“Did I make an error in a judgment that killed an innocent victim, an ally, or friend?”* Or, *“Did I violate the rules of engagement or orders resulting in illegal or unjustified killing?”* And, *“Did I step over the moral line I had drawn for myself in who and how I killed?”*

For some veterans, finding answers to questions like these are a necessary

step toward integrating the combat experience into a life of joy, love, and health. If you are unfamiliar with these issues, be honest about your limits.

For example, a soldier may wonder about the child he shot and killed in a specific set of circumstances and is uncertain of his judgment in this action. He may also have lingering questions about whether or not he violated the rules of engagement. In cases like these, he may need to talk with another more experienced or knowledgeable veteran to arrive at a reasonable and meaningful conclusion.

When the emotional and mental pain and upset has to be quieted by TFT, questions often arise having to do with these events and the meaning of life at a spiritual level. It is essential that you stay clear about your role as a healer and know when to refer your client for spiritual counseling.

## **Killing is personal and healing the emotional wounds that can come from it is an individual process.**

When I write about using TFT, I usually tell a story of a client. But, in this case I want to emphasize an approach which includes an understanding that every man who comes to you will have his own story. Let his story lead you.



Be a good healer, therapist, counselor, or helper. Use TFT and anything else you know to help. Please seek consultation and supervision when you are uncertain about what to do next. Remember to take care of yourself, know your limits, seek assistance sooner than later, and TAP for yourself as well as your client.

As I have been, I hope you too will be rewarded for your willingness to participate in healing those who suffer in our shared world. Thank you for using your knowledge to help others and for following your conscience in acting to make war an artifact of human development.



### Dr. Robert Bray, LCSW

Dr. Robert Bray contributes to the editorial content of this publication on a regular basis and we sincerely appreciate his participation.

As a Traumatic Stress Specialist (CTS) Dr. Bray has extensive experience with individuals, organizations, and communities dealing with past traumatic stress and traumatic events.

Dr. Bray is an expert in Thought Field Therapy and has helped hundreds of individuals who suffer from variety of problems such as PTSD, anxiety, phobias, depression, dissociative disorders, panic attacks, obsessive compulsive disorder, and many other conditions.

His is a past president of both the Association for Thought Field Therapy (ATFT) and Association for Traumatic Stress Specialist (ATSS). Dr. Bray is committed to improving the human condition at all levels.

Dr. Bray operates a successful practice in San Diego, CA and may be contacted by e-mail at: [rlbray@rlbray.com](mailto:rlbray@rlbray.com).



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#### Success Story - Continued from Page 15

And, can you guess which one was laying on the top of the pile? **RIGHT!**

The same magazine we had read some three months before was right there in front of us! Stein is a man of action and promptly "stole" it from the pile.

When we got home, he called the TFT practitioner in Oslo to make an appointment for our daughter.

Then, the strangest thing happened. After confirming the appointment, he heard himself asking, "When can I learn TFT?"

Ten weeks later, we were very excited. We were in Oslo for the first day of Stein's algorithm training. Our daughter was with us. She was going to be treated on the first day of Stein's algorithm training!

To be treated in front of twenty-five people was really hard for her. She had to hold her mother's hand every moment of the time. But, in just a few minutes,

she began to relax. As the treatment progressed and was completed, she became so relaxed that she ended up running around inside the hotel all by herself. It was hard to believe, but it was real! We almost couldn't believe what we saw: We had experienced the power of TFT firsthand!

Today, her anxiety is history, but it led to a major change in our lives. We quit our jobs and have had the pleasure of working with TFT on a full-time basis to help other people with all kinds of problems since early 2002.

The diagnostic training opened a new dimension of TFT to us and in August this year we were privileged to go to California to take our VT training with Roger Callahan. It was a dream come true!

Thanks to our daughter, TFT has become our life. And, thanks to Roger Callahan for giving TFT to the world.

It's great to be part of the team "tapping the healer within."

## TOXINS can cause emotional and psychological problems! **ANYTHING can be a TOXIN!**

A TOXIN can be anything you eat, drink, inhale, or touch that causes an unwanted reaction. Common foods, beverages, scents, personal care and cleaning products can ALL act as toxins in humans causing not only physical problems, but psychological and emotional problems as well. Any substance incompatible with your particular body can act as a TOXIN.

### Toxin sensitivities and intolerances can cause, aggravate, or lead to:

Headaches	Panic Attacks	Anger	Chronic Fatigue
Nausea	Anxiety Attacks	Increased Stress	Lowered Immunity
Mood Swings	Depression	Paranoia	Insomnia

Noted psychologist, Dr. Roger Callahan, founder and developer of Callahan Techniques® THOUGHT FIELD THERAPY®, and author of the popular book "TAPPING THE HEALER WITHIN" demythifies the issue of toxins and sensitivities in this exciting, new self-study course.

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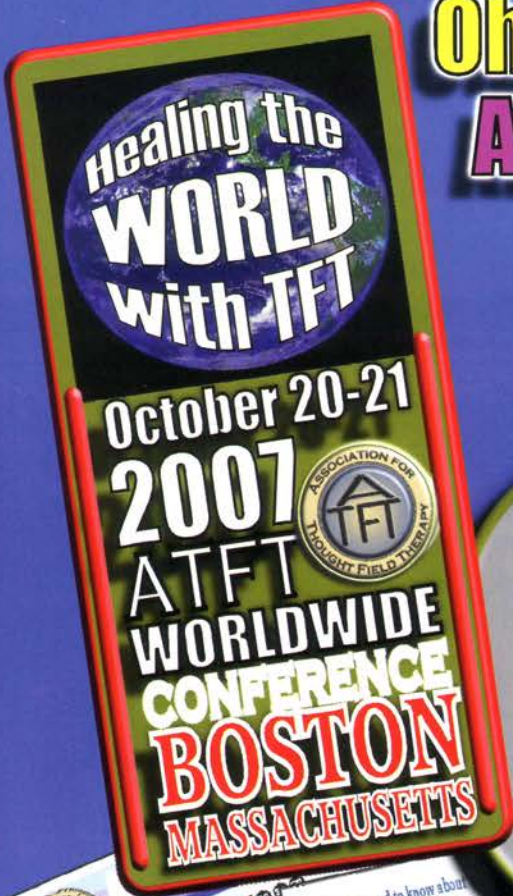
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