

# TAPPING For HUMANITY

Winter Issue, 2013

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

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## Looking Back at 2012 and Forward to 2013 – with Gratitude and Healing Toward Peace

In this issue of *Tapping for Humanity*, the TFT Foundation's quarterly e-zine, I have much to share, much to be grateful for, and much hope for the future as we each do our part to move toward a more peaceful world.

Looking back over this year, I first want to thank our generous donors and our volunteer professional teams, who have made our work possible around the world, from research to humanitarian relief and education. Through their support, we have completed our third RCT PTSD study, this time in Uganda. This was a joint effort with our USA and UK TFT Foundations as well as the Mats Uldal Humanitarian Foundation in Norway. Dr. Howard Robson, our lead researcher has just completed the statistical analysis with our statistician, and says the results are "brilliant". This mission was also able to treat and train hundreds of Ugandans with TFT. This second mission to Uganda has led to Fr. Peter Mubunga Basaliza inviting us to return for a TFT country day where many can be treated. He also desires to establish a TFT Treatment and Training Center in Uganda, much as we have already done at the IZERE Center in Rwanda.

Also, through your support, the IZERE Center in Rwanda and our TFT trained therapists have been able to treat several thousand Rwandans, and, expand the use of TFT for healing, into the prison and school systems.

I would like to thank our hard working leaders as well. Through their continued efforts, we are able to reach out in many directions. Often their work is behind the scenes, always without pay, and often not acknowledged. Please join me in saying "Thank you" to all of them.

TFT has expanded to Brazil, where our new Brazilian leaders are already using TFT for assisting the work of other nonprofits such as Therapists Without Borders. We have entered the medical field there with several physicians and the beginning of a new TFT foundation. See an excellent case study and new application for TFT in this issue.

Herb Ayers has worked tirelessly, to help provide TFT to our returning veterans, ambassadors and military leaders. Recently, he has been reaching out with press releases, making TFT available following the disasters over this last year.



Phyll and Howard Robson present a certificate to Augustine, the founder of the Cathedists Training Center.

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He is working with our volunteer practitioners to provide relief to victims.

Suzanne Connolly and Mary Cowley have worked hard to improve access to information and education for TFT practitioners and others. Suzanne created a history of missions and deployments for our web site with Mary's sharp editing. Our administrator, Sheila Crouser, is working with our web master to fill in each deployment listed with pictures and articles to provide details. Mary has continued her updates and posts for our trauma relief blog site.

Jenny Edwards has continued her updating on the foundation's Resource Library, providing all of us with the latest research and writings on TFT. She also provides us with superb editing skills, polishing up proposed papers, grants, etc.

Bruce Paton has been tireless in his efforts, along with his wife Dr. Dariah Morgan, in developing and supporting a homeless female vet program in New Mexico.

Our other committee members from the Research and Trauma Relief Committees, Rita Weinberg, Jim MacAninch, Tom Greenhalgh, and Bob Pasahow have all continued their work, developing new studies, writing papers – soon to be published, and keeping us on the correct path for our practitioners to be qualified and professional in our disaster relief response.

One of our new leaders, John Ivey, shares with us how he is using TFT with our vulnerable and traumatized youth. Please take a few minutes and watch his video.

As you can see, there are many behind the scenes all year long that help the rest of us increase our awareness, effectiveness, and outreach with TFT. And, without their support and your generosity, we would not be able to help so many in need – and as you will read – save many from long years of suffering.

Looking ahead for this year, I will be joining the UK TFT Foundation to launch a new, one-day class to spread TFT to the general public, who are in so much in need of stress and trauma relief. We will be launching this in May and also helping raise much needed funds for their continued work in Uganda.

Dr. Robson will be presenting the early findings of the study and completing the manuscript for publication.

Our documentary team will be completing our film, *From Trauma to Peace* and training more Rwandan community leaders. Suzanne shares the details of this trip with us in this issue. Our hope is this documentary will help us create increased awareness of how TFT can help heal an entire region, and facilitate their moving toward peace. It can be a tool to expand our vision and reach in the traumatized regions of the world. Please visit our film site: <http://www.indiegogo.com/trauma-to-peace> to learn how you can be a part of this healing process.

## HELP US TREAT TRAUMA AROUND THE WORLD



FILM

### From Trauma To Peace

by Robert C. Stone

The compelling story of how Rwandans have moved from horror to PEACE -- an opportunity for the world.

Based on this successful model and the three completed studies, we have been invited to help with a refugee population this year, do a followup to our study in Uganda, perhaps go back to New Orleans to assist with a new program, begin two new studies, and, of course help in traumatic events as they have moved into the phase of emotional support. There is so much TFT can and does do, healing and moving toward peace, one heart at a time.

Please donate: [www.TFTFoundation.org](http://www.TFTFoundation.org).



## Back to Rwanda – Treating, Training and Documenting the Healing

by Suzanne Connolly

The TFT Foundation is bringing in the New Year with a sixth trauma relief trip to Rwanda. Over the past seven years, the Foundation has developed a model of treating members of a community following large-scale disasters, whether man made or natural. Previous trips to Rwanda focused on treating victims of the 1994 genocide; training local community leaders to treat members of their community and finally; training outstanding community leaders to train other Rwandan community leaders.

Thanks to generous donations that come in from members of the TFT community like you, the work continues.

One outstanding community leader, Adrienne NAHAYO, a Clinical Psychologist, continues to treat members of the Byumba community in the Northern Province of Rwanda five days a week. Your donations also support part time TFT therapists Fr. Augustine NZABONIMANA and Betty MUKMURANA, also in the Northern Province to continue their work. Other trained therapists working with orphans, the handicapped, Aid's victims, and other vulnerable groups; continue using TFT in their work settings.



Adrienne NAHAYO

However, the needs are great in Rwanda and other developing nations; and we are a small group.

Your TFT Foundation Committee has pondered this dilemma: *How to raise more money to train more community leaders in the developing world so that more of the effects of trauma can be ameliorated and people suffering from trauma*



*can live more productive lives?*

A solution was proposed which involved hiring a professional videographer to document the work being done in Rwanda. Funds are now being raised to produce the film that will, hopefully, call worldwide attention to the model of training community leaders to use TFT to effectively and efficiently treat others in their communities. It is our hope that the documentary will not only raise public awareness, but also attract contributions so that the work begun in Rwanda can spread throughout the Great Lake Region of Africa and beyond.

Our chosen documentarian Robert C. Stone is an accomplished filmmaker, director, producer, writer, cinematographer, editor and audio technician. He has created (written, produced, directed, filmed and edited) numerous television commercials, music videos, infomercials, promos and other works.

In 2009, Robert was co-producer and cinematographer as well as being involved in all aspects of postproduction of the epic Hawaiian documentary *"Native of Owhyhee"* by Austrian writer, producer and director Jo Danieli, which tells the story of how Hawaii turned from an ancient "pagan" society into one of the most

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literate Christian nations in the world of the 1800's. "Ke Aka" is a shorter version of the documentary, and "Kipuka" focuses only on the spiritual aspects of Hawaii's history.

In 2004, Bob co-produced, filmed and edited the film festival and Emmy® award-winning documentary "Kiho'alu - Keola Beamer." Bob also produced and was editor and cinematographer on the Emmy® winning documentary "Bhutan: Taking the Middle Path to Happiness" (2007). He also worked with filmmaker Tom Vendetti on "Sacred Tibet: The Path to Mount Kailash" (2006) as co-producer and editor; and as editor on "Years of Darkness: A Spiritual Journey to Recovery" (2003), "Fiji Firewalkers" (2002), "Mt. Kailash: Return to Tibet" (2001) and "Journey Inside Tibet" (1999).

Bob will be assisted by Diana Gross who has spent the past two years developing and implementing The Traveling Teacher Project. Diana is an educator and documentary filmmaker with over 15 years of experience in teaching, curriculum design and professional development training.

In December 2011, she conducted her first 'Tell Your Own Story' video production workshop with the advanced computer students at Tchey School in Cambodia. Diana believes blended learning and flip teaching methods can remove the walls of traditional brick and mortar schools, empowering students to direct their own learning.

Working with organizations such as the Johns Hopkins Center for Social Organization of Schools, World Teach and the Garrison Forest School, she has traveled and worked throughout the United States, Central America, southern Africa, Southeast Asia and Eastern Europe.

During this TFT Foundation trip Diana will be teaching a film-making story-telling class to former street

children in Rwanda.

Our group will arrive in Rwanda on the evening of January 8<sup>th</sup> and on the 9<sup>th</sup>, they will meet people from the groups they will be working with in Kigali, as they film a group in Kigali as they train more Rwandans working with the handicapped to use TFT. The gathering itself is scheduled to be filmed on January 14<sup>th</sup> and 15<sup>th</sup> and will include Rwandan leaders trained in 2006, 2007, 2008, 2009, and 2010 who are using TFT to help others.

In the North, in the Byumba area, Rwandan leaders will also gather and report their work using TFT, and there will be filming of the leaders using TFT to treat members of their community on "Community Day", January 12<sup>th</sup>. Community Days have been financed by TFT Foundation in the past, and involve the TFT trained therapists en masse, treating large numbers of traumatized people in their communities. Two more days are in the planning as the group in Byumba plans to document the use of TFT in the prisons and other various venues.

Several former trainees have volunteered for the film crew to visit their work locations as they describe how TFT has been effective in their work settings.

It will be a busy time and we are hoping that our fund raising efforts for the film will be successful. Plans are to show the film as a PBS documentary and at various film festivals throughout the United States.

Visit <http://www.indiegogo.com/trauma-to-peace> to meet our team and contribute.





## Anxiety Study - Finally it is out...

by Mats Uldal

I began this study ten years ago at Sorlandet Hospital. I first did one 50 minute treatment and a short week later I did a brief 20 minute treatment. The head psychiatrist, Audun Irgens, took notes.

My work was done in 2 weeks (24 patients). Most of the patients had a range of problems and different diagnoses.

Our work was to treat agoraphobia.

The main problem was to treat them with very little time spent going into their traumas.

Dr. Irgens has had training in TFT and did help some of the patients that were in need of more treatment. He was still new to TFT at the time, but since we had no funding for the study, we had to do it all ourselves, for free.

Over a period of several years Dr. Irgens tried to publish this study without success. We were told that treating traumas or other diagnoses made the study flawed?

He teamed up with other reliable names from psychology and psychiatry to make the presentation acceptable for publication. The full study shows a very interesting table over how well the results held after 12 months.

### **Abstract:**

Explore (NY). 2012 Nov;8(6):331-8. doi: 10.1016/j.explore.2012.08.002.

Thought Field Therapy (TFT) as a Treatment for Anxiety Symptoms:  
A Randomized Controlled Trial.

Irgens A, Dammen T, Nysæter TE, Hoffart A.

Source: DPS Aust-Agder, Sorlandet sykehus, Arendal, Norway.

Electronic address: <http://sshf.no/omoss/avdelinger/dps-aust-agder/Sider/artikler.aspx>

### **Abstract**

#### **OBJECTIVE:**

To investigate whether thought field therapy (TFT) has an impact on anxiety symptoms in patients with a variety of anxiety disorders.

#### **DESIGN:**

Forty-five patients were randomized to either TFT (n = 23) or a waiting list (n = 22) condition. The wait-list group was reassessed and compared with the TFT group two and a half months after the initial evaluation. After the reassessment, the wait-list patients received treatment with TFT. All 45 patients were followed up one to two weeks after TFT treatment, as well as at three and 12 months after treatment.

#### **SUBJECTS:**

Patients with an anxiety disorder, mostly outpatients.

#### **INTERVENTION:**

TFT aims to influence the body's bioenergy field by tapping on specific points along energy meridians, thereby relieving anxiety and other symptoms.

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## OUTCOME MEASURES:

Symptom Checklist 90-Revised, Hospital Anxiety and Depression Scale, the Sheehan Disability Scale.

## RESULTS:

Repeated-measures analysis of variance was used to compare the TFT and the wait-list group. The TFT group had a significantly better outcome on two measures of anxiety and one measure of function. Follow-up data for all patients taken together showed a significant decrease in all symptoms during the one to two weeks between the pretreatment and the post-treatment assessments. The significant improvement seen after treatment was maintained at the three- and 12-month assessments.

## CONCLUSIONS:

The results suggest that TFT may have an enduring anxiety-reducing effect. Registration number NCT00202709, <http://Clinical.Trials.gov/>.

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PMID: 23141789 [PubMed - in process]

More resources

<http://clinical.trials.gov/>

## Thought Field Therapy Serving Our Women Vets in New Mexico

*by Bruce Paton, Director, TFT Foundation*

The YWCA Middle Rio Grande in Albuquerque has been serving the state of New Mexico since 1910 and is currently aiding over 175,000 women and their families. In May 2011, this YWCA, in conjunction with a VA grant, opened 'Henderson House', a supportive transitional living facility for homeless women veterans and their dependent children. The project is a 'first of its kind' in the nation and has been recognized as a model for the country by First Lady Michelle Obama and has been supported as a signature program not only by New Mexico's congressional Delegation, but by the US Senate and House of Representatives.

The current capacity of the home is 8 vets and 3 children and a waiting list exists. The vets are supported 24-7 by a shift coordinator and the Y also employs a full-time program manager and a full-time counselor. The VA provides additional counseling and employment opportunities.

Drs. Bruce Paton and Dariah Morgan, both TFT-Adv, have been affiliated as adjunct TFT counselors since the program began. They have provided on-site introductory TFT training, semi-annual funding for needed personal items and Dr. Morgan has conducted Skype counseling sessions from her home in Rockwall, TX. There have been several successful graduates from the program, no doubt facilitated by their TFT training and counseling they have availed themselves of.

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







## Amazing Results From Brazil – A New Application for TFT

### Clinical Improvement of Nesidioblastosis Post Bariatric Surgery with TFT and Toxin Treatment: a Case Report

*Author: Teixeira, Paula.*

*Review: Callahan, Joanne; Aguilar, Isabel*

#### Introduction

Persistent hyperinsulinemic hypoglycemia in adults endogenous, also known as “hypoglycemia by Nesidioblastosis”, “Hyperinsulinemia by hyperplasia of functional beta cells of the pancreas”, “syndrome dysmaturity islet” or “persistent hyperinsulinemic hypoglycemia syndrome in childhood - PHHI” (1) results from inappropriate secretion of insulin, or hyperinsulinemia (2). Some authors have suggested that this disease is related more to an overall increase in functional activity of endocrine pancreas than an increase in the number of pancreatic beta cells, others say that nesidioblastosis is due to a pathological growth of pancreatic beta cells. (2,3).

Typically this type of hypoglycemia is always accompanied by increased plasma concentration of insulin, usually inappropriately high in relation to the low concentration of blood glucose was observed. Diagnosis is made by the insulin / glucose tolerance and maintenance of high levels of insulin in the presence of hypoglycemia. Just as the presence of the classic symptoms of hypoglycemia described by “Whipple Triad”: blood glucose <55 mg / dl in men and <45 mg / dl in women, symptoms consistent, and clinical improvement after glucose administration in conjunction, with tachycardia, cold sweating, syncope and improves after glucose ingestion. (2,3,4,5,6)

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The main cause for the nesidioblastosis adult is an insulin-secreting tumor named insulinoma. Diagnosis is made through ultrasound, computed tomography or magnetic resonance imaging of the upper abdomen. Through selective arteriography pancreatic, achieves a precise location on 30% to 85% of patients. This technique is used in only a few centers in Brazil, and is not accessible to most people. There is also scintigraphy with somatostatin analogues (Octreoscan) whose diagnostic sensitivity of 60% for insulinoma is smaller than in other pancreatic tumors.

The statistical show that 3-4% of patients undergoing laparoscopic adjustable gastric banding - the most widely used bariatric procedure in Europe - developed nesidioblastose(8).

Current findings show a relationship between bariatric surgery and hyperplasia of the pancreatic islets, resulting in hypoglycemia. In the last five years, 40% of confirmed cases of Nesidioblastosis occurred in patients who had undergone bariatric surgery (7). One hypothesis would be that, somehow, the gastrointestinal transit intensely altered after bariatric surgery that would stimulate proliferation of pancreatic islets.

Another possibility is to obese patients with insulin resistance adaptively develop hypertrophy beta cells. Thus, there is hypoglycemia as a result of improved insulin sensitivity resulting from weight loss after surgery. However, there is no proven association between nesidioblastosis and weight loss without bariatric surgery (6,8).

## Case Report

PT, female, 28 years old, married, realized bariatric surgery a nine years ago with technique Roux-en-Y gastric bypass. Diagnosed 3 years ago with pancreatic beta cell hyperplasia or nesidioblastosis.

At diagnosis had persistent symptoms of daytime drowsiness two years ago, alkalosis post prandial hypo-

glycemia accompanied by severe visual disturbances, confusion after feeding, attention difficulties, tachycardia, tremors and sweating. The patient's blood glucose was persistently low throughout the day, never above 60mg/dl, fasting glucose was 50mg/dl on all days measured. For the diagnoses tests were performed:

**Laboratory tests:** Insulin plasmatic > 6mg/dL, plasma C peptide > 0.2 nmol / l, plasma proinsulin > 5 pmol / l. Proof of prolonged fasting, with blood samples for 72h, positive. Superiores needs to 15mg/kg/min to maintain normoglycemia, and low excretion of ketones in the urine and test infusion of glucagon with positive response.

**Imaging tests:** Abdominal CT, MRI of the abdomen and Cranium, Abdominal ultrasound without imaging findings.

Diagnosis was ended with these exams because the patient chose not perform more invasive examinations such as biopsy and pancreatic octreonan test.

The quality of life of the patient was very weak due to persistent hypoglycemia. The treatment chosen was initially conducted with complete suppression of dietary carbohydrates and sugars, and with selected medication verapamil at a dose of 80mg daily and Acarbose 300mg daily dose.

These medications were taken in the last three years, with clinical improvement of severe hypoglycemia, but no improvement in fasting glucose, which remained at 50 mg / dl or less in all measurements during this period. Any attempt by the patient of intake or meals with abundant sugars and/or carbohydrates continued to cause hypoglycemia, however less severe.

During the TFT Optimal Health program, the patient was treated with Thought Field Therapy with Voice Technology being used to choose the points: after the lunch, during a manifestation of hypoglycemia. The points used were eyebrow spot, under eye, index



finger spot, under nose, thumb, clavicle, nine gamut, sequence. Followed by underarm, chin, under eye, range, and nine gamut, sequence. And, followed by spot eyebrow, underarm, little finger, middle finger, chin, thumb, and nine gamut sequence. Several personal toxins (intolerances) were found and treated.

After this treatment was performed only once, the patient reported improvement of her condition, with increased fasting glucose for its 65mg \ dL. Full remission of postprandial syncope frames, and only one case of hypoglycemia during the 2 months after the completion of treatment. The patient has no more episodes of hypoglycemia after intake of sweets and carbohydrates. A complete follow-up examination has not been conducted. However the prolonged fasting test is already normal.

## Discussion

Hipglicemia by nesidioblastosis is a serious disease that brings, not only for cases which happen after bariatric surgery, risk to patients' lives. Persistent hypoglycemia causes brain damage. Because the brain is nourished only by glucose, there is a serious risk of hypoglycemic coma and death in these patients, as a medical urgency.

In newborn infants, who are a large portion in which this disease occurs, there is increased risk of sudden death and irreparable neurological deficits if not diagnosed and. (2)

Authors argue that treatment is primarily surgical, and pharmacological measures have irregular responses and are only partially effective. Recommend drug treatment only to try to stabilize the clinical picture before and after surgery, or even when it is refused by the patient or contraindicated (10). All available medications have considerable side effects and are not effective. After surgery the patient will still need medications or become insulin dependent diabetics. For the newly born the picture is even worse, in which 20% require total pancreatectomy. (6)

## Conclusion

Undoubtedly one should pay attention to the result obtained by this treatment with TFT, because it is a non-invasive technique and not a medication, it has an ease of use implementation and can change the prognosis and future quality of life of patients with this pathology.

The frontiers of science today should be expanded because it is already quite certain that the mind-body medicine approach has a benefit for patients with these diseases in which medical interventions are so severe.

The treatments that affect the meridians of acupuncture have been shown to be very effective to treat a vast array of pathologies. TFT is one of the techniques that unblocks the energy meridians allowing the natural flow of human energy to return to normal. TFT deserves due credit and must be exhaustively studied, it has been proven effective in cases where other treatments have not been.

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## Peacemakers Inc. – Using TFT to Relieve Trauma and Reduce Violent Behavior

Peacemakers Inc. is a nonprofit, innovative and effective on-site mentoring organization, Founded by Hank Roberts in 2000. Our mission at Peacemakers is to assist and mentor the underserved youth, both locally and eventually globally. We will guide them in making better choices, showing them other options, effectively creating positive change in their lives and in the process, bettering our society in general. We exist to help rectify the high violent crime rates, and to reduce the High School drop rates [which are presently 50%] which means 1 out of 2 students drop out.

It would be much higher if we included the escalating middle school dropout rates. There were 124 murders this year in Oakland, CA as of 12/24/12 alone... that is 10+ people a month or 1 every 3 days. We must reduce this high statistic!

We believe at Peacemakers that Trauma is at the root cause of violent behavior among the African American youth!

One of the ways that Peacemakers proposes to help reduce this problem is to implement the use of Thought Field Therapy to eliminate or begin to heal the high Trauma rates in the three major areas of Psychological Trauma: Environmental, Physical, and Emotional. It is our hope that you will view this video and share our vision of helping in the healing of our much troubled, underserved, and traumatized youth, because ‘This is where the Change Begins’. When Thought Field Therapy is applied to emotional problems it addresses their fundamental causes, thus balancing the body’s energy system and allows the participant to eliminate most negative emotions and fears in minutes. “What’s fascinating

about TFT is its quick and painless results, and its success rate is almost unheard of in the field of mental health in any type of treatment over this whole century” Shad Meshad, President, National Veterans Foundation & Founder and Author of the National Vet Center Program.

Peacemakers exists entirely on school funding, special government grants, and donations from our supporters. The funding, grants, and donations are now stagnant, while the needs of our youth are in crisis. We need your support now so we can continue to assist our youth and to also expand our program locally and globally.



*Click image to see how TFT has helped our youth.*

Thank You for Your Consideration,  
John Ivey  
Director of High School Mentoring Programs  
Peacemakers Inc.  
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## How Can the Past Guide Us in the Future?

TFT has been successfully used to treat and heal traumas for decades, starting with the war victims of Kosovo to the genocide victims of Rwanda and the survivors of 911, or the many victims of natural disasters from Haiti and New Orleans to the Japanese earthquake and tsunami. This last year, 2012, brought us natural and man-made disasters that have wreaked havoc, taking both a human and financial toll and leaving many emotionally scarred from the traumatic events.

We have had several TFT practitioners who have stepped forward offering help to others, even though, they themselves were personally affected by Superstorm Sandy or share the heart break with their neighbors in Newtown, CT. Herb Ayers, from the TFT Foundation's Trauma Relief Committee has been sending out press releases, sharing their offers of help, and the foundation's free trauma relief site, [www.TFTTraumaRelief.wordpress.com](http://www.TFTTraumaRelief.wordpress.com). We have a list of TFT practitioners who have volunteered to help with Voice Technology any victims of our most recent disasters in their use of the procedures given on our trauma relief site. These procedures are in video and print, in 11 languages. Please share them.

One of the first volunteers to step forward, Diane Bahr-Groth, is a long time TFT practitioner and has stepped forward to help with trauma relief many times in the past. I have asked her to share her experience in helping with one of the most devastating of those past events, the 9/11 attack on the World Trade Center in NYC.

Her work at that time had long-lasting effects on those she helped. At a wounded warriors event this last June, another TFT practitioner was able to help a severely depressed fireman, from the 9/11 event, as several other fireman came over and said, yes it was TFT that helped pull them thru after the devastation. Diane's work eleven years earlier, had spared those fireman the years of suffering this other one had endured, finally finding TFT eleven years later. **TFT can prevent many years of suffering.**

## World Trade Center Trauma Relief in New York

By Diane Bahr-Groth

On Sunday, September 16, 2001, Kay and Jan, two women I trained in TFT, and I left our seemingly safe little town of Stamford, Connecticut and drove toward New York City. Unable to simply watch the horror of the World Trade Center disaster and its aftermath days before we decided to make our way into the city and find a way to help those in need. Armed with 2,000 copies of the Thought Field Therapy trauma/anxiety algorithm, a simple paper sign reading "Free, Trauma Relief", a few bottles of water and a little folding table we began our somber journey.

It was one of those lovely late summer days with a perfectly clear blue sky and bright sun. We decided to put the top down on my convertible hoping the sunlight would lighten our spirits. The beauty of the day made it seem more incredible that such horror could have occurred. As we passed the George Washington Bridge, just minutes from midtown Manhattan, the truth of the disaster could be seen and smelled. The awful sight of the empty skyline shrouded in white smoke shocked me beyond words. I, of course, had seen the news day after day and knew that the World Trade Center no longer stood tall and majestic in the sky. Still, I heard the words in my mind over and over saying "It's not there..... It's not there."..... The tears streamed down my face as the truth and

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reality of all I knew set in. The acrid scent of the smoke filled our nostrils and reinforced the certainty that so many had died. While driving and trying to absorb the shock of the situation, I treated myself with the trauma algorithm, often fixing my reversal. I noticed Kay and Jan treating themselves as well. We drove for miles in silence looking at the skyline which is now and forever changed.

We drove to lower Manhattan and tried to get as close to Ground Zero as possible. We miraculously found a parking space just in front of the memorial sight at Union Square Park. It is a lovely little park naturally filled with flowers and trees and but now filled with photos, candles and posters of those who were missing. Thousands of New Yorkers were walking through the park bringing flowers, praying and connecting with others. It was there, close to the makeshift memorials, that we began treating the shocked New Yorkers. Even the setting was rather surreal as we watched grief stricken people walking through the park as the sunshine streamed through the trees and colorful flowers growing all around.

On that beautiful summer Sunday it was incredible to see so many people walking through the park with vacant eyes. They were still very much in shock from Tuesday's tragedy. The park was becoming quite crowded. We set up our little makeshift TFT center close to the memorial for those lost or missing hoping to find those who needed the most assistance. We were ready to begin. Our paper sign immediately caught the attention of those in need, "Free Trauma Relief". People began asking us about what we were offering, hoping for relief from their pain. After explaining that we could help them to reduce the level of the pain, fear and anxiety they were experiencing dozens of New Yorkers lined up. Without question, they began tapping themselves in full view of dozens of onlookers who were watching with curiosity. It was an amazing site. At times we each had

one or two people being guided through the complex trauma sequence. However, sometimes there were up to ten people, all tapping at once. Often people simply stopped walking and just stood next to a stranger who was already tapping various points on his body. They were happy to join the stress reduction exercise already in progress. Each would smile when it was over and then asked if they could take a copy of the algorithm with them. Many of those people who participated in TFT returned later that afternoon with friends or family members in need of relief. Some simply returned to pick up copies of the algorithm for others surprised by their emotional changes. One homeless man was very interested in our help and participated in reducing his fears rather quickly. He had witnessed the second plane hit the Tower. He asked for a few sheets of the algorithm which we happily gave him. He returned later in the afternoon for another sheet for himself since he had given away his copy to someone else in need.

Although we often didn't even know the first names of those we worked with that day, several New Yorkers stories are memorable. Elizabeth stopped to ask for help for her sister. However, Elizabeth, a young woman, worked at the high school facing the World Trade Center had seen both planes crash into the buildings. Her eyes were vacant and she was very sad. She feared that she would never be happy again. She was afraid all the children in the school would die. She was a level 10 upset but very quickly began to come back to life with the complex trauma algorithm.

Within two minutes she was smiling and actually glowing. There were tears of joy running down her face. She couldn't believe that the horrible pictures in her mind were gone and she was actually happy. She immediately brought her sister to us and she too quickly began to smile and relax. They hugged us and rushed off to share TFT with others. She hoped to share it with the students and teachers in the school.



# Tapping for Humanity

A young Japanese girl was brought to us by her mother. She was very sad at the onset. However, within a few minutes her upset was reduced from 8 to 0. She smiled and was very happy to be free of the trauma. She returned to being a child without fear.

A very handsome, young male dancer named Philip was uncertain as to whether or not he wished to be free of his upset. He apparently had several friends who died in the restaurant at the top of the WTC. He had performed there several times before the tragedy. He began at a level 8 upset which quickly reduced to a 1 after two rounds of complex trauma. To his amazement the horrible images in his mind disappeared as well.

A woman named Joan had been watching us for a few hours and finally had the courage to join us. She was understandably upset by the level 8 trauma, which we cleared. However, she had Bell's Palsy, fibromyalgia and love pain and loss having to do with personal issues not related to the WTC trauma. While reducing her anxiety she was shocked to find her physical pain dissipating and the Bell's palsy symptoms decrease from a 9 to almost a 2. She needed more assistance than I could provide that day and I suggested she call someone to help her with TFT. She also received a copy of the algorithm to use at home. She promised she would do so because she was so surprised with her positive results.

Susan, a young woman, was one of the first and possibly the only person who cried that day. She originally joined one of our first small TFT groups earlier in the day. I could see that she needed more personalized assistance and gently took her aside to work with dx since the algorithm was not enough to help her. She was obviously PR and at a 10+. She had witnessed the second plane crashing. She was on a rooftop nearby and thought the second plane was going to kill her. She hadn't slept in days and was terrified. She was crying for a moment while we worked. "The plane was so big" and coming toward her. However, within moments,

the tears of horror turned to tears of joy. She smiled, a little confused and amazed that we could elicit such a remarkable change in her. She now saw the plane as very small and then it disappeared from her mind. She, too, was free of the trauma and now could help others. She was no longer frozen in fear. Much love and hugs and blessings were given to us and to Roger.

A young man stopped by to talk to us but preferred not to work with TFT at that time. Apparently all of his friends had been killed. He worked the night shift and had left work at the WTC just prior to the first plane crash. His friends on the day shift were on the upper floors and all perished. He took a copy of the algorithm home. He said perhaps he might use it when he was alone.

Alice, a lovely young woman stopped by hoping to reduce her stress. She was carrying many shopping bags and packages but happily put them all down on the ground to focus on TFT. Her eyes welled up as she thought about the trauma but the 10+ upset soon became nothing at all. She was relaxed and peaceful. Those horrifying pictures no longer haunted her. Her body relaxed and the tension in her neck disappeared. She very eagerly asked if she could bring her friend over for assistance as well. Her friend too was pleased with the results. Several other people participated in reducing their stress along with her.

I approached two police officers who were off duty and relaxing in the park. One was female and the other male. They were curious as to what I was offering. However, the male began to perform TFT and as the female officer began tapping she broke into laughter feeling rather uncomfortable about the process. The male then felt obligated to stop as well. If they had not been in uniform and in the public's view the response would have been different, I am certain. They accepted a copy of the trauma algorithm to perform in privacy.

We left the city at 6:00pm. Our original intention was to stop at St. Patrick's Cathedral to help those leaving the

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memorial service being held for those missing and lost. However, as we listened to the lovely service and heard the voices of angels singing on the radio broadcast we decided it was best to simply go home and be with our own families and friends. Those at the service were in a peaceful place for the moment.

We listened to the uplifting music of Enya on the drive home to Connecticut happy that we could help so many. However, I needed gas and didn't realize that all the gas stations were closed on Sunday evenings since the attack. I wanted to have dinner with my son who was waiting for me and didn't want to go back a few miles to the one station we thought might be open. I hoped I had enough gas to reach a station closer to home.

Well, for the first time in my life, my car ran out of gas. There was no place to pull over and the car just stopped in the middle of the road half way up a hill. I was on a back road, alone, in the dark on a Sunday evening and my cell phone said "no service". I wondered how long it would be before someone would even drive by. It was too far to walk to "civilization". I didn't have to wait more than two seconds.

A lovely couple stopped to ask if I needed help. They were on their way to a funeral but they offered to call my husband to assist me since they had cell service. They pulled ahead of my car to lend me their phone. Within seconds two or three other cars stopped to help as well.

Within a minute the police were there helping me move my car and offering to take me to pick up gas. It was amazing to receive so much help from strangers on a deserted road. The policeman commented that so much love was pouring out of everyone since the tragedy. We picked up gas and he filled my empty tank and made sure my car would start. However, before he left he allowed me to work with him with TFT! He was upset that he could not be in NY because he was covering the shifts for those officers who were at the Trade Center

helping. He was due to go in on Wednesday of that week. His frustration was an 8 which quickly reduced to a 1. His face lit up as he said "This really works!" He took several copies of the algorithm to leave at the station for other officers. At that moment I was very happy that I ran out of gas.

In general, most people I have worked with since the WTC disaster were immediately helped with the complex trauma algorithm or the algorithm for complex trauma with anger and guilt. Most were PR.

TFT was completely effective for those who were directly at the site and with those who had lost friends or had friends missing whom I worked with at my office.

We were able to work with approximately 123 people that Sunday, sometimes with groups of up to 10 people at a time. We also gave away nearly 500 copies of the trauma algorithm along with the web site address. Many of those we helped returned later in the day for more copies of the algorithm and/or brought back friends or relatives to be treated. People with vacant eyes prior to the treatment had life brought back in them that day.

I have since also helped approximately 100 clients privately who have been traumatized by the World Trade Center disaster in some way as well as those who lost loved ones on that tragic day. All have been greatly helped with TFT.

I was also fortunate to work with several firefighters in NYC who were open to using Thought Field Therapy in their firehouse. They were helped immediately and the shift was, in all honesty, surprising to those who participated.

Roger Callahan was blessed many times by those who experienced Thought Field Therapy.

Thank you for making this available to help those in need. It is such a gift to have a tool like Thought Field that can change lives help others and so quickly.



# Tapping for Humanity

## Fundraising Book Corner:



This new feature of our magazine helps authors promote their TFT related books and at the same time raise funds for our trauma relief work.

This month, TFT Foundation board member Dr, Robert Bray has offered to donate 100% of the proceeds from the sale of his latest book *“No Open Wounds – Heal Traumatic Stress NOW - Complete Recovery with Thought Field Therapy”* to the foundation.

Unlock the grip of emotional stress, pain and fear simply, safely and instantly. Thought Field Therapy® helps you to make choices that allow you to live on purpose and fully connected to health, love and joy.

*Shirlymac says:*

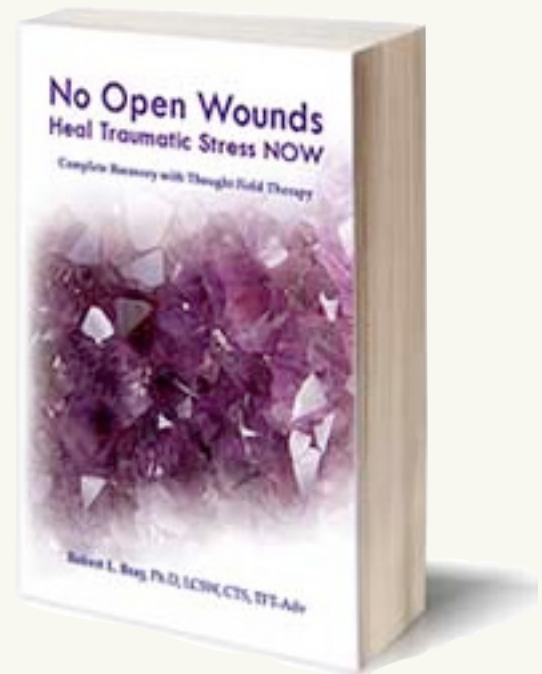
*This book was a true gift for people suffering with emotional Trauma. I loved the way it helped me take back my life!!! Thanks from my whole family.*

*Dr. Jenny Edwards wrote:*

*All I can say is, “WOW!” You have provided a book from which both the general public can benefit, as well as practitioners who are using Thought Field Therapy! The book includes strategies that people who have been suffering from traumas can use improve their quality of life.*

*And Caroline E. Sakai, PhD, Clinical Psychologist says:*

*Dr. Robert Bray orchestrates his compelling case histories with theoretical and practical information to create a step-by-step guideline for the treatment of trauma. He elaborates on his NOW model utilizing Thought Field Therapy and illustrates it well with deep personal, crisis, and trauma work experiences.*



**Click here to order your copy of No Open Wounds, and have 100% of the revenue go to support trauma relief.**

Also, please visit the site - <http://www.indiegogo.com/trauma-to-peace> - watch the video, share it with everyone you know and help us begin to create PEACE amidst a chaotic and traumatized world.

## TFT Foundation Publication Guidelines

**We welcome article submissions:** Please submit articles via e-mail to: [info@TFTFoundation.org](mailto:info@TFTFoundation.org)

1. The Publication is created, edited, proofed and produced by TFT Foundation volunteers who receive no payment for their work.
2. Schedule of Publication: January 15; April 15; July 15; October 15. All submissions must reach the editor at least 4 weeks prior to publication. Since the Publication will be an on-going, electronic one, we may accept some submissions for interim use, updating an issue already available on the web.
3. Purpose: The TFT Foundation Publication is designed to inform the public about the use of TFT to help people around the world. For example, such information can be of a humanitarian nature, professional service to others, on-going TFT research, help for animals, and work of TFT Foundations.
4. The TFT Foundation Publication will be in the form of an E-Zine and will be available on the WEB. Therefore, people from all walks of life can have access to information about TFT, the TFT Foundations, and the work of practitioners. Practitioners can use the E-Zine in their private or agency practices and disseminate the WEB address to their clients and other interested parties. Viewers have the option of downloading this E-Zine.
5. Submissions for publication should be written in Microsoft Word. Rich Text (RTF) format is acceptable when Microsoft Word is not an option. Copy should be double spaced with the name and credentials of the author at the top along with the Title. Submissions should be spell-checked before submission.
6. Do not include or embed any clipart with the article. It will be returned to you for removal of clip art.
7. No copyrighted material will be accepted.
8. If a submission is written in a language other than English, an English translation must be included so that both will be published together.
9. Podcasts and video links may be submitted. The decision to use such material will be up to the editor and/or TFT Foundation Board.
11. Photos must be digital and meet the specifications of the E-Zine Layout volunteers. Jpeg format is acceptable.
12. TFT Practitioners are encouraged to advertise in the E-Zine. Advertising guidelines and costs may be obtained from Joanne Callahan, TFT Foundation President.
13. Books, Journal Articles, and other mentions will be published. We do not do book reviews.
14. On occasion, copy may be returned to an author for suggested changes or rewriting. In most cases, material will be either accepted or rejected based on the original submission. Edited material will not be provided to an author for final approval.
15. Stock photos will be used to dramatize or enhance an article but no photos of clients or information pertaining to a client by name will be published without their expressed and signed release on an official TFT Foundation Release Form. Every effort shall be made to protect the privacy of an author's client.