

TAPPING For HUMANITY

Fall 2017

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A Vision for Peace



A Vision for Peace – Manifesting Through the Work of the TFT Foundations

While the vision of peace for the world has long been a part of the TFT Foundation's work and mission, I think this year has really expanded that vision and our role in facilitating it. As you read this issue of Tapping for Humanity, I believe you will see what I am referring to.

We see practitioners reaching out and speaking out. Nora Baladerian wrote a brilliant defense of TFT to a national psychological newspaper. Many others are responding to the growing numbers of natural and man-made disasters. Board member Dr. Bruce Paton and his wife Dr. Dariah Morgan offered healing workshops to the victims of the massive floods in Texas. Foundation volunteer and TFT practitioner and trainer, Leonor Zarazoa, has offered workshops for trauma relief in Mexico City following the massive earthquake and devastation there. She also translated into Spanish the trauma protocol into a video and her lovely daughter did one for children. She has shared this with our Trauma Relief blog and our TFT Foundation Facebook page, for others to benefit.

Japan has had its own series of disasters and Dr. Ayame Morikawa continues to lead the Japanese Assoc. for Thought Field Therapy in trauma and disaster relief. At the same time, she continues to further TFT research and acceptance in mainstream academia and the corporate world.

Dr. Caroline Sakai, together with Gary and Cyndie Quinn, returned to Rwanda for a follow-up and training and support for both Fr. Augustin and the IZERE Center as well as training with Celestin Mitabu with TFT Kigali. Caroline wrote an amazing report and Gary documented it with stunning photos. They effectively shared with us just how much is and has been done in Rwanda.

While there, they were able to participate in the third of the prison project training days. Their participation and report about the project serves to cement our conviction of how important and far-reaching this project really is. Please take a few minutes and go to our crowd funding page and see for yourself the magnitude and potential for the success of this project.

As others are recognizing the work of the TFT Foundation, volunteers are coming forward to assist us in our mission. We have recently had a grant writer volunteer to assist us and we look forward to working with him early in 2018. We also had another group that works with abused women in Uganda contact us. We have put her in contact with our TFT practitioners in Uganda.

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Heading into the holiday season, the TFT UK Foundation has funded the on-going holiday trainings of TFT Kigali and Celestin Mitabu. He tirelessly devotes his vacation and holiday time to the service of others as each year he helps the homeless and provides TFT training to surrounding Africans and neighboring countries. The UK TFT Foundation supported this work last year and has done so again for this coming holiday period.



I have just mentioned a few of the hard-working and dedicated TFT practitioners who are sharing the healing power of TFT with those in need. If, after reading of all this heartwarming work, you remember how someone you know helped others with TFT, let us know. I invite any of you to share your stories with us for our trauma relief blog and Foundation Facebook pages.

I wish you all a healthy and joyous holiday season and a blessed New Year!

Joanne Callahan, MBA
President, TFT Foundation
www.TFTFoundation.org
www.TFTTraumaRelief.com

JATFT UPDATE:

The heavy rain caused flooding and mudslides in the north Kyushu, the south part of Japan, in July 2017. They took 36 lives and still 5 are missing.

On Sept. 2nd we sent the critical response team and gave disaster assistance seminar to over 130 people from kids to elder people, including teachers and social workers. Some of them lost their families or houses and listened to our presentations in tears.

Dr. Mikeda, M.D., TFT-Dx, psychiatrist, President of Ohita Children's Care Center, lectured the psychological and physical care in disaster, including EMDR and fight or flight responses in our autonomic nervous systems. Dr. Morikawa, Ph.D., TFT-VT, Chairperson of Japanese Association for TFT, introduced TFT and Quick Coherence Techniques of Heart-Math, which can be very helpful for all to practice by themselves. We will keep supporting victims and professional people in the area.



A Country-Wide Prison System Project... Help Us Make it a Reality!

Help support our Thought Field Therapy (TFT) volunteers as they bring trauma relief to Rwandan prisoners, their families and staff—a significant contribution to the genocide healing process.

Your gift will help launch a landmark humanitarian effort by supporting travel, lodging, food and other local logistics for our TFT volunteers in Rwanda.

In a historic, humanitarian decision by the Rwandan General Commissioner of Corrections, a Memorandum of Collaboration with TFT Foundation has been signed to bring TFT to all Rwandan prisoners, their families and prison staff nationwide.

Just imagine how this model would open the doors to offering similar rehabilitation and reintegration opportunities in prison systems worldwide and help reduce recidivism!

Background:

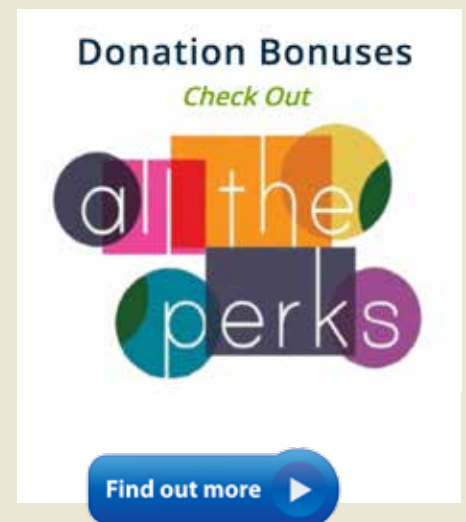
During the Rwandan genocide in 1994, an estimated 500,000–1,000,000 Rwandans were killed during the 100-day period from April 7 to mid-July. After the genocide, the pace of arrests overwhelmed the physical capacity of the Rwandan prison system. The country's 19 prisons, designed to hold 18,000 inmates, were holding 100,000 people by 1998.

Since 2010, the TFT Foundation has sponsored multiple trauma relief missions to Rwanda, during which a community-led TFT deployment model was refined and proven extraordinarily effective. In 2016, the foundation-sponsored Izere Center had the opportunity to provide a TFT pilot training to Rwanda Correctional Service (RCS) staff, and the training's extraordinary success led to an invitation from the RCS Commissioner General to train the remainder of the RCS staff throughout the country's prisons.

Progress:

We are very pleased to share that project execution is off to a good start. The first training was delivered in fall 2016, and a second one was delivered in March 2017. The RCS project teams operate in close collaboration with the RCS existing medical and psychological service providers. Psychologists, psychiatric nurses, and social workers are also trained and incorporated in permanent teams at the respective prisons where appropriate and possible. With adequate funding, the TFT Foundation will be able to supplement the local team's progress monitoring efforts with independent reviews of the ongoing work. Discussions are ongoing with researchers involved in the previous TFT Foundation missions and research in Rwanda to fulfill that opportunity.

With just \$25,000 we can make it sustainable.



Rwanda Revisited—An Inspiring Transformation

Rwanda has resiliently re-emerged from the pain and scars of the horrifying 1994 genocide to blossoming into the most rapidly growing nation in Africa, with energetic, dedicated, forgiving people moving steadily forward. Their remarkable journey to peace and reconciliation and graciously integrating as one unified nation is poignantly exemplified by their Community Day every last Saturday of the month, when all Rwandans in every community participate in a community improvement activity such as cleaning the streets and paths, or repairing or refurbishing an aging building.

From our last visit seven years ago, Cyndie and Gary Quinn and I marveled at the changes everywhere we looked—modernized airport, new paved roads, new buildings and more under construction, cell phones in every adult hand, businesses popping up in all directions, proliferation of lights with electricity turning night darkness bright, improvements in plumbing and water, renovations proliferating. So much growth in such a short time, it required rebooting to the upgraded picture of a modernized nation to find our way around familiar landmarks amid the progressive changes vividly evident in every direction.

We were warmly welcomed by Father Jean Marie Vianney Dushimiyimana who is now Director of CARITAS among the many duties he serves, Father Augustin Nzabonimana head priest at Kinahira parish and the chaplain of TFT and Diocesan Service (TFT Izere—Rwanda) along with other roles in the diocese and district, and psychologist Adrienne Nahayo who heads the TFT Clinics at Izere Center in the Ninyamiwana parish and Byumba Conference and Training Center which can house 32 guests in their dormitories. They shared the progress being made in sustainability projects, including helping the widows and vulnerable handicapped adults with developing their own farms and small businesses, and training in different trades that could lead to independent jobs or means



**Father Augustin Nzabonimana
conducting TFT training**



**Bishop Servilien Nzakamwita, Dr.
Georges Ruterana, Gary & Cyndie Quinn**

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of living. Father Augustin showed us the training bakery and tile-making cottage factory, where youth learn skills in the industries and knowledge in production, packaging, marketing and delivery of goods and services. TFT is growing and helping the progression of reconciliation and unity in Rwanda, according to Father Augustin Nzabonimana, who is in charge of the diocesan service of TFT and psychosocial work in the northern province.

We met for a refresher with therapists trained at the Izere Center and were inspired by their development of TFT Clubs in their schools and in their communities, such as the Single Mothers TFT Club, survivor groups, TFT for families, TFT for Youth. Having hard copies of protocols would be very helpful in the school and community TFT clubs and group training. The new therapists of the past several years do not have manuals since the costs of paper and printing are so high.

Pastor Celestin Mitabu updated us on the annual genocide memorials, from April through July when each day for 100 days a commemoration is held in a different community to revisit the learnings from the past, reinforce recovery and reconciliation and inspire growth as one unified nation. Teams of TFT practitioners attend each of these community memorials and work in tandem with the Red Cross, which brings those overcome with grief and emotions to the first of three rooms set up for treatment which has mattresses and blankets where those who are overcome can lie down. The Red Cross teams work with the medical issues, and the TFT team treats the trauma and grief with protocols they have found most helpful utilizing the soothing single voice of someone with whom the overcome person is familiar or receptive. After the grieving person is more present and calmer, the centering and grounding self-treatments are initiated and the person moves to the second treatment room where he/she is guided through the self-treatment TFT sequences for trauma, rage, guilt, grief as appropriate or indicated. When they are stable, they then move to a quiet room where they can sit and rest and hydrate until they are ready to leave. Pastor Celestin had a



Dr. Georges Ruterana with Caroline at Byumba Conference Center



Rwanda Correctional Service TFT training at Byumba Conference Center



Widows TFT Group

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demonstration of this process as part of the training for TFT at Adventist University where 60 students were trained. We assisted him also as he trained 30 students at ULK University in Gisenji.

At the new training center in Byumba, Rwanda Correctional Service Division Manager of Medical Services Dr. Georges Ruterana, and nurses, doctors, psychologists, and social workers from 13 correctional facilities in Rwanda were greeted by Bishop Servilien Nzakamwita, Father Jean Marie Vianney Dushimiyimana (who envisioned and developed the Izere Center when he was head priest at Nyinawimana Parish), and trainers Father Augustin Nzabonimana and Adrienne Nahayo. The two day training stimulated insightful questions about applications with substance abuse, dual diagnoses, psychosis, dissociation, and complex PTSD issues such as with survivors who had been isolated and had no human contact since very early childhood and were presenting with extremely aggressive, combative behaviors.

After the two-day Algorithm Training with TFT, everyone went to apply what they learned at a workshop for 50 of the model inmates selected out of the 3000 at the nearest correctional center. The workshop was skillfully led with hopefulness and caring by Father Augustin and Adrienne, and the male inmates were attentive, respectful, cooperative, and receptive. Most took notes and all followed diligently.

The responses of pleasant surprise were readily apparent in the expressions in their body postures and facial expressions. Then all the newly trained therapists and the inmates spread out in groups of twos or threes and stood as they learned to do the relevant TFT treatments for them. Little smiles widened to grins and laughter in most. Tension visibly relaxed into freer stances and clearer softer eyes and loosening muscles in shoulders, necks and arms. It brought smiles and tears to our eyes as we witnessed the transformation. When they did the closing gathering, we thanked them for this remarkable time together, and they thanked all the trainers with their enthusiastic rhythmic



Adventist University TFT graduates in Kigali



TFT / Red Cross



ULK TFT graduates in Gisenji

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clapping and then broke into a joyous song that was so uplifting with beaming smiles and faces and exhilarating harmony that reverberated through the rafters up to the heavens, with some of us having tears of joy raining down our cheeks.

Dr. Ruterana indicated that the plan is to implement TFT in every prison, with model inmates trained first, and they will then share with groups of inmates throughout their facility. There will be weekly TFT reviews and additional learning. When inmates finish their sentences and go back into the community, which in Rwanda they do without discrimination, they will help those in their communities who do not yet know TFT.

The Rwanda Correctional Service has been improving the health services in all of the facilities, and now they are working on improving the mental health services and will be having a psychologist in each of the facilities. TFT will be a major tool in the treatment of the traumas and psychological issues that can help to enhance their mental well-being. They will be in need of additional funding and follow-up advanced training and support to fully implement this mental health initiative across the country over the next few years. Rwanda already is a shining example to the world of the amazing grace of peace, harmony and reconciliation with working through and beyond past traumas, hurt and rage to bring a country from devastation and poverty to exuberance and prosperity. This innovative healing and mental health initiative in the Rwanda Correctional Service may well prove to be a role model not only for Rwanda, but beyond to other nations world-wide.

Respectfully submitted,

Caroline E. Sakai, PhD / Clinical Psychologist / TFT Practitioner and Trainer

P.S. Much appreciation to the Nalaniikaleomana Foundation in Hawaii and all those who contributed to making this September revisitation to Rwanda possible.



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Rwanda Psychological Society *Science for Service*

Date: 27/10/ 2017

To :

Dear Sir/Madam

Re: Invitation to the International Conference on Psychology

We are delighted to invite you to the International Conference on Psychology, which will be held at the Hotel Nobleza, Kicukiro-Kigali on November 15-17, 2017, from 9:00 AM.

The Rwanda Psychological Society (RPS), a non-profit professional organization of psychologists with registration N°1656/RGB/NGO/2017 at Rwanda Governance Board (RGB), in collaboration with the UR-CMHS/Centre for Mental Health, the UR-CMHS/Department of Clinical Psychology, and the ARCT-Ruhuka (a national Trauma Counselors leading Association), are co-organizing the first international conference that will bring together experts in Psychology from different disciplines and countries. The conference is a convergence of the first National Congress on Psychology (NCP 2017) and the third Eastern & Central Africa Regional Conference on Psychology (ECARCP 2017) under the main theme: Psychology for Sustainable development.

The conference will elaborate on the different roles and responsibilities that psychologists take upon on throughout the region, especially the role of Psychology in rebuilding and shaping Rwanda's sustainable development post 1994 Genocide against the Tutsi. Specifically, the conference will explore areas organized into three main themes: Critical Issues in Psychology; Expanding the Role of Psychologists; and New Perspectives for Psychology in Rwanda and in the Region. Apart from the presentations by keynote and invited speakers, there will be group works, panel discussions, and many more opportunities for interactive learning. Attached is the program of the conference. For any additions, kindly contact the Organizing Committee, E-mail: rwandapsychology@gmail.com, or call +250 788 771 289.

Sincerely yours,


Prof. Vincent S. Ndayishimiye
President, Rwanda Psychological Society

Website : www.rwandapsychology.org
Tel : +250 788 77 12 89 (Chairperson)

E-mail : ysezihera@gmail.com (Chairperson)
E-mail : rwandapsychology@gmail.com

TFT Foundation Says Goodbye with Gratitude and Blessings

By Joanne Callahan

The TFT Foundation has been blessed by the hard work and dedication of Dr. Mary Cowley. Mary was one of the founding directors and has served on the board since that time. For many of those years she was secretary and performed the task no one else wanted, taking the minutes. She also wrote and submitted grants each year to the Ruth Lane Foundation, who has generously provided support for the foundation's work. Mary resigned from the foundation's board of directors in September 2017.

Her work remains as an on-going benefit to many with the foundation's trauma relief blog site: www.TFTTraumaRelief.com She has agreed to continue its maintenance until we have a volunteer to carry on that work.

I thought it would be appropriate for all of the director and committee chairs to be able to express their gratitude and wishes in their own words. I have asked each of them for their comments as well as a family member, and long-time TFT practitioner and TFT Foundation supporter, Julie Cowley, who said the following:



"When Joanne Callahan asked me to write some words to help honor my Mom's (Dr. Mary Cowley's) service with the TFT Foundation, I was flooded with appreciation for all that my Mom has done for the world (and for me) with Thought Field Therapy. You see, my Mom helped me overcome severe anxiety and panic attacks with TFT when I was in my mid-20's. That's when I was first introduced to the healing abilities of TFT, and what inspired me to become a TFT Practitioner, too. Dr. Mary Cowley's passion to help eliminate people's suffering was and still is remarkable; however, she chose to extend her reach far out beyond just her family. She has since dedicated many years of voluntary service as Secretary of the Board for the TFT Foundation. I can even remember being on vacation with her and she would always do what she could, even during her "vacation time", to make the board meeting calls.

Dr. Cowley's passion to contribute to the wellbeing of the world was additionally demonstrated when she went to Tanzania to work with local leaders on treating the symptoms of malaria in their communities with TFT. She chose to do that out of her love for humanity - a love that she daily gives to her family, her community, her clients, and which she poured into her work with the Foundation. Mom, Dr. Mary Cowley, thank you for all you've done for the TFT Foundation and continue to do for the world. We are deeply inspired by, and appreciative of, your service."

Tapping for Humanity

Mary is a tireless worker for Thought Field Therapy. She is always on the cutting edge. She has been responsible for numerous initiatives including the tfttraumarelief.com blog that has had many views over the years. We will miss her greatly and wish her well in her endeavors!

*Jenny Edwards, PhD
Fielding Graduate University*

"I feel very privileged for the opportunity I had to serve alongside Mary on the TFT Foundation Board for a few years. Times and again, Mary has proven to be a knowledgeable, dependable and caring colleague and leader. And just a delightful human-being to be and do good with! Thank you, Mary, for your life-long dedication to living the Foundation's mission to Create Peace, Well-being and Fulfilment for everyone we are able to touch. Enjoy your onwards and upward journey. I am looking forward to staying in touch and seeing you blossom forward."

Oob Nding

When I think of Mary Cowley, I think "Leading Edge"! Pushing the envelope with new thoughts and new learnings! Her research and treatise on "Resonance Testing" has been an invaluable tool for Dariah and me that we have enjoyed learning to use and with it prosper. Treasurer and Secretary of the TFT Foundation Board for many years? What a TFT powerhouse and what a gift to each of us who have been privileged to work with her!

Dr. Bruce Paton

Mary has always been a significant figure in the TFT community. Her quick and thoughtful responses to questions by the group, her dedication to the cause, and her compassion to the people that we serve are always present. We are very fortunate that she decided to pursue this relationship with the model and our members.

Tom Greenhalgh

It is going to be different without Mary being on the front line supporting TFT. I remember coming to California for my first diagnostic training in 2001 and meeting Mary. Mary has always been there for you. Mary has always been one who looked for other areas to introduce TFT, spiritually and Dave Hawkins among others. You will be missed on the front line but I know your support for TFT will not be wavered. Do take care and enjoy the next phase of your journey.

Jim McAninch

On behalf of myself and the TFT Foundation – Thank you Mary and may you have many blessings as you move forward.

TFT-Mexico Update: Mexico City Earthquake.

Mexico in recent days had experienced events that left a very large footprint, and really shook our foundations... not only the earthquake, but also about our childhood fears, about our relationships, resentments, and attachments.

TFT Foundation and San Andres Pescador - a Mexican foundation who works helping people in poor communities with education and emotional support in Mexico - joined a group of people trained in Mexico by Suzanne Connolly and began working with TFT sessions in groups with amazing results .

They began working the first weekend after the earthquake in one of the most affected areas in Mexico City and after that, they gave assistance to people that were having trouble getting inside their homes or getting back to work at their offices in high buildings .

TFT has demonstrated its efficiency working in groups of 30 to 50 people simultaneously, relieving fear in 25 minutes as the written testimonies following this report show.

The Mexican population had reported suffering fear of having another earthquake, a lot of people have insomnia just from thinking about a new earthquake coming while they sleep, and a lot of people have nightmares, dizziness or the sensation of the movement all the time.

As a result of the benefits of TFT after the earthquake - and the confidence the technique gave them during the session - this team led by Leonor Zarazua were invited to continue working in the community giving emotional support.



"With this therapy I feel calmer and the therapy removed my sadness I had when I used to think about the problem"
Blanca Barrera

"Today I feel calmer, I feel that the fear about the earthquake has reduced a lot . I feel like it's over and that I should move on. I am not afraid anymore and I don't think it will happen again". Lorena Romero Alba

"I felt afraid to see my problem, anxiety and worry. When I worked with TFT on how to calm down and get rid of the problem, I felt different, as if the problem was still there but it does not affect me anymore, I feel very good!. Celia Estrada Hernández

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Tapping in Times of Disaster, Terrorism, and other Traumas

In recent months we have seen numerous traumatic events across the globe. Be it natural or man-made the devastation seems to be showing an increase in the level and scope of damage as well as in frequency of events. There also seems to be an increase in “local” traumatic incidents. Simply watch the news on any given night and you will see an assortment of tragedies. Even with the notoriety of these incidents, this doesn’t account for all the traumas that are occurring. How many people have traumas in their lives that may have an impact on them yet it doesn’t rise to the level of making the news?

The potential for psychological trauma as a result of these types of events is high but not an absolute. There is an assumption by many that those exposed to these types of event, both victims of and responders to, will suffer psychologically. While this may be the case for some, it is not an automatic response for all.

In fact most people do well in the early stages of these events if there is a task to focus on and some sense of control, even if it is small.

We have heard over the years from well-intended practitioners from various energy healing modalities who advocate: “let’s get in there and start tapping”. We would caution you to have restraint on this approach, as it is not always as simple as just providing TFT or other treatments. Crisis intervention has many more aspects to it. Let’s look at some of the challenges.

As we have noted before, depending on where the event is and who is involved there may be significant legal, Federal, or cultural requirements to respond. In areas where much of the original TFT research began such as 3rd World countries, the legal requirements were minimum but cultural acceptance was significant. TFT practitioners were able to navigate this challenge and do phenomenal work, serving



Tapping for Humanity

many people. The results of this work helped to get TFT recognized as an Evidence-Based treatment by SAMSHA last year.

However, when working in countries such as the U.S., aside from local acceptance there are significant legal requirements when working within the formal response system. For example, in the U.S. responders are required to complete training in and conform to the mandates of NIMS/ICS (National Incident Management System / Incident Command System). The level of your involvement in a response dictates the level of required training. More information on this is available on the TFT Foundation's website: www.TFTFoundation.org.

A common problem with responding to these types of events is self-deployment. Well intended practitioners with a certain skill set or resource decide to "go there" on their own, uninvited by anyone with the formal authority to do so. This simply complicates a scene for those in charge trying to manage it. The parallel to this is when an individual or a group of people tries to find a "friend" that can "get them in". This process undermines the value of what you bring to the table. It may also place you in a position of being unsafe at a scene. Providing interventional services is only one part of a deployment. Logistical support is essential to a mission success. Unlike in our daily lives responses to disaster areas bring many challenges that need to be addressed before going. For example in the recent Texas flood many people wanted to go although not formally requested. When outside the formalized system challenges not usually thought of can arise such as: Where will you eat? Where will you sleep? Are the airports in the area available and open? Is there fuel for your vehicle? These are just a few of the considerations that need to be managed before responding. Pre-planning and having established relationships before an event are much more productive to the goal of helping others.

To work with people in times of crisis at or around traumatic scenes requires a skill set beyond what is taught in energy intervention trainings. Interventionists should come to the table with a complete set of tools. Knowing how to communicate with someone in crisis should be considered a prerequisite to any response. People in crisis very often need to tell their story. Doing so properly can set the stage for a great TFT session. The interventional skills of Psychological First Aid, Psychological Triage, Peer Support, and Crisis Intervention techniques for individuals and groups form the platform for the use of tools such as TFT. Are you prepared for issues that trigger underlying mental health issues? What about those that find that their addiction challenge has been reignited by the event after being in recovery, sometimes for many years? What resources will be there for these people when you leave? What practitioners need to be aware of is that many times tools such as TFT are not required or wanted. Sometimes simple Compassionate Presence is what someone really needs and wants. Providing support in these types of traumatic situations needs to be about what the person wants...not what we think they need.

Having the tools mentioned above, in addition to having TFT as an option, is a great combination. But that is only the start. What is needed is experience with the populations that you want to serve and the scenes you will encounter. Both of us teach Crisis Intervention techniques globally aside from teaching TFT. During these recent disasters people sought out training in this area so that they could immediately deploy to scenes. This is far from the answer. On the crisis intervention teams that we represent, we have people respond and observe seasoned personnel for at least a year to begin to gain the experience needed to properly work these types of events. Even then challenges can arise that experience can help to

Tapping for Humanity

mitigate. The “Shotgun” approach to training and deployment can be a recipe for disaster.

Another potential challenge in providing energy-based interventional support is in the power of its success. As TFT has evolved over the years we have only begun to discover its true potential power and the ways in which it can be used. We don’t know if Roger could have begun to imagine where we would take this when he was making his discoveries. Having used TFT with those exposed to trauma as both victims of and responders to traumatic events, we have very often not only removed the negative emotional impact but the images as well. In cases where the person you are working with may have to testify within a legal system this can be disastrous. In cases where court action is behind them it can be the greatest gift you can give.

Recently one of the authors worked a case that involved a horrific scene for responders - a family member had bludgeoned their family to death. The suspect was quickly arrested after the crime scene was discovered. The details described by the responders depicted a brutal scene that would have to be detailed in court at a future time, perhaps years down the road. For this group talking about what they saw was needed first. TFT was taken off of the table as a treatment option and EMDR (Eye Movement Dissociation and Reprocessing) was put in its place, as it does not usually change the imagery associated with the trauma. Imagine if TFT had been used and the crime scene images could not be recalled. What would happen to the credibility of the witnesses if they could not describe what they saw without the use of their reports? For First Responders their credibility is a key component of who they are. Although there are different ways to get testimony into a court session, for first responders speaking directly to the Judge and Jury without their notes

is still considered the best form of testimony. If a responder had their credibility undermined because your intervention impacted their ability to recall and testify accurately, did you really help them?

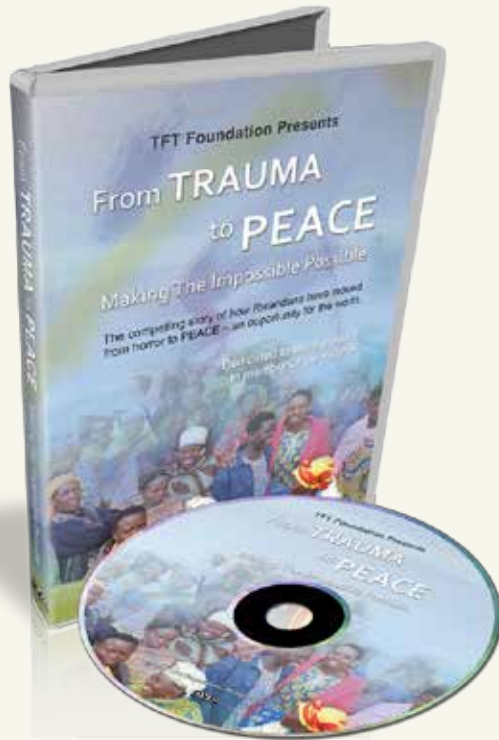
Unfortunately traumatic events will continue to occur. Just in the time since beginning to write this article the authors have been involved in responding to a First Responder Line-of-Duty Death, a First Responder suicide, child deaths, and an assortment of other traumatic events. During this same time there have also been significant events reported in the news – mass murders, terrorist activity, and natural events. The sad part is this timeframe has not been over months, but only over a couple of weeks. There is, and will continue to be, many opportunities to respond to traumatic events and help in the future. We ask that you do it correctly so that you become part of the solution and not part of the problem. Refine your TFT skills, get the comprehensive training that you will need, be part of a sanctioned group, know both your local and country’s requirements, develop and practice a self-care plan, and be patient. Sometimes the most significant work that you do will not come by responding to the trauma scene, but it will come in the days, week, or months that follow, as people are now ready to accept the help that you can offer.

Remember - it’s not about you...it’s about those that we serve.

TFT Foundation, Trauma Relief Committee Co-chairs

Tom Greenhalgh
Jim McAninch

TFT Foundation Documentary



The TFT Foundation's documentary From Trauma to Peace is complete!

Watch and hear story after story told of the horrors suffered by Rwandans and the transformative healing that has taken place in their lives since learning TFT.

The Rwandans have forgiven. And, through the healing power of TFT, they have not only forgiven, they have transformed themselves from survivors to happy, productive and loving people.

The documentary shares the work the TFT Foundation has done in Rwanda since 2006. The research that has been completed, the trainings of TFT leaders, and the humanitarian relief are all compelling. The stories of each life, family and community that can now smile, laugh, love one another and be productive again will melt your hearts as it has ours. It deeply conveys the great need for trauma relief in our world.

> [Click here to purchase - Only \\$24.95 with Free Shipping](#)

TFT Foundation Publication Guidelines

We welcome article submissions:
Please submit articles via e-mail to:
info@TFTFoundation.org

1. The Publication is created, edited, proofed and produced by TFT Foundation volunteers who receive no payment for their work.
2. Schedule of Publication: January 15; April 15; July 15; October 15. All submissions must reach the editor at least 2 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.