

# TAPPING FOR HUMANITY

Winter 2017

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TFT Foundation Vision and Mission

TFT IZERE RWANDA

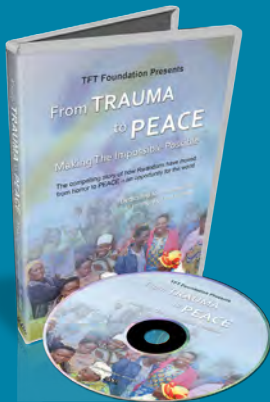
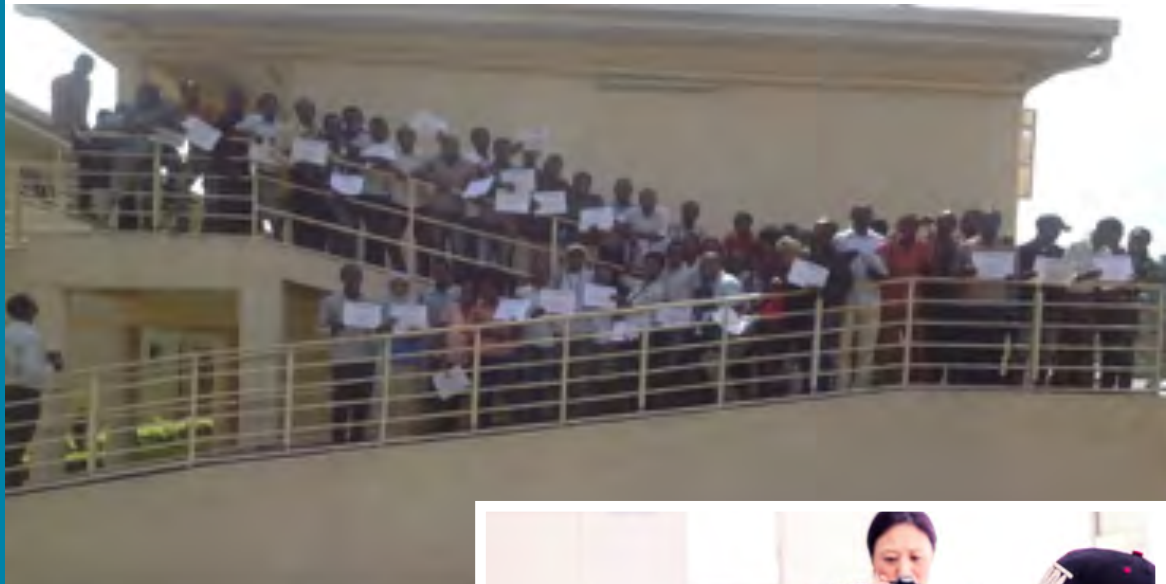
TFT Kigali Training

Healing Trauma and Abuse  
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Consciousness Within Corporations

## Humanitarian Work With Thought Field Therapy... “Creating Peace, Well-Being and Fulfillment”



From Trauma to Peace  
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Tapping For Humanity is Published  
by the TFT Foundation.

## TFT Foundation in 2017

Dear TFT Community,

Thank you all for your support over the last year. We concluded 2016 with numerous humanitarian programs which have on-going needs and far-reaching effects.

There were changes in the TFT Foundation board of directors and the leadership roles in some of our committees and we are welcoming new individuals to our operations. We are excited about our growth and expansion into this new year and inspired by the potential of this year's projects.

We invite you to read on and see where you can work with us to provide healing, help create peace and educate and inspire others.

Our board would like to thank Suzanne Connolly for her many years of service and dedication to TFT, research and development and the foundation humanitarian efforts. While no longer on our board, she is still serving TFT in her role on ACEP's board and continuing her research efforts.

We would like to welcome and thank Tom Greenhalgh and Jim MacAninch for stepping into the role of Co-Chairs for our Trauma Relief Committee. They have some exciting new programs for first responders that we will be announcing soon. They have been strong leaders in TFT for many years working with trauma within first responders, military, and the corporate world.

Director, Jenny Edwards is welcoming new members, from several countries, on to our Research Committee. We were all very pleased by the response and interest she has received in revamping and expanding the research committee activities.

Director, Oob Nding has developed and is leading a new committee, the Foundation Strategy Committee. This committee will make recommendations for strategy for both the US and UK TFT Foundation boards. We met for the first-time last week and reworked and modernized the foundation's vision and mission statements. He selected the definitions of these items from TopNonProfits.com, from where we viewed many well-known and successful examples.





# Tapping for Humanity

## Vision Statement

A definition for a Vision Statement (source: TopNonProfits.com):

*(Desired End-State) A one-sentence statement describing the clear and inspirational long-term desired change resulting from an organization or program's work.*

## Mission Statement

A definition for a Mission Statement (source: TopNonProfits.com):

*(Why You Exist) A one-sentence statement describing the clear and inspirational long-term change, resulting from your work.*

The board approved both of our recommended revisions in our board meeting.

They are:

**Vision Statement: Creating Peace, Well-Being and Fulfillment.**

**Mission Statement: Sharing the Healing Power of Thought Field Therapy with the World.**

This year both the US and UK foundations will combine efforts to support our projects and research, looking to North America, South America and Europe for participation, support and volunteers.

We see the projects we are currently engaged in as serving both our mission and vision clearly. The board is very encouraged for our funding prospects for this year as we have begun working with a professional grant writer and are earnestly working on funding for further research and to support the on-going projects currently in existence. I am sharing some of these projects and their hard-working results with all of you in this issue.

Just think of the potential for the far-reaching effects of the prison project detailed in this issue. Or, the example of the successful use of TFT in the various hospitals, nursing schools and clinics in the Kigali area.

When we look at the successful introduction of TFT into the medical schools in Japan, the corporate world in both Japan, with the JATFT, and Brazil, and the Prison system in Rwanda, we can begin to know we are making a difference.

Join us this year and continue making a difference.

Sincerely,

Joanne M Callahan, MBA  
President, TFT Foundation

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

[www.TFTTraumaRelief.com](http://www.TFTTraumaRelief.com)

## TFT IZERE RWANDA

Led by Fr. Augustin and our TFT Foundation supported therapists, Adrienne and Betty, the Mourning period, the community treatment days and then the new Prison Project all were very successful. They introduced TFT to many new people and treated and supported many others. I will share just a little of what was accomplished in 2016 and then a few pictures of the January 2017 Community Treatment day.

The reports from TFT treatment in the Centers of the Diocese reported many successful treatments, all starting with a SUD (subjective unit of distress) of 8 or higher that was reduced to 2 or lower. They continue to have much success in the community treatment days which have been going on for eight years.

They also reported on a 3 Month Internship: Mrs. UMUGWANEZA Violette completed a 3-month internship at the IZERE Center in TFT from July 13th to October 10th, 2016.

Some of her internship activities included healing with TFT, case work management, assisting at the Unity and Reconciliation Week at MUTETE sector, following up on the 100 days of mourning in Mutete Parish and the treatment of the women survivors, visiting the prisoners of the MIYOVE Prison, teaching TFT to the handicapped children of Nyinawimana, and meeting with the teen mother Urumuri Club at Nyamabuye Cell in Byumba Sector. -- An amazing collection of accomplishments for a three month period.



Mrs. UMUGWANEZA Violette



Father Augustin NZABONIMANA,  
Director of TFT & Psychosocial Service



Meeting with Urumuri Club (teen mothers ) at Nyamabuye Cell in Byumba Sector (16th, September, 2016 and 5th, October, 2016) - TFT for teen mothers traumatized by early delivery





## **Fr. Augustin also led the first TFT Training of the Rwanda Correction Service – Prison Social Workers - Nov. 16th – 18th, 2016**

The deputy chairperson of the Rwanda Correction Service (Prison) requested training of the Prison clinical psychologists and social workers in TFT in order to enhance their knowledge and give them new healing tools.

Fr. Augustin shared that it was a “wonderful training of the social workers and nurses from different prisons in Rwanda.”

*See later story in this issue.*



Launching of peace and justice, Unity and Reconciliation week at MUTETE Sector (2nd,October,2016)

# Tapping for Humanity



## **Unity and Reconciliation Week – Oct 2, 2016 – a Recognition of Achievements in Trauma Healing, Peace, Unity and Reconciliation.**

In early October 2016, the local authority in Rwanda hosted a Unity and Reconciliation Week.

The main objective of this week was the consolidation of our achievements in items of Trauma healing, peace, unity and reconciliation and more engagement of the community in these areas. The local authorities are conscientious of the importance of trauma healing for durable peace, unity and reconciliation

Some of the activities held were: Testimonies from those who have been helped and reconciliated; speeches about unity and reconciliation from the local authorities; sharing of food between survivors and genocidaire (those who committed the Genocide), as a sign of reconciliation and repentance (commonly called Ubusabane in Rwanda); songs and dances; and hearing and treating some cases of injustice.



There was our Bishop, the chairperson of National Unity and Reconciliation Commission, mayors, The executive secretary of the Northern Province, (Representative of Governor), In charge of Army in Northern Province, in charge of Police, and others.



## TFT Kigali Training of 70 People

TFT KIGALI – Led by PASTOR CELESTIN MITABU was also very busy sharing the healing power of TFT. He and his team of TFT Kigali Trainers led a training at IPRC West University.

It was a two-day algorithm level training for 70 people which included psychologists, social workers, and nurse students at NYAMISHABA Nurses college, a very popular nursing college in Rwanda. The attendees came from Nyanza Hospital, Kamonyi Hospital, Ruhango Hospital, and Kibuye. Pastor Celestin Mitabu, who led the training, said, “The two-day training went very successfully.

Everybody was able to clearly understand how to apply TFT when facing a problem that needs to be treated.”

Pastor Celestin Mitabu also offered the Nyamasheke Training – a TFT Training provided by TFT Kigali in cooperation with the US and UK TFT Foundations – They trained 60 people, including 28 social workers and 32 health counselors, from different health clinics in the Nyamasheke District, Rwanda.

The training was focused on educating these health professionals in TFT so they can further help their villages with the variety of health challenges they are met with on a daily basis (HIV, malaria, trauma, urgent pregnancy deliveries, and more).

*Nyamasheke Training – TFT Training offered by TFT Kigali in cooperation with the US and UK TFT Foundations*



## Healing Trauma and Abuse in Mexico - MEDITA MEXICO

The TFT Foundation worked with Medita Mexico to provide training for 41 therapists and social workers who provide care for abused women in Mexico City.

In May and October 2016, Medita Mexico hosted three TFT trainings in Mexico City, led by Leonor Zarazua, TFT-Adv.

Leo has been working for the past months with Social Workers at Refugees as part of the humanitarian work being done as a team with Medita Mexico.

Medita Mexico uses a combination of tools to support the needs of this population, High Tech Meditation, Heart Math, Pocketbook of Peace, and TFT.

The TFT Foundation is happy to be cooperating with them in this effort.





## Ways We Can Help Create More Peace in 2017 – from Corporations to Prisons

I am always in awe at the many ways I see TFT being used around the world to create a better world. It is so fulfilling to see those we have trained over the years, going on to develop projects that are having an impact on those around them, and can have far-reaching effects in our world for years to come.

I want to recognize two groups of TFT practitioners and trainers who are making a difference.

Prisons:

The first group is our Rwandan trainers who have taken TFT into the Rwanda Prison and Correction system. They have been asked, with our support, to train the country of Rwanda's entire prison and correction system.

Can you imagine what a model this will be for other countries around the world. The healing of an entire prison system, both the staff and inmates. The first prison training day took place in November 2016.

That first training has resulted in the following points of agreement:

1. Signing the memo of Understanding between Rwanda Correction Service (RCS) and the TFT & Psychosocial Diocesan Service
2. To provide TFT training for the board and different prisons psychologists, social workers and staff from the prison of Kigali, (1930), Kimironko, Bugesera, Musanze and Miyove (Gicumbi).
3. Creation of TFT groups in every prison and correction Center



4. Using TFT as the model of trauma healing and bringing people to peace, unity and reconciliation
5. Using TFT as a technical practice of eliminating toxins and drug addiction in the prisoners
6. To provide regular training, monitoring and follow-up for the trained TFT therapists in the prison and Correction centers
7. Implementing the projects of teaching TFT to the prisoners and treating them with TFT using their groups

This will be a proven model for healing in the prisons and correction systems of any country. If this can be implemented in a country such as Rwanda, it can be used anywhere to begin healing at a much-needed level of humanity.

You can help us make this project happen. We are raising the funds to support this project throughout Rwanda. Please help the TFT Foundation and contribute to this project. It can be so far-reaching, demonstrating what can be done in any country. [Click here to contribute.](#)

## Consciousness Within Corporations:

At the other end of the spectrum, a group of our TFT Practitioners and Trainers in Sao Paulo, Brazil have developed a project: Corporate Consciousness "A New Vision, A New Society and a New Era".

The Corporate Consciousness® Program arose from an ideal created by a group of partners and professionals that are aligned with the same value, life purpose and mission, whose integrated vision seeks the well-being of as many people as possible, as well as communities, corporations, institutions and society as a whole in a conscious world and a better place to live.

This project addresses:

- Corporate Consciousness
- Emotional Consciousness
- Mental Consciousness
- Environmental Consciousness

They use many of the tools we, as TFT practitioners are familiar with and use, tapping, scale of consciousness, yoga and High Tech Meditation.

One of the founders, Suzane Mayumi Iamamoto, had been my translator when I am in Brazil for the last couple of years. She took the time to translate their project summary and three recent, successful case studies with Brazilian companies.

It is amazing what they are doing and how many lives they are enhancing.

You can learn more about their project at [www.conscienciacorporativa.com.br](http://www.conscienciacorporativa.com.br)





## From Trauma to Peace

One of the ways you can help us spread the word, sharing the healing power of TFT, is to share our DVD and documentary. You can order the full film [DVD HERE](#) or watch a shorter version on [VIMEO](#). Every contribution of \$25 or more will receive a DVD. See and hear the people of Rwanda healing and hear their stories.

## How Can You Help Us Continue "Sharing the Healing Power of Thought Field Therapy with the World".

We have many needs to help support our programs and begin new research. Some of the ways you can help support the TFT Foundations are:

- Annual or on-going monetary contributions for existing long-term projects (sponsor a community treatment day or salary for a Rwandan therapist)
- Airline miles for mission volunteers and continued education for existing and new trainers in other countries
- Grant writing
- Research
- Group presentations for education
- One time or project specific contributions

Please know that each donation is individually seen by us and will be used for the purpose you specify. Remember that your donations are tax deductible if in the USA, or you can contribute to the UK TFT Foundation for a recognized gift contribution.

For more information on the TFT Foundations and our work, or [to contribute click HERE](#).

Or, you can email me with special interest or requests, [joanne@TFTFoundation.org](mailto:joanne@TFTFoundation.org).

Remember our trauma relief blog site. It has had over 132,000 visitors, helping thousands. Share this site with any who may have need for trauma relief, [www.TFTTraumaRelief.com](http://www.TFTTraumaRelief.com).



## GROUP TAPPING FOR WORLD PEACE

Dear Friends,

Even though we may not be tapping at the same time, focusing as one group consciousness on the same precise thought field magnifies the effects of tapping. You may do this one time, once a day, or however often you like. Thank you for joining us in our group effort for world peace.

### **PEACE Tapping Sequence, January 2017**

Tune into "World Peace" and do the following:

Start with tapping all 5 reversal corrections 10-20x each: sh (side of hand), un (under nose), ch (chin), mf (middle finger), oe (outside-of-eye)

Then do the following\*:

*tiny finger, middle finger, eye, index finger--9 gamut--tiny finger, middle finger, eye, index finger  
middle finger (20x), index finger, collarbone, outside-of-eye--9 gamut--index finger, collarbone,  
outside-of-eye*

\*Unless designated otherwise with "20x", tap 5-7 times on each spot.

#### **Code format:**

tf mf e if 9g sq, mf, if c oe 9g sq, er

Please let me know if you have any questions or suggestions at [marycowley@me.com](mailto:marycowley@me.com).

Gratefully,

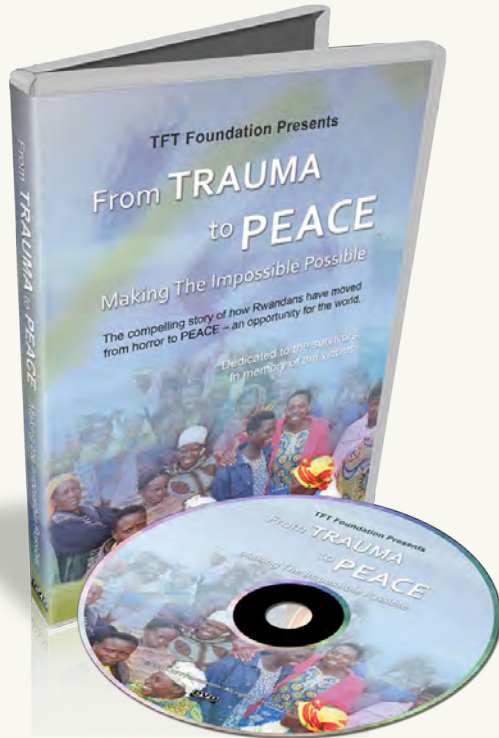
Mary Cowley, PhD, TFT-VT

Secretary-Treasurer, TFT Foundation





## TFT Foundation Documentary



### The TFT Foundation's documentary From Trauma to Peace

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](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 and July. 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.