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Update

Association For Thought Field Therapy Official Quarterly Publication



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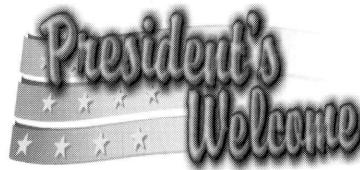
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Mary L. Cowley, PhD, TFT VT
President, ATFT

Welcome to the inaugural edition of ATFT's official publication, *The ATFT Update*! We are excited and fortunate to have such a fine periodical facilitate networking among the membership, the Board of Directors and committees, and Dr. Roger Callahan himself. Thank you, David Hanson, for its inception and production!

And speaking of "welcomes," on behalf of the ATFT Board of Directors, I'd like to give a hearty welcome to our newest Board member, Norma Gairdner, HD, TFT Dx. As I'm sure you are all aware, developing an organization dedicated to a relatively new, unconventional therapy (*no matter how powerful that therapy is*), takes commitment, perseverance, and the ability and willingness to look beyond "the here-and-now" to "what may be."

Based on Norma's communications with Board members and TFT practitioners as a whole — not only the content of her message, but the manner in which it is said — we know she will be a very valuable asset to the Board and membership of ATFT. Moreover, Norma's past experience in the birthing

of a homeopathic professional organization in Canada will be an enormous help to us in keeping aware of, and meeting, the particular challenges we face as an evolving organization. And finally, though definitely not least, we will greatly benefit from her delightful sense of humor and ability to face difficult issues with graceful equanimity. Welcome a-Board, Norma!

The Board of Directors of ATFT has declared this the "Year of Growth." The "Year of Growth" for ATFT as an association of professionals and associates dedicated to improving health, well-being and performance through Thought Field Therapy. The "Year of Growth" for its members, personally and professionally. The "Year of Growth" for the recognition, understanding, and practice of Thought Field Therapy. The "Year of Growth" in the world's opportunity to benefit from TFT's ability to promote health and world peace.

It is our goal to facilitate and spread the responsible practice of TFT throughout the world. The process began with Dr. Roger Callahan over 20 years ago when he discovered the power of tapping one point on one person, which instantly cured her particular phobia. He quickly discovered this wasn't enough for most people, and found it necessary to explore and experiment until he found more safe, effective treatments and a method for diagnosing the particular protocol needed in a specific case. The discovery that certain "algorithms" of treatment, determined through diagnosis, worked for the same type of problem most of the time enabled people with minimal training to treat themselves and others. Dr. Callahan's discovery of Voice Technology further increased the power of TFT for complex cases, and enabled clients to be treated over the phone.

With his guiding principle of "staying on line with reality," Dr. Callahan

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The Unique Advantage of
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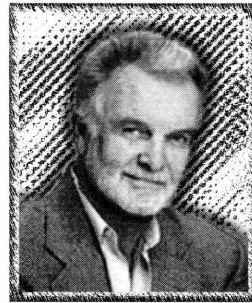
TFT & VoiceTechnology™

My unique experience

In order to appreciate the following, one must consider how support or supervisory sessions are carried out in difficult cases in conventional therapy. The student typically brings up a difficult case. The experienced professional discusses the case with the student and the typical session would consist of creative innovations in theory to account for the difficulties. In my experience, such discussions rarely, if ever, led to a *contribution to knowledge that would help this and other clients*.

An experienced and creative conventional supervisor might have two or three new insights a year (*if she was lucky and very intelligent*) but again there would almost never be any permanent contribution that would translate into concrete palpable help for patients. This lack is due to the general inadequacy of the conventional psychotherapy approaches. Many hours would be spent in theoretical speculations, some very creative and interesting ideas may be considered but none of these are translated into palpable help. If you are unfamiliar with old fashioned consultations, please see Sopranos series, e.g., where the psychoanalyst gives superb supervision or consultations but one sees little obvious tangible real help follow.

In the early days of TFT training, all Dx trainees received and paid for VT support for one year. We have changed this to keep training costs lower. The therapists who take my training are obviously superior therapists in the sense that they are dissatisfied with the results of conventional therapies and are looking for something better. Many of my trainees have also been trained in NLP, Clinical Hypnosis, and EMDR. When such a therapist is unable to



Roger J. Callahan, PhD

help a client, remember they are also trained in TFT Dx, we are talking about a very complex case indeed since TFT Dx, especially has a very high success rate.

If one gives serious consideration to this arrangement it may readily be seen that I was privy to be working with thousands of the most difficult cases throughout the world. Back in those days, I recorded every VT session and I have hundreds of hours and thousands of difficult, complex cases on file. "This has proved very helpful indeed in those cases when a client or TFT trainee therapist recalls incorrectly what transpired in a session, a fascinating process I refer to as 'apex distortion.'"

Because of the speed and effectiveness of the therapy I developed, this gave me a unique scope into psychological and other complexities. The advantage of my unprecedented experience of working with a select group of highly complex cases, allowed me to make a

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SCIENTIFIC ARCHIVES

Purpose and Guidelines

Roger J. Callahan, PhD

Purpose

The purpose of the ATFT Scientific Archives task force is:

- a. To establish a resource of scientific articles and books related to Callahan Techniques® Thought Field Therapy (CT-TFT) for ATFT members, especially those who wish to present on CT-TFT.
- b. To demonstrate to the public the scientific basis for CT-TFT
- c. To delineate standards and criteria for inclusion of scientific articles and future acceptance of articles.

Guidelines for the Archives

The Archives are the property of the Association of Thought Field Therapy "ATFT." Permission to use the archives is limited to dues-paying ATFT members, under rules and regulations that may be modified from time to time.

Copyright laws shall be respected. The archives will contain the following sections:

1. Scientific articles directly related to CT-TFT with the following subcategories:
 - a. Published studies on CT-TFT's efficacy with their full references. In some cases, copyright laws permitting, the full text to the articles can be made available. In cases where this is not possible, full references and links can be provided, if they exist.
 - b. Unpublished studies on CT-TFT's efficacy with full text provided, if possible
 - c. Case studies
 - d. Papers on the scientific basis for CT-TFT theory and/or the philosophy of science, as it relates to CT-TFT and its discovery and development.
2. A list of references (*and links, if possible*) to articles on Heart Rate Variability from the medical literature, relevant to CT-TFT (*e.g., the Framingham studies, the studies on HRV and placebo,*

studies on other therapies and HRV). Studies dealing directly with TFT and HRV will be in section 1.

3. A list of references to published scientific studies related to Toxins, other than those directly related to TFT, which would be included in Section 1.
4. A list of books that have been influential in the development of, and/or have some relevance to, CT-TFT theory (*e.g., David Bohm, Rupert Sheldrake, Ayn Rand, Arthur Young, etc.*) with a brief paragraph describing how they are relevant, following the style used by the Callahans in TFT and Trauma. This section should also include a disclaimer stating that the inclusion of such books does not necessarily imply complete agreement with all of the author's ideas and philosophy.
5. A list of opportunities for grants and funding to do future scientific research on CT-TFT.
6. A list of scientific standards for the acceptance for inclusion into the ar-

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Running⁰⁰⁰ Out of Steam

February 4, 2004

Dear Dr. Baladerian,

I just wanted to send you a small note to thank you and let you know how Thought Field Therapy (TFT) has helped change my life.

I have been an avid runner for the better part of the last 13 years. I was running anywhere from 6-10 miles a day, 5-6 days a week. In more recent years, I had begun to experience some knee pain after completing my morning run, and had to cut out all 10 mile runs, and limit my running to no more than 6 miles twice or three times a week. A number of years ago I was diagnosed with chondromalacia (*I think that's how it's spelt*), which to those of you who are unfamiliar with the term, is when you pretty much run out of cartilage, and your knee cap rubs against your bone. A lovely feeling!

As any avid runner or exerciser will tell you, after a period of time, exercise becomes a very important part of your life. Your mood, energy, even sleep patterns can change drastically depending upon your level of activity. When I had to cut my running down to minimal mileage and only a few times a week, I could feel myself beginning to sink. To be honest, when I first discussed TFT with you, I was a little skeptical. It did sound a little hokey. However, I did read Roger Callahan's book, took notes, and was amazed at how easy it seemed. How could something so easy, so pain free, that required such little time, no money and you could administer to yourself really work? Just

a few weeks ago, one night before going to sleep, I did the tapping sequence for physical pain. I think I may have spent 2 ½ minutes on it, but no more than that. The next morning I did it again, spending even less time on it. So I thought I'd put it to the test. To be honest, I didn't expect much. I thought I'd run about 3 miles, and if I could do that I would be happy. I hadn't been able to run in a while as my knees had become quite sore.

I got dressed and got my running shoes on. I put my walkman on as usual and off I went on my usual route. As I run pretty much the same route all the time, I had become very familiar of where on my route my knees would begin to hurt. Normally it would be within the first 3 miles. However, today, I got up to mile 3 and felt nothing. I got to mile 5 and felt nothing. My heart started pounding with excitement as I sped past mile 6, 7, 8, and 9. On my last mile home, I was ecstatic. I couldn't believe it. I was able to run my 10 miles again, and with no pain. I got home, picked up my notes on TFT, and just stared at them in disbelief. Had it really worked? I hadn't done anything else differently. If I had not experienced it for myself, I would never have believed it.

Since then, I have been running almost every day. I limit my 10 mile runs to maybe twice a week, but the rest of the week I run 6 miles. I continue the tapping therapy as needed, and have become a true believer in TFT.

Thank you so much for opening my eyes to such a remarkable and easy to deal with therapy. It has truly changed my life.

Sincerely and appreciatively,

Nicola Edwards



Suzanne M. Connolly CISW, MFT, TFT Dx
Secretary, ATFT

To get the best results using Thought Field therapy, and this is especially true if you are trained only in using algorithms, it is helpful to be aware that there are three phases of therapy involved. The stages are described as follows:

1. Determining what the problem is. Occasionally a client will enter therapy with a precise and well thought out goal in mind. However, more frequently part of our job as therapy professionals is to help the client identify exactly what it is they want to change and what a successful outcome would look like. Some helpful questions can be: "What would you like to be different in your life?", "Given the fact that you can't change that other person (*only they can change themselves*), how would you like to feel given they do what they do/ are who they are/ say what they say/ have the limitations they have?" And, for family therapy: "If I had a magic wand (*which I don't*) and you were able to change one thing about your family, what would it be?"

Once goals are defined, it can be helpful to ask the client what they think is getting in the way of them achieving their goal(s). "What do you think gets in the way of your organizing your desk?", "Filing your reports?", "Cleaning your room?", "Getting a job?"

As you can have probably experienced, you usually need to do some talk therapy to get there. Traditional talk therapy

Cases Studies

Talk Therapy and TFT

can help us to more efficiently prepare to use Thought Field Therapy.

2. Using the Thought Field Therapy itself. This is the easy part; however, when problems have layers and they frequently do, you will find yourself alternating between the first phase, Setting up the Problem, and the second phase, doing the Thought Field Therapy tapping sequences themselves.

3. Follow up. This can include taking a SUD (Subjective Units of Distress) level after an apparently successful treatment and challenging this change by asking a client to try to work up some upset or anxiousness or anger about whatever they were thinking about while doing the Thought Field

Therapy. Sometime when a client begins to scan the issue they were working on, new layers come up such as anger or sadness, which the client may not have even been aware of previously. And so the therapist may find that he or she is alternating between the second phase and the third phase or even repeating all three stages with a slightly different or very different problem. Most importantly, it included testing the results over time and to exposure.

The following is a case story that illustrates the importance of setting up the problem before beginning the Thought Field Therapy Intervention.

Using the Three Stages of Thought Field Therapy with a Child Who Is Failing in School

Jake was eleven years old and in serious danger of failing fifth grade. Jake had already been held back one year and his parents were frantic. Jake's mother, Anita, was convinced that Jake's academic failure was a direct result of Jake's being angry because she and Jake's father hadn't been getting along. Anita felt that this hypothetical anger had been getting in the way of Jake focusing during school and caring about his homework. It was a good guess and I speculated that passive aggressive behavior could possibly be at play.

Jake's father Juan, an industrious entrepreneur, attributed Jake's behavior to laziness. He was coming down hard on Jake and Anita felt scared and in the middle. Anita didn't like

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Heart Rate Variability Validates Thought Field Therapy

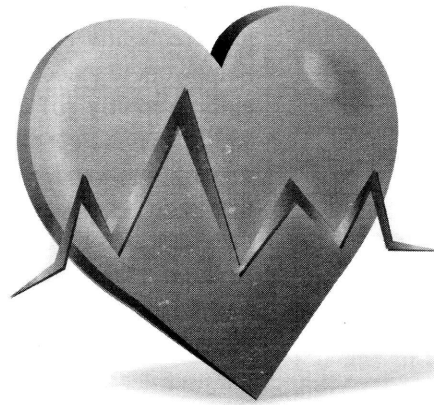
K. Hope, TFT Dx

Heart Rate Variability, otherwise known as HRV, is sweeping the world. The acronym alone conjures up pictures of scientists in white lab coats gathered around a patient hooked up to a heart monitor in a lab. But times are changing. Thanks to a small group of doctors, therapists, and software developers in Washington State collectively known as Biocom, and founding pioneers such as Dr. Roger Callahan, HRV is quickly becoming a tool for measuring health within the therapeutic setting and even at home.

So what is HRV anyway? Technically, it is the measurement of the interbeat intervals of the heartbeat. In layman's terms, it is the measurement of the spaces between heartbeats. If a person is alive, these spaces are many different lengths or variable. As we age, these spaces become more even. The more variable these spaces are, the greater the robustness of the Autonomic Nervous System (ANS) and the greater one's health. Getting a picture of a person's HRV, gives a picture of the ANS and overall health.

The ANS, part of the Central Nervous System consists of two branches, the Sympathetic Branch and the Parasympathetic Branch. The Sympathetic Branch is in charge of the "fight or flight" response required for emergencies and stress. It acts like the gas pedal of a car. The Parasympathetic Branch is in charge of the "rest and digest" response for non-emergency times and acts like a car's brakes. These two branches of the ANS are continuously attempting to create balance as long as we are alive. When balance is achieved, it is known as homeostasis.

For example, a person in a stressful situation may have a fast beating heart, sweaty palms and dry mouth. This is caused by the Sympathetic "fight or flight" response. In much older days, this response was used for survival to fight off enemies or wild animals. Today, we are not very likely to encounter an enemy or attacking animal in our normal lives.



Yet, too much of this response caused by modern day stressors can be a detriment to our health and longevity.

That is where Thought Field Therapy (TFT) comes in. Science shows that if any therapy can create a shift toward Autonomic Balance, which is not an easy change to create, it is considered valid. Thought Field Therapy has shown to create this important shift!

How is HRV measured? HRV is measured in a non-invasive way, using computer software, such as the Biocom Heart Rhythm Scanner or Inner Balance Scan with hardware such as a wrist-to-wrist Electrocardiograph (ECG) or Photoplethysmograph (PPG) infrared earclip. All of Biocom's systems meet the important standards of the Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology, 1996, as clinical grade HRV systems do worldwide.

For the HRV test, the TFT client is hooked up with the PPG earclip or wrist-to wrist, hardware and sits quietly for five minutes while the test is administered. In the Thought Field Therapy (TFT) application, a pre-test is administered while the client is thinking about their problem. The TFT practitioner does TFT with the client and then a simple five minute post-test is administered, again with the client thinking about the problem.

What is so exciting about TFT is that changes in the robustness of the client's HRV can be regularly seen during the same visit! Sometimes, the changes are subtler and are noted over a period of

Continued on page 9

It should be remembered that HRV measurement and training is not a substitute for proper medical diagnoses/care and should only be used for educational and research purposes.

Jake's Thought Field Therapy Recipe

Trauma/Anxiety

Eyebrow, Eye, arm, collarbone

9-Gamut Treatment

Eyebrow, eye, arm, collarbone

Juan's approach and it wasn't working, but nothing she had tried had been effective either.

Anita had come in by herself to explain this situation and to ask if I thought TFT might help her son. Anita had achieved great results using TFT the previous year in overcoming various problems including hurt and anxiety about ways members of her extended family treated her, a driving phobia, and getting angry with her husband and children. I explained to Anita that while I couldn't guarantee that I could help Jake with his school problems, I would be optimistic that by using TFT I could.

When Jake came in for his first session he was quiet and subdued. He would politely answer questions but he did not volunteer any information, especially about his problems at school. Using a "question and answer technique" I learned that Jake was as confused as everyone else as to why he wasn't doing well in school. Jake finally volunteered that he suspected that he just wasn't as smart as the other children in his class. "When I turn things in it's always full of mistakes." "What kind of mistakes?" I asked. Juan listed spelling and especially punctuation and sentence structure as problems. "No matter how hard I try, I just can't get it," Jake said.

However, Jake was a good reader and although Hispanic, he was second and third generation, so English as a second language was not an issue. While acknowledging that his parents' difficulties did cause him some sadness and anxiety, Jake denied being angry. Jake seemed like he really did want to do well in school and it seemed that something be-

sides anger or "laziness" was at work here.

As we limped along using our questioning and answering method I learned that Jake often did his homework and frequently even took his finished homework to school. But fearing (apparently correctly so) that his homework would be unacceptable (full of mistakes in punctuation and spelling), Jake did not turn in his homework. I began to suspect that there was an anxiety here that was circular. A kind of conditioned response had occurred. Jake now had anxiety around school. The anxiety kept him from learning and performing well. And of

"To respect a person is not possible without knowing him: care and responsibility would be blind if they were not guided by knowledge."

- Erich Fromm The Art of Loving

course this anxiety kept him from turning in the homework. Which, of course, caused more anxiety and the problem was self-perpetuating.

I asked Jake to think about handing in a paper at school. (At least he would, I reasoned, get credit for turning his homework in and perhaps he would get some extra help. And hopefully, if there was no anxiety present, he could learn from any mistakes he made on his papers.) Jake could not get in touch with any anxiety. I asked him to think about writing an assignment (Jake had a book report that was due at the end of the week). Still no anxiety. I asked Jay to tell me about the book that he had read. He did a magnificent job of describing the story in great detail. I grabbed a piece of paper and a pen and asked Jake to write down what he had just said. Jake froze. The look on his face was one of terror. We had just completed phase one of setting up a problem and we were now ready to use phase two, actually using Thought Field Therapy to address the problem.

We used that trauma/anxiety algorithm and Jake's SUD level of nine was reduced to a one. That is until I, once again, brought out the paper and pen and asked Jake to write his report. Jake reported a SUD level of four as he looked at the paper and held the pen in his hand. We did a mini reversal and, again, used the trauma/anxiety algorithm. Jake was now anxiety free and ready to write his report. Jake wrote a small part of his book report in the office. The spelling was fine, the punctuation correct. We were now ready for phase three: testing out the problem in a real life situation and seeing if our anxiety cure lasted over time.

The next time we met Jake brought in his finished book report as I had requested. He had handed it in time and received an A. Writing the assignment had seemed easy for Jake and he reported that somehow he had "just remembered" how to spell and punctuate.

I met with Jake a third time and then we agreed to meet only if his writing phobia returned. Almost two years later Anita made an appointment to see me to work on a new problem. She nonchalantly mentioned that Jake was doing well. He had passed fifth grade and had been doing very well in school since our sessions.

The preceding case study illustrates how important it can be to set up the problem to be worked on as succinctly and as accurately as possible. If we had worked on Jake's hypothetical anger we would not have achieved these same results. If we had worked on his "laziness" Jake would have been in therapy a long time. Being a good detective is part of doing good therapy even when you have the most sophisticated of therapy interventions at your fingertips.

Excerpted from Thought Field Therapy: Clinical Applications - Integrating TFT in Psychotherapy Practice by Suzanne M. Connolly

continues his meticulous exploration and cautious experimentation, which has thus far lead him to revolutionary discoveries such as "thought fields," "psychological reversal," the role of Individual Energy Toxins, and objective measurements of treatment efficacy such as *Heart Rate Variability*. All these discoveries have resulted in a profound increase in the effectiveness of TFT, in its applicability to an ever expanding number of problems, and in its accessibility to people around the world.

It is now our opportunity and privilege to take a quantum leap with TFT in the world. There is power in numbers. Our membership not only shares an understanding and appreciation of TFT, but it is comprised of individuals from a great variety of disciplines and backgrounds, giving us innumerable resources and opportunities. We have begun by laying a solid organizational foundation. We have developed our by-laws, published an official web site, established a standardized algorithm training protocol, produced the first ATFT conference, and begun developing scientific archives and guidelines of practice. We have initiated the development of materials to facilitate improvement and growth of TFT trainings and practices. We've also formed an ATFT Foundation for the purpose of furthering research, education and community service related to Thought Field Therapy. Now we are ready to "raise the house" and invite all of you to help us do so through your membership, help on committees, suggestions, and networking. We need your ideas and your experience!

Heart Rate Variability... continued from page 6

time. When the client's therapy session is complete, reports can be printed for them to take home.

On occasion, seemingly drastic HRV shifts can be observed, such as an SDNN going from 35 to over 100 or Total Power going from 356 to 3000. Dr. Callahan refers to this state as a "Chaotic Reset," a period where the ANS is resetting due to the impact of the TFT Therapy. After a resetting period of hours or days, the client's HRV will return to normal ranges.

Some important HRV parameters to look at are Total Power, Low Frequency/High Frequency (*LF/HF*) Ratio, and SDNN.

Total Power is indicative of total activity in the ANS - the greater the number, the greater the activity. The HF/LF Ratio shows where balance lies between the two branches of the ANS.

SDNN is technically the Standard Deviation of Normal-to-Normal intervals. It is important to know that the longer the measurement of HRV the higher the SDNN. Five minute test parameters cannot be compared to 24-hour HRV statistics. Short-term tests should only be compared to short-term tests. SDNN correlates with overall variability. The higher the SDNN, the greater the variability. With numerous studies behind him, Dr. Callahan has shown that SDNN can be increased with TFT.

Across the board, dramatic improvement of HRV has been shown post Thought Field Therapy. Dr. Callahan, a true pioneer in his field, has helped thousands of people with his discovery.

With the scientific validation of Heart Rate Variability behind Thought Field Therapy, the world must stand up and take notice!

number of real, empirically supported discoveries in successfully treating complex clients. These discoveries are *immediately* translated into tangible and usually dramatic help such as completely eliminating problems such as recalcitrant anxiety and chronic depression in minutes.

Even though we can eliminate such problems in minutes, it does not mean that our brief and powerful therapy is sufficient in all complex cases. Due to the high success of VT treatments, I was able to discover the role of toxins in regenerating a problem which has been completely cured (see paper CURE AND TIME). Because I made this important discovery, some people have confused this to mean that it is only TFT that need be concerned with IET's (Individual Energy Toxin). Not so. I have found that *any* effective treatment, be it a psychotherapy, a chiropractic, or a successful medical treatment can be undone by an IET. Typically, when the person has the IET identified and properly treated, and/or avoided, the cure will quickly be re-established.

Roger J. Callahan, PhD
Founder, Thought Field Therapy
www.tftrx.com



Rome in

Can TFT Help This Problem? Yes, There's a Good Chance It Can!

Joanne Callahan, MBA
Foundation President, ATFT

A wide array of problems can be helped with TFT. As Thought Field Therapy™ (TFT) evolves, we find more and more problems that can be eliminated, improved, helped and even cured with TFT.

These results seem to be both cross-cultural and cross-species and span both mental and physical realms. Some experts in spirituality believe TFT also opens up our spiritual channels. We are continually finding TFT to be a universal healing tool.

Our Step B Diagnostic Level courses are constant reminders of the varying problems that can be helped with TFT.

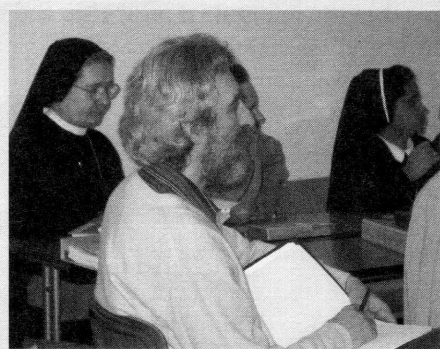


Problems that have most often been previously treated by many of the more traditional methods and yet still remain a difficulty.

Our recent TFT Step B training in Rome, Italy is an example of this broad application for TFT. We had mental health practitioners, physicians, clergy, osteopaths, and many others in the healing fields coming from countries, as widespread as, Germany, Italy, Nigeria, Norway, UK, Bangladesh and even South Africa. Many spoke no English and worked thru translators in German, Italian and Spanish. Some came with reports of how the TFT algorithms had already changed their lives and they were eager to learn more.

But even with this diversity, we still experienced profound changes and improvements in most of the problems presented, and these improvements maintained throughout the three-day course.

February 2004, TFT Step B course in southern California was yet another example of eliminating life crippling, long-term problems. The attendees were from many countries and cultures and from various healing fields such as education, chiropractic, mental health, and the clergy. They too experienced the elimination of problems from severe trauma to TMJ. One of the attendees had this to say, "I have been to dozens of workshops and seminars in my professional life, some good, some not so good. In attending the training... I learned a great deal cognitively about TFT and toxins. However this particular training session was transforming. I would even say life saving." Rita Weinberg, PhD, Professor of



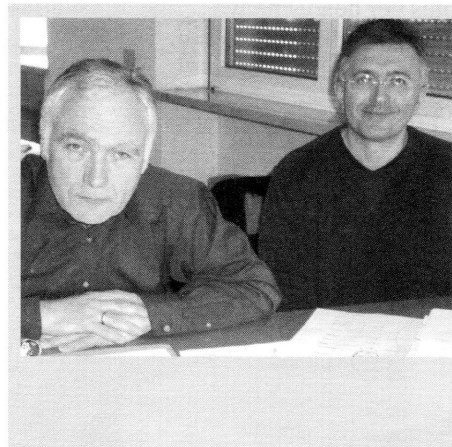
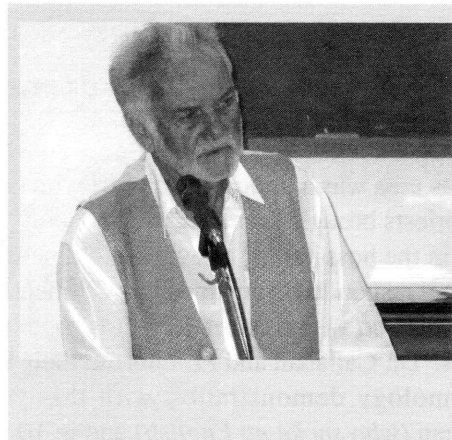
Photos: © 2004 Jenny Edwards

Our Step B courses all include much work with the attendees with demonstrations and practice sessions. Most attendees receive significant relief, often from life-long problems. What better way to learn than to experience it yourself!

In Rome we quickly helped numerous severe childhood traumas, some experienced as long as 30-40 years ago. Several simple phobias were eliminated in the practical sessions, providing the attendees with immediate successes in their newly acquired skills.

Physical problems such as tinnitus, fatigue, muscle soreness, sciatica and even a severe migraine headache quickly responded to our diagnostic procedures. Our most exciting success

Continued on page 12



Many thanks to Jenny Edwards PhD, TFT VT for providing these wonderful pictures of Rome.



Roger in... continued from page 11

in this area was a young Italian girl who one of the priests brought from a nearby hospital. She was in the hospital for a severe migraine which had not responded to any medical treatment. She had suffered with this headache for about three years. Dr. Callahan and Fr. Luis did their Voice Technology demonstration with this young woman (*who spoke no English*) and in 10 short minutes her headache was gone. She was so appreciative and it was very moving to see the relief in her face.

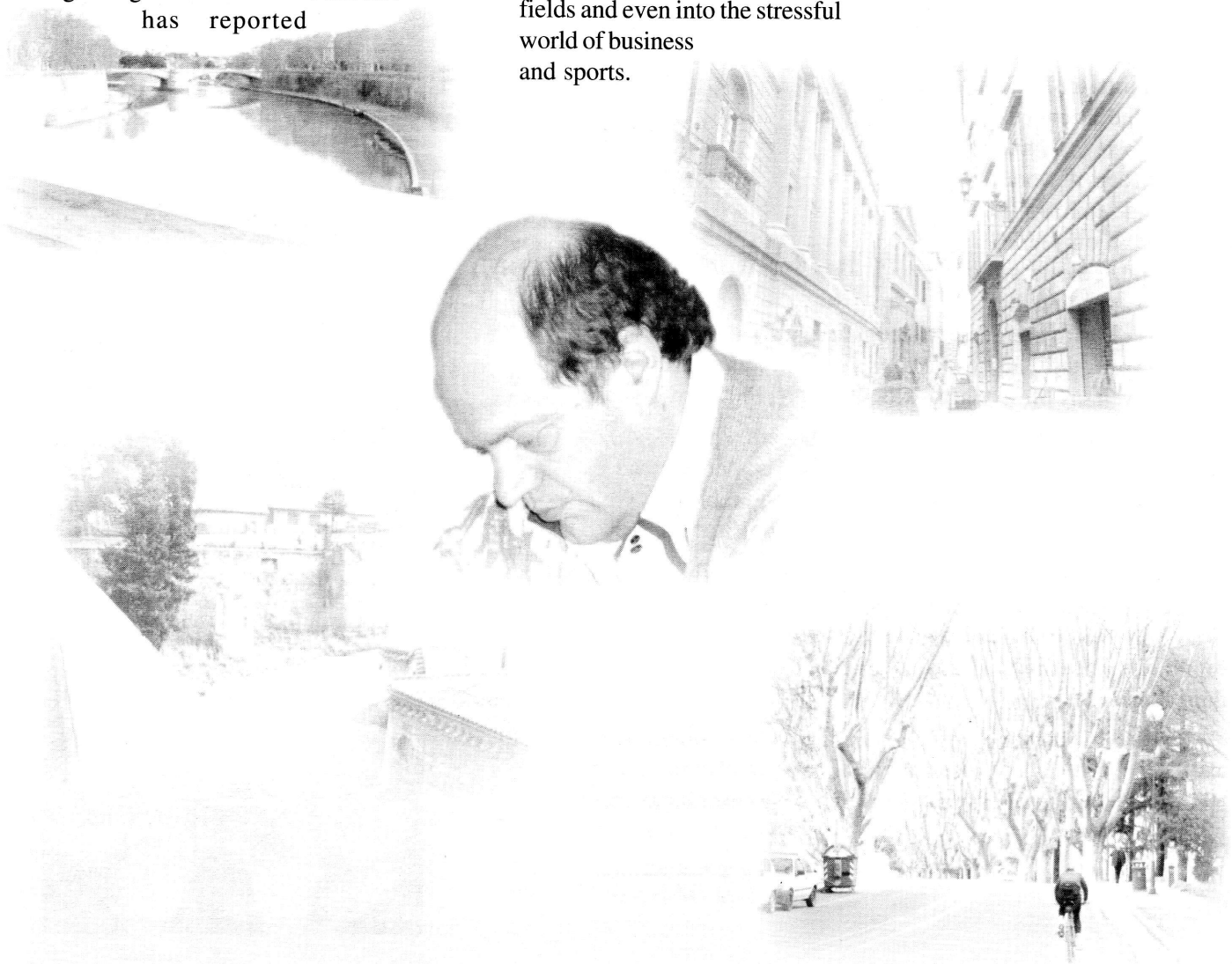
One of the attendees has reported back to us that she has used some of the algorithms on her dog with great success while another has reported

back to us of success with a young infant.

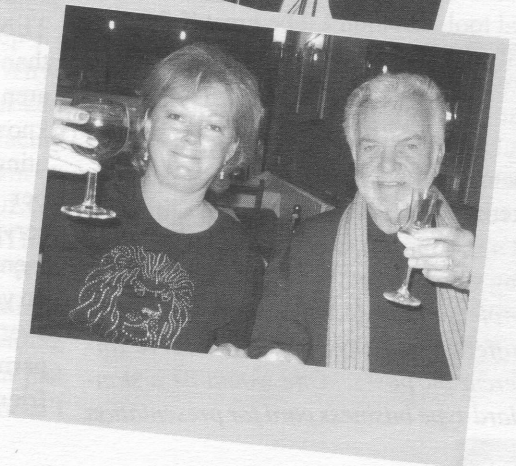
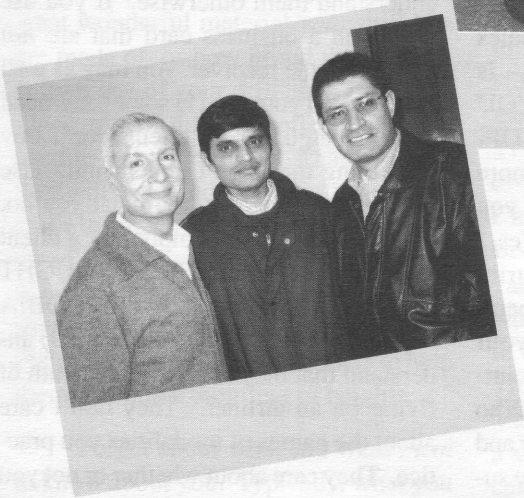
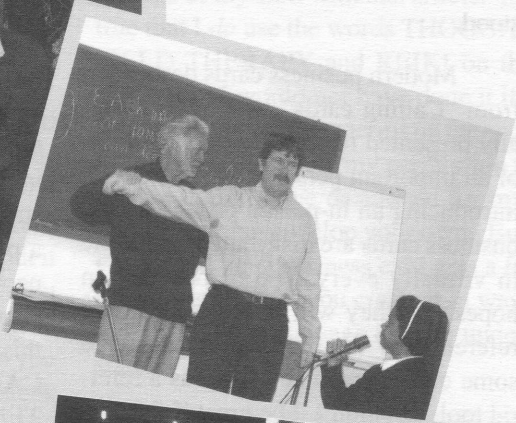
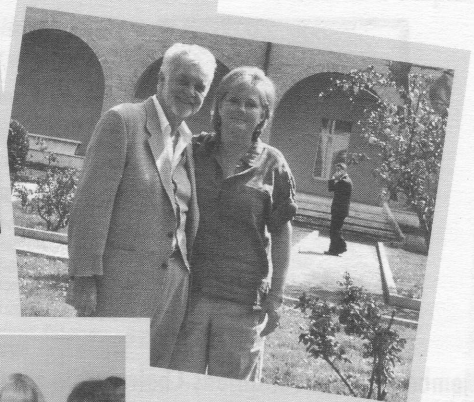
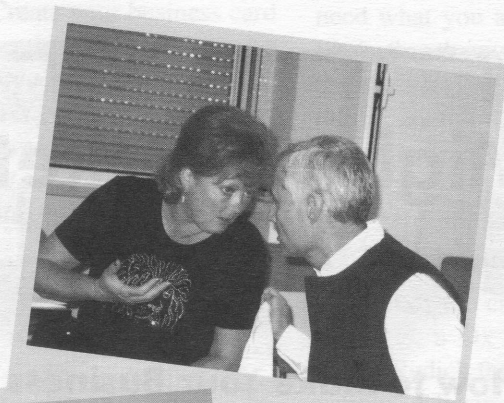
In our upcoming training in London, we will have a short presentation by one of our TFT practitioners who specializes in working with animals. She has had much success with dogs and horses and will teach some of the ways to approach animals.

We have found that many things, including the elimination of the negative side effects of necessary medications can be helped or eliminated with TFT. If you are wondering if a problem can be helped with TFT, please call or write us, Joanne@tftrx.com and perhaps we can guide you in your approach to helping a new problem for yourself or your client.

We continually strive to increase the effectiveness and applications of TFT as we integrate it into more and more areas of the healing world of business and sports.

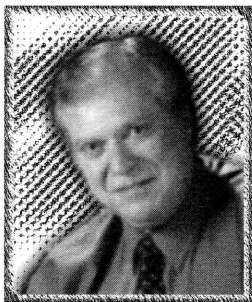


There will be a ground-breaking course offered in London, immediately following our TFT Step B course with the co-founder of Neuro Linguistic Programming (NLP). On June 7-8, 2004, we have **TFT Meets NLP** with the two great geniuses of each field, Roger Callahan and Richard Bandler. For more information on this exciting course, produced by Paul McKenna, go to his web site, www.paulmckenna.com. Don't miss this historic event!



Mighty Marketing Minute

How to Make Your Business Cards MORE Effective



David Hanson, TFT Dx
Membership & Publications Chairman

The business card is probably the most common business tool there is. It is also the most misused and misunderstood.

Modern business cards descended from “Calling cards” which were usually presented to secretaries or servants of an important person to assist them in introducing an in-person caller. Today, business cards are distributed by people in virtually every type of business in hopes that they will be kept for future reference by the receiver or passed to some other person and work as a referral tool. Wouldn’t it be great if they really did that? Most often, they don’t.

Following here are some general rules and tips to make your business card actually *work* as a sales or personal marketing tool. Your observance of these items will help to maximize the marketing value of your business card. (*Some professionals should actually have TWO different business cards that serve different purposes. One would be a standard-type business card for presentation*

in more professional settings while the other would be for distribution to the public for the purpose of marketing your skills - which is what we are discussing in this article.)

1. Business Cards are Meant to be Distributed

In my marketing classes, I am always amazed and dismayed by people who shrink from distributing their business cards for fear that they will run out and have to print more. ARRGH! Even the *best* business cards can’t do you any good if they never leave your desk drawer. I call these people “Business card hoarders.” They hang onto their cards like a dog hangs onto a bone because they are afraid they’ll have to order more. The truth is, they are clueless about how selling happens. They lack a basic understanding that sales are created by leaving a positive sales message with as many people as you can. The key to *all* sales — regardless of product or field — is this: SEE AS MANY PEOPLE AS YOU CAN AND TELL YOUR STORY OFTEN. If you are not distributing more than 2,000 business cards a year, you aren’t working at it hard enough. Yes, I know, you have to really *work* at distributing 2,000 business cards. But, remember that the person who needs your services can’t call you for an appointment if they don’t know you exist. Who do you give your cards to? Anybody and everybody who will take one. Every supermarket checker, friends, friends of friends, neighbors, waitresses, beauti-

cians, the members of any clubs you belong to, people in your church. EVERYBODY! It doesn’t matter if they need your services or not. Give them away anyhow! Is there some waste in this strategy? Yes. But if you follow the remaining points, you will be minimizing waste and maximizing the sales effectiveness of your business card. Keep reading.

2. Business Card Must be Printed in a Language The Recipient Understands

And, I don’t mean English. Avoid lingo and the names of things (therapeutic modalities, mostly) that your average receive won’t understand. I offer TFT and Reiki for clients. And, generally speaking, I don’t include the words TFT or Thought Field Therapy or Reiki unless I explain the terms elsewhere on the card because the client probably won’t understand them otherwise. If you use words on a business card that are *not* familiar to the receiver, you may as well have printed your card in some long-dead ancient language. A client won’t buy something they don’t understand. Use your business card to tell what you do, not how you do it. Simply put, a client may not understand TFT or THOUGHT FIELD THERAPY or the word PHOBIA — but they may (*and probably DO*) understand that they are scared to death of flying on an airliner. They don’t care about the names of modalities you practice. They care about whether or not you can relieve their emotional pain or end

some difficult personal problem. Of course, it is okay to use names and phrases like TFT or Thought Field Therapy or Reiki (*or whatever therapeutic practices you engage in*) if you follow the instructions in item #4. This is a matter of selling the sizzle - not the steak. Have you ever noticed

for services. Create your business card from the perspective of the person who receives it. Ask yourself these questions: *Will my business card offer a solution to someone's self-defined problem? What do I need to say on my business card that would motivate someone to*

call ME rather than someone else? Realize that your business card will be most effective when it

need what you are offering, it is more likely that they would consider passing the card to someone they know who might benefit from its offer. If you want people to *keep* your card, give it greater value.


4. A Business Card has Two Sides

I have to credit one of my former students, a Dx "TFTer" named, Dr. David Redick for this wonderful observation. A business card has *two* sides: The FRONT and the BACK. It may come as a surprise to

FRONT SIDE

American Reiki Institute

Dr. David Hanson
Specializing in the Rapid Treatment of Fear & Anxiety
Reiki & Thought Field Therapy



7311 Chambers Creek Road W #2 - University Place, WA 98467
Phone: (253) 202-2959
powerpaws4u2@msn.com

What is Reiki?

"Reiki" means "Universal Life Energy." It is a system of natural healing from Japan that uses life force energy to launch healing when the healing resources of an individual are depleted. Practitioners of this ancient healing art replenish their client's life force energy by transferring it through the palms of the hands. Reiki is particularly effective in overcoming the effects of stress and related problems.

What is Thought Field Therapy?

Thought Field Therapy (TFT) is a revolutionary therapy that brings rapid relief and resolution of most common psychological and emotional problems including: anxiety, phobias, irrational fears, stress, trauma, grief / loss, anger, rage, shame, guilt, and obsession. Dr. Hanson is a licensed TFT instructor and was trained by Dr. Roger Callahan, Found and Developer of TFT.

BACK SIDE

that restaurants never tell you about the wonderful hunk of raw cow meat you are buying for dinner. Instead they tell you about the wonderful taste and smell of that COOKED steak as it sizzles on the platter. Selling raw, red, cow meat to people doesn't work nearly as well as selling the taste, aroma, and presentation of the served meal.

solves a problem for the recipient. Remember: They *don't* buy drill bits, they buy the *holes* the drill bits make.

3. Business Cards That Carry a Value-Added Feature are Kept When the Rest are Tossed in the Trash

If someone walked up to you and gave you a card for a FREE tank of gas, would you keep it or would you throw it away? If someone offered you a card for a FREE towing job, would you put it in your wallet on the off-chance you would need it or would you throw it in the circular file? If someone offered you a card that would get you a FREE steak dinner, would you toss it or keep it? Chances are, you would keep it. Why? Because it has VALUE. You can add value to your business card by placing what I call a "value added" statement on it. Something like, "FREE CONSULTATION WITH THIS CARD" or "INITIAL VISIT FREE WITH THIS CARD." With a value added statement, your business card suddenly gains value by becoming a ticket that is good for more than just reference. Even if the receiver doesn't

you that you can use *both* sides to communicate your marketing message. I have included a graphic of my card with this article. It's true that I *do* use the words THOUGHT FIELD THERAPY and REIKI on the card. But, I would not have done it if I had not explained these terms on the back of the card. You have my permission to use the copy I have developed for myself, or you can develop your own. But, you'll find your business card gets a far greater response if you create it in ways that make your message easy to understand.

David Hanson, TFT Dx is the ATFT Membership & Publications Chairman. He operates a practice in Lakewood, Washington, specializing in TFT and Reiki. With his business partner, Scott Markham, who is algorithm-trained, he operates C&M Productions — a small firm offering personalized marketing materials. (253) 202-2959 or e-mail him at: powerpaws4u2@net-venture.com

Forget about what *you* want *them* to know about you. Typically, what you *want* them to know is not what they *need* to know to motivate them to contact you



ATFT Foundation

Fund Raising for Research

The Board of Directors of ATFT previously reported that it was in the process of forming a foundation to support the Association for Thought Field Therapy by furthering research, education and general charitable purposes related to Thought Field Therapy. As president of this Foundation, I am excited to announce that the ATFT Foundation has received its IRS determination letter confirming both its exemption under section 501(c)(3) and its public charity status as a supporting organization for ATFT under section 509(a)(3). This is the most advantageous status because it allows contributions to the Foundation the most favorable charitable deductions.

We are now eager to begin our work. A primary goal of the Foundation is to help facilitate research on TFT. One of the ways the Board would like to do this is by connecting research with funding. The ATFT Foundation now gives all of us an opportunity to pool resources when someone wants to do research. Donations to the Foundation are tax-deductible which makes it a little easier for those who wish to donate. The Board of the ATFT Foundation invites your help in obtaining funds and resources for this effort.

We would like to thank those of you who have already made donations and to encourage the rest of you to join us in our effort to fund

research. All sizes of donations are appreciated as each dollar brings us that much closer to our first research project.

The first project we will be raising funds for concerns TFT and Heart Rate Variability (*HRV*). This project has been designed and proposed by the world's leading expert in the field of *HRV*, and is described as follows.

The study will investigate the effect of TFT procedures on patients surviving the acute phase of myocardial infarction (*MI*). It will be performed on patients while still hospitalized after the acute phase of *MI*. There will be two groups of subjects, one receiving TFT and one a friendly chat between *HRV* measures. The distinction between both groups will be randomized.

The ATFT Foundation now gives all of us an opportunity to pool resources when someone wants to do research.

The hypothesis of the study will be that the day-to-day differences in the global 24-hour heart rate variability (*which is the true reflection of post-infarction risk*) will be different between both groups of subjects and that the improvement will be greater in patients subjected to TFT.

The proposal recommends a 1-year study, with about 50 patients based on some careful selection criteria, including age, comorbidity and co-existing therapy.

We will require between \$150,000-\$200,000, based on the valuation of the US dollar and any university surcharge for outside funding, and are asking everyone to help support us in this ground-breaking study. We are happy to accept donations of any size. If anyone has a funding source that they feel would be appropriate for this study, please contact me.

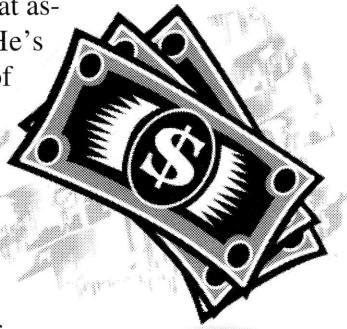
I will submit donations to the Board. The Directors would also like to invite anyone who wants to conduct a study on TFT to submit to the Foundation Board a request for funds. This request should in-



Joanne Callahan, MBA
Foundation President, ATFT

clude the purpose of the study, *its design*, and how much money is needed for what hard costs. If approved, the Board can then earmark funds from existing funds it might have, or conduct a campaign to raise funds for the specific research.

The Board of Directors of the ATFT Foundation would like to welcome its newest member, Christopher Semmens, MApp, Psych, from Australia. He'll be a great asset to our Board. He's also in the process of planning a research project relating to trauma and will be submitting his proposal shortly



We are truly excited about all of these opportunities. Please join us in our fund-raising efforts. Thank you for your efforts.

Donations should be made payable to the ATFT Foundation and can be sent to:

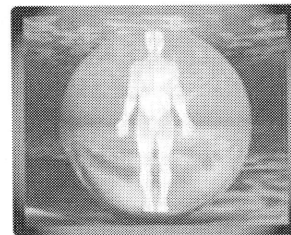
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MOSCOW

On The TFT

Norma Gairdner, D.H.M.S., H.D., TFT Dx

It all began while boarding the airplane to Moscow. It was difficult to ignore the stale-smoky-smelling clothing of many of the passengers, including, of course, the non-stop-fidgety-red-faced fellow sitting next to me, whose breath was a fairly recent mixture of pre-flight self-medicating-booze, and the last-minute drag of a cigarette before boarding an eleven-hour smoke-free flight. His clothing, I tried to humor myself, was spiced with tones of steely dry-cleaning solution, aged in years of arsenic-laced smoke, slightly tinged with tangy aftershave, and a hint of sour, with a vile finish.

What a dilemma. Should I request to change seats, I wondered, well aware that there would be no guarantee of relief in a different seat on an airplane seemingly full of smokers. Should I start tapping myself and do the 7-Second Treatment, on both inhale and exhale, just to cover my bases? When the man sees me tapping myself, will he be the one to request a change of seat? And if so, there would be no guarantee for him either, that he would find a less 'crazy' person to sit beside. I mused about the expression 'beside oneself', and thought of how toxins, as well as traumas, can literally take us outside of ourselves.

I decided to try to tap myself invisibly, in my mind's eye. After all, isn't that where the thought field is? So, I closed my eyes and began doing a new self-treatment I have been working on - which I have agreed to present, at the up-coming ATFT conference, in October.

"I want to be healthy." I whispered to myself.

"Ya, sure lady!" I imagined the man beside me scoffing.

I continued on, and corrected myself for various PR's until, in my mind's eye, and in my feelings, I was good and strong again.

"This is cool!" I thought, hoping that my buddy was not clairaudient.

I spent some time treating myself for the second hand smoke, and the smell of the cheap-perfumed lavatory deodorant oozing its way forward from the back of the plane. It's

amazing, when you think of it, that this treatment actually brings relief, I thought. In fact, I could feel the changes in my breathing and heart rate, almost instantly. Quite amazing.

Eventually, I settled into a quiet routine of imaginary tapping and a pleasant state of surrender-to-what-is. Halfway there, when I could feel the pressure of traveling, I treated myself with the TFT jetlag algorithm, and although the airplane was traveling over the northern pole, I used the west to east algorithm, as Moscow is East of Toronto.

Usually, I suffer some from of jet lag, in varying degrees of nastiness, and for that reason had been leery of going to Moscow. However, when we arrived, at 11:30 a.m. (2:30 a.m. my time), I was chipper and bright, with no sign of jet lag, yet. I went straight into a planning meeting, with an interpreter, and held up just fine. Soon we were off to an early dinner, and then a meeting with the Russian training staff, and later, a visit to the training room. So far, so good.

Luckily, I had pre-requested that the interpreter, staff and students in the seminar be perfume, scent and smoke-free...and they were. This was a blessing for me personally, and a boon for the work up ahead.

The seminar began the next day and lasted for five days, from nine in the morning, until very late each night. And although I teach this seminar for a training company, they allow me the freedom to use much of my own design, which means that I am able to do and teach some TFT, which brings me to the reason I am writing this article.

Though much of the learning in this seminar is gained through group process and group exercises, there is also a time during the training, when I offer to work on anyone who has phobias or traumas. One by one they come to the front and I treat each of them, and at the same time, teach those who are watching. The treatments so far, have all been successful, in terms of bringing down the SUD levels, and people are relieved of their issues, and also learn about TFT, and how to do the trauma algorithm.

At one point, though I have no idea what possessed me to do it, I offered to work on any deeply private issues, in secret, without the trainee having to publicly reveal their issue. Instantly, a female student came forward, nearly hysterical with tears.

I asked only if the problem was a phobia or a trauma. She said it was both. She was clearly beside herself (*there's that reversal again*), shaking and crying uncontrollably, and could barely stand up on her own. She was so upset that for a moment, I was afraid I might not be able to assist her with only my rather unconventional style of using algorithms, and that I might be in over my head, as my diagnosis skills are rather weak. However, I determined to assist her, and got both of us a chair. Then, with the interpreter by my side, and in front thirty-three people, including the owner of the company, and without knowing the source of her upset, I began with the TFT test and treatment for massive reversal. Then I tested her for the phrase, "I want to be over this problem/I want to keep some of this problem."

Interestingly, as horrendous as the problem clearly was for her personally, she was nonetheless reversed on wanting to be over it.

(*A phenomenon that seems surprising, until you realize that a toxin, all by itself, can cause a person to think in an opposite way than they think they are thinking.*) Perhaps a toxin had somehow reversed her thought process too. So, I corrected her reversal, and explained that now there was a greater possibility to recover fully, if she so desired.

I asked for her distress level, and she said her SUD was 100 on a scale of 1 to 10. So, I began immediately with the trauma algorithm, with guilt and anger, though I was suddenly uncertain which finger was guilt and which was anger. Her SUD came down a bit, so I repeated the treatment, and it moved a bit further, although it seemed to be coming down too slowly. (*Funny, how the*

Norma Gairdner

As a 21st century medicine woman, Health and Well-being Coach, personal awareness trainer, and mother and grandmother, Norma employs a variety of unique healing modalities to assist and comfort, with intent toward healthful change and renewed authenticity and freedom. Many of her clients experience robust transformation into spirited models of health and well-being, echoing the phrase: "I feel like myself again."



Following her M.A., Norma spent years and traveled far to study with the founders and teachers of many new and ancient healing modalities including Massage Therapy, Polarity Therapy, T'ai Chi Chuan, Lomi Deep Tissue, Tellington Touch, Rebirthing, Whole Brain Functioning, Shamanism, Soul Retrieval, New Decision Therapy, Thought Field Therapy, Reconnective Healing and Homeopathic Medicine.

After graduating with honors from the International Academy of Homeopathy, she became Clinic Supervisor of the Teaching Clinic of the Homeopathic College of Canada where she taught first year Homeopathic Medicine and the course for

Continued on page 21

fact that a thirty year stuck-state was moving at all, represents a major shift in consciousness and possibility that had not occurred in her entire lifetime, and yet I'm sitting there thinking it's too slow!) So, I stopped, and had her do the collarbone breathing, while thinking of the secret problem. (*I could see the other students, and the president of the company, all copying the technique from the corner of my eye*), and then I repeated the treatment sequence again.

Soon, her SUD was coming down, and her crying was easing up.

However, after the next sequence, she suddenly began crying again. And I thought, "Oh no! She's switched thought fields." So I asked her (*through the interpreter, who by this time, was also crying*) why she had begun crying again. She said she was crying because she was feeling better (*her SUD was now at a 3*) and

she couldn't believe she would ever feel better again.

At this point, she whispered to the interpreter, who whispered to me, that she had been terrified of sex all her life, to the point of never having been able to be with a man in any sort of intimate or sexual way, ever. She had never known why, but she had suffered with this fear of men and paralyzing phobia for all of her 36 years - for as long as she could remember.

I did one more trauma sequence, and lo and behold, her SUD level went down to a 1, and then we did the eye roll. By now, every person in the room, including myself, was crying right along with her as she jumped up from her chair, threw her arms around me, and began literally jumping for joy.

Continued on page 21

2nd ATFT Conference

Oct. 2 & 3, 2004

Doing What Couldn't Be Done: Practical Applications of TFT

— SAN-DIEGO, CA — HARBOR-ISLAND-HILTON —

When you can do *what* has never been done, you can do *more* than has ever been done. The second Association for Thought Field Therapy conference gives you the opportunity to learn what others are doing with TFT in many fields of practice. This will expand your skills and knowledge to accomplish more of your personal and professional objectives. Thought Field Therapy's extraordinary success in its first psychological applications years ago was just the beginning. This conference recognizes the expansion of TFT into other fields as well and brings to the participants knowledge and skills from all forms of the healing arts. In addition to the revolutionary applications in the Psychological and Counseling Professions, TFT is now used in Physical Medicine, Dental Care and Prevention, Substance Abuse Rehabilitation, Veterinarian Medicine, Psychiatric Interventions and Treatment, Chiropractic Medicine, Education, Clergy, Sports psychology Acupuncture, Body Work, Physical Therapy, and many other healing settings. The conference participants' own professional practices will be enhanced by examining the power of TFT in a variety of settings.

The keynote speaker **F. Fuller Royal, M.D., H.M.D.** will share from his many year of experience as a physician and his use of TFT in his medical

clinic. Dr. Royal is a member of the American Academy of Environmental Medicine, the American College of Advancement in Medicine, the American Institute of Homeopathy, the Homeopathic Pharmacopoeia Convention of the United States (*HPCUS*), the Nevada Homeopathic Medical Association, and the American Center of Homeopathy. He is also an honorary member of the Societe Medicale de Biotherapie and the Institute Internationale d'Acupuncture, both of which are headquartered in Paris, France. For more information

Examining the power of TFT in a variety of settings

about Dr. Royal and his practice go to www.nevadaclinic.com.

Mark Steinberg, Ph.D. is a confirmed plenary presenter. His presentation will describe how he integrates TFT in the treatment of attention deficit disorder and other conditions along with neurofeedback and other psychotherapeutic modalities. Dr. Steinberg has co-authored a book entitled *ADD: The 20-Hour Solution*, about the use of EEG neurofeedback to resolve ADD and other conditions involving dysregulation. For more information visit www.marksteinberg.com.

This conference is a unique opportunity to interact with **Roger Callahan, Ph.D.** founder and developer of the Callahan Techniques® Thought Field Therapy. He will present his most recent work and respond to participants' questions and comments at his plenary session. His presence throughout the conference will enliven all the workshops and discussions. No other conference offers you this opportunity.

This year the conference will have breakout sessions allowing for more time for you on issues, populations, approaches and skills you choose to explore. The conference committee is still reviewing proposals that have been submitted. If you are ready to share your knowledge of TFT in any of the healing arts please apply. The deadline for submission is June 1, 2004. Those presenting a 90 minute workshop will receive a complementary conference registration. Full details are available on the ATFT.org website.

At the first conference an Algorithm Workshop was presented and it was great. A room full of very experienced algorithm trainers, seasoned practitioners at all levels of TFT and some beginners. Every one learned so much about doing

Continued on page 21

algorithms, teaching algorithms, and many ways TFT was being used. This year's pre conference Algorithm Workshops promises to be even better. Register early as the room was very full at the last conference.

New to the conference this year are two half day workshops. Dr. Roger Callahan and Ms. Joanne Callahan will present **Dx Update**. Open to every one who has completed step B training, the focus will be on reviewing the most current Dx techniques.

The other half day workshop, **Marketing TFT & TFT Algorithms Trainings**, will be presented by Dr. David Hanson. Dr. Hanson's outstanding materials developed to market TFT will be provided and he will instruct participants in using these tools and some of the finer points of reaching out to people you serve.

Scientific Archives... continued from page 4

archives of future articles, as well as instructions and format for submission.

Process for updating the archives as new scientific articles are published Members of the task force will search the Medline database every three months for any new articles on HRV or Toxins from medical journals that might be relevant to CT-TFT. The actual article(s) can then be obtained and read by at least one member of the task force, who will determine if it is relevant to CT-TFT for inclusion in the archives. If so, the full reference to the article with the abstract will be added to the archives in the appropriate section. As long as one mem-

ber of the task force deems an article relevant to TFT, it may be included in the archives. Any article or book that does not meet with the approval of Dr. Callahan or the ATFT Board of Directors shall not be included.

Authorized expenditures incurred for this purpose will be reimbursed by ATFT.

Task force members will send a hard copy of each article to be included in the Archives to:

ATFT
PO Box 1220
La Quinta, CA 92247

"It's a miracle!" she cried. "It's a miracle!"

And sure enough, it was.

The next night, when they put on "The Greatest Show on Earth," a truly transformational seminar performance, her skit was to be a cloistered Nun who dies of frustration, and is re-born out of the ashes of her robes, as a Russian nightclub dancer. I'll tell you, she was so amazing that she put "Cabaret" to shame!

By the end of the seminar, two days later, this previously quiet, reserved, somewhat up-tight yet very good-looking woman, was radiant, confident, blossoming, and down right sexy. We shared an intimate group laugh about her transformation, because it was clear to all of us that although she had come to the seminar afraid of men, she was now so free and lively and expansive, that some men might be afraid of her!

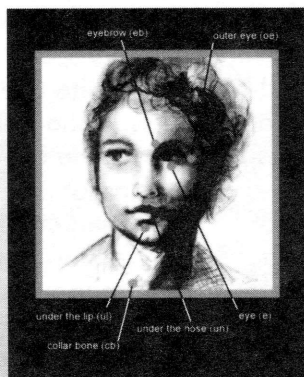
medical doctors and health professionals. In 1998, she was elected President of the Ontario Homeopathic Association and was responsible for the completion and submission of the application for regulation of the homeopathic profession to the Government of Ontario. Through the OHA, Norma is registered as a Doctor of Homeopathic Medicine (H.D.) #9501.

During her years of training in holistic health, she worked as an advanced level personal awareness trainer. In the USA, she designed and taught advanced trainings for Impact Seminars, Koyen & Associates, and Emerge Trainings. In Japan, she designed and taught Advanced Trainings, trainers and enrollment staff for Life Dynamics, Inc. In Canada, she designed and taught Life in Balance, for Outcomes, Inc.

One highlight of her career is her work with singer John Denver, co-founder of the Windstar Foundation. She co-designed and co-trained the Vision Quest training that was donated to the Windstar Foundation by ARC International. She co-designed, with John Denver and Dennis Becker, the Higher Ground Event that John delivered and performed throughout the world to forward the action toward a sustainable future.

Currently in private practice, Norma specializes in the treatment of trauma, grief, phobia and emotional distress, in adults and children. She studies veil painting and yoga, writes poetry and teaches seminars for Transformational Trainings, Inc.

A Practical TFT Must Read



**Thought Field Therapy
Clinical Applications**
Integrating TFT in Psychotherapy
by Suzanne M. Connolly, CISW

"Her book is full of practical advice and contains many tips on applying TFT algorithms effectively to help various psychological problems. Anyone interested in applying my TFT algorithms to help various problems is well-advised to obtain this book. Suzanne has done a marvelous job."

— **Dr. Roger Callahan, Ph.D.**

"I am pleased to recommend this work as Ms. Connolly is a first rate seasoned itegrous counselor with many years experience in the various modalities of therapy... She offers clinically the best of the new as well as the tried and true."

— **Dr David R. Hawkins, M.D., Ph.D.**

author of numerous works including
Orthomolecular Psychiatry with Nobelist Linus Pauling.

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zanne@sedona.net

www.thoughtfieldtherapy.net

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FAVORITE LINKS



<http://health.groups.yahoo.com/group/TFT-Algorithm/>

The official Callahan Techniques® Thought Field Therapy (CT-TFT) Algorithm discussion list. A forum for those who maintain a practice in CT-TFT Algorithms, including those who use TFT within their existing practice/profession. This is a place to ask questions, make connections, and seek advice.

<http://health.groups.yahoo.com/group/TFTmarketing/>

Designed for TFT practitioners (all levels) who are interested in more effective ways of marketing their skills. Includes discussion with marketing pros and those who are successfully marketing TFT in their local areas.



ATFT UPdate is an effort to spread the practice of TFT around the world. We can't do it without YOU! If you have something you feel is worth sharing, write it down and send it. We're looking for **SUCCESS STORIES, ARTICLES, REVIEWS, REPORTS AND CLASS PHOTOS** of **ALGO TRAINING CLASSES, STORIES ABOUT TFT** and **THE PEOPLE WHO PRACTICE IT.**

So dust off the old word processing program and sweep the cobwebs out of your composition skills and get to work! Don't worry about spelling, grammar and punctuation – we have professionals to help with those pesky things. This magazine is for *all* "TFTers!" That means YOU! Send submissions to:

powerpaws4u2@net-venture.com

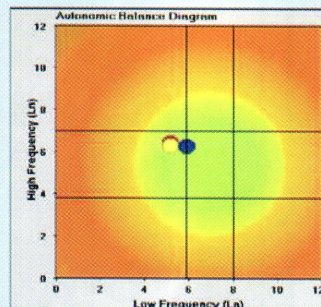
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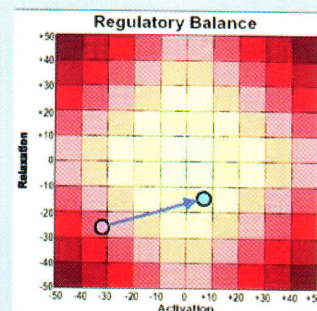
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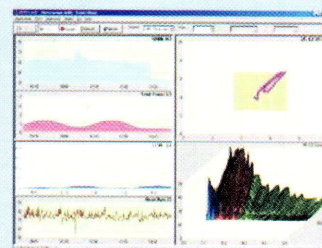
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