

# TAPPING FOR HUMANITY

Spring Issue, 2012

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

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IZERE CENTER UPDATE



(click video above to view on YouTube)

## Our Plans, Needs and Hopes for This Year and Our Long-term Future.

*By Joanne Callahan, MBA, President, TFT Foundation*

Dear Friends,

Last year, 2011, was an exciting and productive year for the ATFT (now TFT) Foundation. We saw the completion, continuance and fruition of many programs with support for our mission and goals.

This year is headed in the same fruitful direction. In our Spring Issue we share our plans, needs and hopes for this year and our long-term future.

Glimpse a bit of the past and hope for the future – I am so excited to be able to share the just completed teaser for our upcoming documentary. One of our TFT Foundation board members, Mary Cowley, wrote a wonderful description for the documentary.

*Peace IS within our grasp. It is at the tip of our fingers...literally. The upcoming documentary "From Trauma to Peace" will shock you in how quickly and easily people can be relieved of the devastating effects of trauma through the safe and effective "tapping" technique of Thought Field Therapy (TFT). AND how the impact of that emotional freedom not only brings peace of mind to the individual, but facilitates peace within and among communities.*

After the merger of ATFT with ACEP last fall, the ATFT Foundation (USA) became the TFT Foundation and the ATFT Foundation (UK) will be adopting a new name this year. Both foundations are now separate from ATFT and sister organizations. Last year we were joined by a new sister charitable TFT organization, IZERE Center in Byumba, Rwanda. Together, these three organizations work to relieve suffering with TFT, carry-out research, and train others, sharing the healing power of TFT throughout the world. They all contribute to our new magazine – *Tapping for Humanity*, this being our second issue.

*continued on next page...*

# Tapping for Humanity



The contributions in this issue show us how TFT has been a powerful tool to relieve suffering as the consequence of wars and conflict, genocide and societal turmoil, and, natural disasters and loss.

Our Uganda team shares with us the plans for a third PTSD Study, the training of nearly 500 Ugandans and further investigations into helping malaria symptoms with TFT.

Our Spotlight section highlights a new charitable organization, which is joining us on this year's research and training mission to Uganda. Our individual spotlight covers a long-time TFT practitioner whose dedication and hard work have introduced TFT to the Red Cross, Military, and now the elderly. We also thank him for his years of service as editor of the ATFT Update.

Announcements include a newly published study, a grant award for this year's research and our upcoming documentary.

The research committee, chaired by Jenny Edwards has provided continual support for manuscript preparation, statistics, and ethics as we complete past studies and begin this year's. The 2009 PTSD study is being prepared for submission in the near future.

We are often asked, *"How can I help? How can I be a part of your trauma relief work?"*. We are introducing two new opportunities to participate in the foundation's work and at the same time, author's can promote their TFT related books. It's a great way to participate in a win-win situation.

As we all work together as individuals, team up with other organizations, and share the healing gift of TFT, we have many needs. Please read this issue with an eye for how you can participate with us.



Sincerely,

Joanne Callahan, MBA  
President, TFT Foundation

P.S. I want to thank all of our hard working and dedicated foundation board members. Without them we could not begin to accomplish all we have done and are doing. Thank you to Mary Cowley, Suzanne Connolly, Mary Lou Dobbs, Jenny Edwards, Bruce Paton, Howard Robson, Phyll Robson.

# Tapping for Humanity

## New Opportunities to Participate in the TFT Foundation's Humanitarian Relief Projects and Research

### Fundraising Book Corner:

This new feature of our magazine helps authors promote their TFT related books and at the same time raise funds for our trauma relief work. This month, TFT Foundation board member Mary Lou Dobbs has offered to donate 100% of the proceeds from the sale of her latest book "Repotting Yourself" to the foundation.

It is a very timely topic in today's world.

*Mary Lou has done a superb job of not only sharing her courageous journey of transformation, but she shares many of the tools she has found along the way. This book is a must read, not only for all of us that share the title "baby boomers", but all who are struggling to embrace change, survive the economy and live a full life in spite of what happens to us. -*

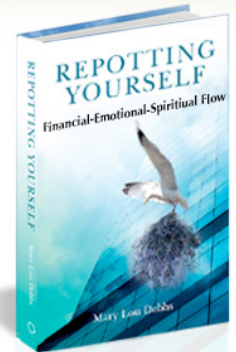
*-Joanne Callahan, MBA President, Callahan Techniques, Ltd.*

*"Mary Lou Dobbs, has lived her book "REPOTTING YOURSELF". Financial, Emotional, Spiritual Flow and she writes from years of experience and wisdom in the business and the spiritual world. This book will take you into a new understanding of who you are and what you can attain and give you the tools to get there." -*

*-Karen Partain Robison, RScP*



[Click here to order your copy of Repotting Yourself](#), and have 100% of the revenue go to support trauma relief worldwide.



*In turbulent times, when so many of us are working harder and longer, Mary Lou's story will inspire you to discover how you can transform your life.*

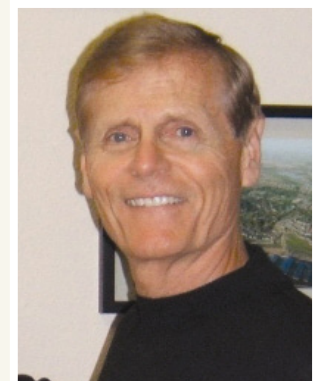
### Matching Funds Gift Program:

Another of our TFT Foundation board members, and chair of our fund raising committee, has been a substantial donor, facilitating our research and trauma relief programs for many years. Dr. Bruce Paton is a retired PepsiCo executive.

PepsiCo's Foundation permits retirees to participate in its matching gifts program and limits its double matches to \$20,000 annually. Dr. Paton's annual donations to the TFT Foundation have produced several years of \$20,000 donations in double-matched PepsiCo contributions. This matched support has substantially increased the power of his individual contribution and subsequently the ability of the foundation to serve so many more in need.

Many companies have similar programs and we encourage our friends and readers to consider contributions to the TFT Foundation that may be matched by their employers. For our UK friends, the UK ATFT Foundation can receive matching funds as a charity.

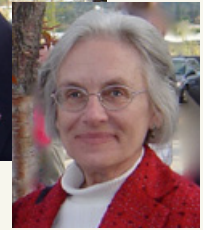
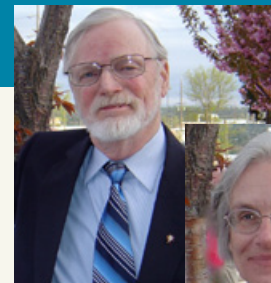
**For assistance with a Matching Funds Gift**, contact Dr. Paton, [drbrucer@yahoo.com](mailto:drbrucer@yahoo.com), or in the UK, Dr Robson at [R.Robson2@btinternet.com](mailto:R.Robson2@btinternet.com)



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

## TFT Spotlight – Thank you Herb Ayers!

*Both personally and as President of the TFT Foundation, I take great pleasure in this issue's Spotlight individual, Herb Ayers. He has served all of us in the world of TFT, in numerous ways and for many years. I had the pleasure of serving with him on ATFT's board of directors and working closely with him as he provided us with an ATFT Update for many years. He has always been ready to jump in and assist with increasing TFT's visibility and awareness within the media, organizations and those in need. He has given us some brief comments on his service and TFT:*



“I’ve had the great privilege of serving on the Association for Thought Field Therapy board of directors for 6 years. During that time, I helped as editor of the former ATFT UpDate Magazine (now Tapping For Humanity Magazine). My editorial duties were made much easier with the help of my wife, Phyllis, who is a former English teacher. I first learned TFT two days after 9/11 when I attended a training given by Suzanne Connolly. The value of TFT became strikingly clear to me during that training and later when I applied algorithms with my clients. I decided to learn Diagnostic TFT from Dr. Callahan and Joanne. This added training has helped me, my family and many clients enormously. I am also qualified as an Algorithm level trainer.

One of my special projects was aimed at educating the American Red Cross to the value of using TFT during highly traumatic disasters. I showed them how TFT can help Red Cross disaster volunteers and the people they serve. Gaining acceptance of TFT as a stress eliminating technique was accepted by some Red Cross personnel but unfortunately rejected by their leadership. However, I am hopeful that one day TFT will be widely used in disaster services and in refugee services around the world. ATFT board, and member support, truly helped me sustain this effort.

My work with returning veterans and those who served in other wars such as Vietnam is continuing. TFT has been very helpful to veterans I’ve seen as a volunteer counselor. Little by little, the efforts of Suzanne Connolly, Caroline Sakai, Robert Bray, Bruce Paton, Joanne Callahan, and others have made inroads with the Veterans Administration. Because of their efforts, I am sure TFT will evolve into a “game changer” therapy for our veterans.

Recently, my wife and I have become more concerned with the problems affecting our senior citizens. (Could this be because we are seniors ourselves!) My efforts are now focused on seeing to it that TFT becomes an essential health activity for every senior. I have also launched a support program for our St. Patrick’s Catholic Church to assist people who are in caregiving roles. Needless to say, TFT will become a resource for these caregivers and maybe even give me an opportunity to acquaint our community Neurological Center with TFT.

While we are disengaging as editors for the magazine, we plan to continue promoting TFT wherever and whenever possible. We thank you for allowing us to serve you.

**Herb Ayers, MA LMHC, TFT Dx”**

*Thank you Herb and Phyllis for your long time dedication and service to the ATFT Update and Herb for all you have done and continue to do to share the gift of TFT with those in need . As I too am a senior, I can't think of a better place to direct your attention, both to the seniors among us and the increasing number of caregivers.*  
– Joanne Callahan

**Note: If someone wishes to offer their editing/or writing skills to our Tapping for Humanity magazine, please contact me, [joanne@TFTFoundation.org](mailto:joanne@TFTFoundation.org)**

## TRANSFORMING TRAUMA--CREATING PEACE

Mary Cowley, PhD, TFT-VT

As of April 26, 2012, the TFT trauma relief blog ([www.TFTtraumarelief.wordpress.com](http://www.TFTtraumarelief.wordpress.com)) has had 49,260 views since it began on May 1, 2009. The Foundation-sponsored blog is now averaging about 65 views a day. That's a lot of people all around the world checking out what TFT can do for trauma.

Not only can visitors discover how TFT has relieved the intense suffering of people who have experienced various kinds of trauma—they can also learn how to do the complex trauma algorithm (with pain & guilt) in 11 different languages! Many viewers have commented with testimonials or questions--not only in English, but also in Italian, French, German and Russian.

We all know how TFT benefits the world by relieving suffering and opening hearts to peace. The blog has proven to be a powerful tool for getting this information out to the world!

Besides knowing that you are part of this extraordinary healing and transformational movement, how can the blog benefit you as a TFT practitioner? A blog can be a very effective marketing tool! Your written or videoed trauma relief stories can be read by thousands of new visitors. And you can send prospective clients to the blog to get an idea of how powerful TFT is by reading its very impactful stories, including any written by yourself or your clients.

When a story is written by or about a TFT practitioner and he or she has a website, a link is added from their name in the story to their website. I need to know the URL in order to do this, so if you ever see your name on the blog and it isn't linked to your website, please send me your website address.

Another advantage for TFT-VT and TFT-Adv practitioners is that they can send their phone clients to the blog for a visual teaching aid for doing the tapping, 9-gamut, and even CB2.

**TOGETHER—we are tapping for peace, one heart at a time!**



### *How else can you help?*

We'd love to offer the algorithm instructions in more languages. So far we have written instructions in Chinese, English, French, German, Hebrew, Italian, Japanese, Russian, Sign Language, and Spanish. Instructions in Arabic are given in video format, as are Chinese, English, Japanese, and Sign Language. If you're interested in translating the written instructions into a language not listed—or would like to video yourself or someone else doing the algorithm in another language—please let me know. Both methods of instruction are extremely beneficial and can greatly increase the number of people who can experience relief and greater well-being through TFT.

### *How do you post a trauma relief story to the blog?*

Just send it to me at [drmary@thecel.com](mailto:drmary@thecel.com). Or if you're registered with Wordpress, you can submit it directly to the blog.

Mary L. Cowley, PhD,  
TFT-VT  
Secretary-Treasurer,  
TFT Foundation  
[drmary@thecel.com](mailto:drmary@thecel.com)



## Announcements: Thought Field Therapy - PTSD Study Published, ACEP Grant Awarded and Documentary Teaser Completed

### 2008 PTSD Study Published

The ATFT Foundation funded 2008 PTSD study “Brief trauma intervention with Rwanda genocide survivors using Thought Field Therapy has just come out in peer reviewed International Journal of Emergency Mental Health. The study’s two-year follow-up will be submitted for publication at a later date.

This study was the first of the ATFT Foundation’s PTSD studies demonstrating an effective model for large-scale trauma relief. It was completed in Kigali, Rwanda. In 2009 a second study with this same model was completed in Rwanda and will be submitted for publication soon. It included a one-year follow-up which will also be submitted for publication.

The TFT (formerly ATFT) Foundation has purchased reprints. These reprints will be available from the foundation through [Joanne@TFTFoundation.org](mailto:Joanne@TFTFoundation.org) . The full citation is:

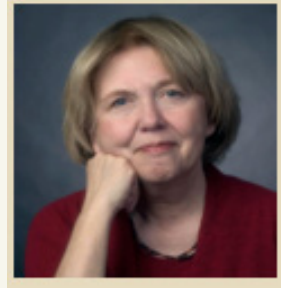
Connolly, S., & Sakai, C. (2012). Brief trauma intervention with Rwandan genocide survivors, using Thought Field Therapy. International Journal of Emergency Mental Health, 13 (3), 161-172.

### Documentary Teaser Completed

The TFT Foundation’s documentary featuring the above mentioned PTSD studies and trauma relief model is currently in post-production. The Emmy Award Winning team of producers has just completed the teaser and will begin a Kickstarter campaign soon to build awareness. We are excited to first share this teaser with our TFT friends and family. Click image to view and share with others:



## ACEP Grant Awarded to Suzanne Connolly



The third study, demonstrating this same model for large-scale trauma relief will be completed in Uganda in June of this year. Suzanne Connolly received a grant from ACEP (Association for Comprehensive Energy Psychology) as seed money for this year's study. The remaining funding will be provided from the three organizations providing the team members: TFT Foundation, (USA), ATFT Foundation (UK), and the Mats Uldal Humanitarian Foundation (Norway).

### **Title: Using Thought Field Therapy (TFT) To Treat Victims of Violence in Uganda**

a. Short Summary: The TFT Foundation Trauma Relief Committee is requesting a \$5,000 grant from the Association of Comprehensive Energy Psychology). The requested grant money would assist the TFT Foundation in doing research while responding to a request from Father Peter Mubunga Basaliza of the Catholic Diocese of Kasese, to deploy a TFT trauma relief team to train 36 community leaders in Kasese in TFT trauma symptom reduction techniques.

The requested grant money would assist the TFT Foundation as it joins with the U.K. TFT Foundation, and the Mats Uldal Humanitarian Foundation, as they join in an effort to conduct a study in conjunction with the requested training.

- b. Objectives: The goals and objectives of the TFT Foundation's planned response to the invitation to help in Uganda in June, 2012, are:
1. To continue developing and scientifically validating a model in which local community leaders can be trained to treat community members in the aftermath of large- scale disasters, especially in regions where trained professionals are scarce.
  2. To relieve the distress of those suffering from trauma and promote Post Traumatic Growth (PTG).

The ACEP grant is part of their 2012 Grant Funding Program. Each program awarded a grant will receive \$5000 in seed funding. We are most appreciative of the support and Suzanne's efforts to submit the proposal. It was one of 16 proposals submitted.

### **The recipients of grants are:**

Suzanne Connolly (TFT Foundation): Using Thought Field Therapy to Treat Victims of Violence in Uganda

Ashley Nemiro and Victoria Bentley (N. Carolina State University, and Empower Congo Women Foundation): Empower Congo Women Trauma Therapy Project

Heather Larkin, Lara Kaye, Mary Sise and Ronald Toseland (University at Albany, SUNY): PTSD Treatment for Older Heart Attack Survivors Using EFT

Peta Stapleton & Terri Sheldon (Bond University, Queensland, Australia): EFT vs CBT in the Treatment of Food Cravings

## TFT Spotlight:

### TFT Foundation (USA), ATFT Foundation (UK) and Mats Uldal Humanitarian Foundation (MUHF) Form a Multi-National Trauma Relief and Research Team

In this issue of Tapping for Humanity, we are spotlighting not only a hard working and deserving individual, but would like to introduce and spotlight a new and dedicated organization, the Mats Uldal Humanitarian Foundation (MUHF). We are proud to have them join us as a key part of our 2012 Uganda Trauma Relief Team.



Below, Mats, the founder, and Bitta, founder and CEO, share with us their vision and goals, and, why they have joined us on this important project.

Mats Uldal and Bitta Wiese have for a long time had a vision to provide humanitarian assistance nationally and internationally. The foundation's purpose is to provide humanitarian aid mainly based on Mats Uldal's Simplified TFT with Advanced Questioning Techniques (AQT) and similar forms of energy psychology and/or energy medicine. The work will be directed towards people "struck by the powers of nature or the weakness of mankind" and to people with emotional problems.

Our foundation is the first foundation in mainland Europe to offer help strictly towards the emotional effects of traumas from war, violence, natural disasters etc.

We hope through MUHF to provide enough NOK funds to send many capable TFT therapists and instructors to crisis areas where there is great need for trauma treatment and help for the emotional strain many people experience in general. We also want to help the weak and those with limited financial means in our own society. Uldal and Wiese are the founders, and Bitta Wiese is the manager of the foundation.

We intend to make government agencies aware of the great need for assistance in these areas, so that we may be applicable for governmental support.

We think we should be considered to receive financial support from the state on these grounds:

1. We can give away information as humanitarian aid, which cannot be lost by corruption or by buying military weapons.
2. The aid money will be used to obtain easily observable results with full "value for money".
3. It is an ethically impeccable way to spend aid money.
4. The knowledge we teach solves major social problems.
5. People can start working for the common good when they have gotten rid of their restrictive conditions, saving huge costs and creating major revenues for any society.

We also ask for the support of private individuals and companies who understand the importance of being able to help trauma victims from around the world with something that works fast, is easy to learn and is an excellent self-help method.



# Tapping for Humanity

We will contribute a large share of any profits in our own businesses to this foundation. One of the first steps we have taken is to give the foundation 20 free training places from the Mats Uldal International School of TFT (MUIS) at a value of NOK 600.000 (approx. USD 100.000).

In addition, we have provided 20 treatment packages at a value of NOK 100.000 (approx. USD 17.000) from Mats Uldal certified therapists. These will be given to organizations and individuals who we think deserve something extra.

Our very first project is a joint mission with TFT Foundation USA and UK in June 2012. You can read more about this exciting project in this issue. Mats Uldal and Bitta Wiese will participate from our foundation, and they are both thrilled about the possibility to be able to help the victims of war criminals like Joseph Kony. They are also thrilled about having the chance to teach local Ugandans the TFT techniques, so that they are able to continue the healing work after our team has left Uganda. It is also very rewarding to be a part of the third study needed to meet the criteria of an evidence based PTSD treatment method.

Our foundation's first domestic project will be what we call "Children's Heart Protection" ("Barnehjertevernet" in Norwegian).

## **What does the "Children's Heart Protection" wish to accomplish?**

1. To help children become the best they can be with simple techniques
2. To solve irrationally strong emotions in "difficult" children
3. To teach children and their helpers effective self-help techniques
4. To cure/relieve traumas in children that have experienced abuse, violence, war or natural disasters.

In other words, we want to help children's hearts rather than their brain, which means that we have to treat their emotions, not their thoughts. We will show that "difficult" children do not need medication, but rather help to cure irrational emotions or the irrational intensity of rational emotions.

## **Do YOU want to contribute?**

Donate here:

Mats Uldal Humanitarian Foundation, Stroemsveien 62, N-2010 Stroemmen, Norway

Account No: IBAN NO4560010502872, Swift NDEANOKK (monthly amount by Direct Debit or single donations).



## Multi-National TFT Team Leads PTSD Research and Provides Trauma Relief and Practitioner Training in Uganda 2012

*Roger Ludwig, MA, Dc, psychotherapist in private practice in Cheyenne, Wyoming.*

As we know from the nightly news millions suffer from insurgencies, terrorists and violence. They experience debilitating flashbacks, insomnia, shame and isolation. They often have trouble connecting with others, including their own children. Some are pressure cookers of rage, ready to explode upon others, extending and continuing the violence.

We know from experience that there are methods that can be used to reduce this suffering; methods that are simple to learn and can be taught to lay people, methods like Thought Field Therapy (TFT). Yet in refugee camps and resettlement programs TFT is rarely used, rarely even considered. We want to change that. I think you do, too.

**Effective research is the key to unlocking the minds of skeptics and the flow of training funds.**

Suzanne Connolly and Caroline Sakai have now published two studies in peer-reviewed journals, with a third near submission, documenting the success of TFT in Rwanda. They have demonstrated that TFT can be taught to local people, who can then treat their countrymen. They have shown by the careful use of objective measures that anxiety, depression, anger, dissociation and flashbacks were reduced or eliminated among survivors of one of this era's worst tragedies, the genocide of 1994. Not only were they reduced, these symptoms did not return over two years following their treatment. In fact, those treated continued to improve.

As impressive as these results are, they are not enough.

In order to gain scientific credibility these studies need to be replicated in another country with different researchers.

The TFT Foundation has joined with three other organizations to do just that. This June a team of seven will travel to Kasese, in Western Uganda. We plan to replicate the first phase of the Rwandan study, training and working closely with a team of 36 lay therapists who will then treat 256 volunteers from the community. From those 36 we will select some for additional training so that they may become resident TFT trainers in Uganda. In addition we will conduct two additional large trainings and continue our efforts to work with those suffering from malarial symptoms.

Won't you help us?



## Our history in Uganda.

In 2008 the TFT Foundation was invited by the Catholic Diocese of Kasese to train members of their healing teams and catechists. Fr. Peter Mubunga Bazaliza, the leader of charismatic renewal in this diocese of 250,000, was trained in TFT in Rome by Fr. Luis Jorge Gonzalez, and Jenny Edwards and then went to California to receive diagnostic training from Roger and Joanne Callahan.

Kasese is a rural yet populous region in West Central Uganda. Its people, largely the Bukonzo, have suffered for generations. A century ago the British installed the neighboring Toro peoples to rule over them. The Toro treated them as serfs, denying them education. Following the British were the unspeakably cruel Obote and Amin dictatorships, ruling with regimes of terror. After Amin was successfully exiled an Islamic group from Tanzania, Rwanda and the Democratic Republic of the Congo made repeated raids through this part of Uganda with the aim of establishing a separate state. The Bukonzo people were forced to flee their homes, sleeping in the jungles to avoid rape and murder. After several years, the government of Uganda succeeded in ousting these rebels and in securing the borders.

In 2009 ATFT sponsored a team of five led by Stein Lund Halvorsen of Norway, working with Robert Bray of San Diego, Dr. Howard Robson, MD, and his wife, Phyllis, RN, from Brampton, UK and myself. Over three weeks, at four separate trainings, 358 local people learned TFT at the algorithm level. 97 of them also completed a diagnostic training. Those trained included priests, sisters and brothers, catechists who conduct services in the absence of a priest and lay people of all ages and walks of life. Most of these are members of their parish's healing teams, respected members who counsel and pray with the sick and troubled.

Community members were invited to come for treatment over a local radio station. Our newly trained therapists treated 447 with a wide variety of concerns.

## Plans for Uganda, 2012.

As a result of the goodwill we have established in Kasese we have been invited back by Fr. Peter to train even more. In order to do that and complete the study we have joined with ATFT UK, the Mats Uldal Humanitarian Foundation of Norway and with the Izere Center in Rwanda. The team will be led by Dr. R. Howard Robson, and includes, Fr. Jean Dushimiyimana, Adrienne Nahayo, Celestin Mitabu, Phyllis Robson, Mats Uldal, Bitta Wiese and myself. It is exciting to have two new trainers join us from neighboring Rwanda.

During June we will travel to Kasese to first of all train and work closely with 36 community leaders who will

*continued on next page...*



# Tapping for Humanity

then treat 256 volunteers experiencing symptoms of psychological trauma. Those treated will complete the Post-trauma Checklist to document their symptoms before and after treatment.

As we get to know these community leaders well we will be looking for a few who are willing and able to become trainers themselves. Our goal in Uganda is to support local trainers who will be able to train fellow Ugandans throughout the country.

We plan to conduct two more Basic TFT trainings, reaching two hundred or so healing team members and catechists, one in Bukangara and one in Hima.

In addition, we will treat many who suffer from the symptoms of malaria. Dr. Robson, MD and his wife Phyllis will use blood tests to determine if in fact the malaria parasite is present. We are looking for an effective algorithm that will relieve their symptoms.

## Conclusion

I know that many of you would like to come to Uganda to be with us. We do ask that you come “in spirit” with your thoughts and prayers. As we travel long distances and risk exposure to disease and accident, so do our trainees and patients. They will travel by bicycle, minivan, motor-scooter and on foot, some many miles on dangerous roads, to sleep on thin grass mats laid on concrete floors. Temperatures are hot, typically in the high 90’s indoors. We all do this simply to be of service to others who suffer.



We ask that you consider supporting us financially, joining us in a small sacrifice. Your financial contributions will make this trip possible, that suffering will be relieved, community members trained who will continue to help others, new trainers developed and further research prepared that can demonstrate what TFT can do. Please support our team and our hosts in their work to expand trauma relief in Uganda.

## Donations can be made as follows:

**Norwegian team:** Mats Uldal and Bitta Wiese [bitta.wiese@matsuldal.com](mailto:bitta.wiese@matsuldal.com)

**UK team:** Dr. Howard Robson [r.robson2@btinternet.com](mailto:r.robson2@btinternet.com)

**USA team:** Joanne Callahan, Pres.; TFT Foundation: [joanne@tftfoundation.org](mailto:joanne@tftfoundation.org)

**Or, go to:** [www.TFTFoundation.org](http://www.TFTFoundation.org) and click on the Donate button.

## TFT Team Returns to Uganda

We are eagerly looking forward to our return to Uganda in June 2012 to undertake the third PTSD study to validate the model for addressing widespread psychological trauma following conflict by training community leaders to help others in their community using Thought Field Therapy. The first two PTSD studies took place in Rwanda.

This will be a multi-national team, consisting of Phyll and I, Howard Robson, from ATFT Foundation (UK), Roger Ludwig, TFT Foundation (USA), Bitta Weise and Mats Uldal (Mats Uldal Humanitarian Foundation) from Norway and Father JMV, Adrienne Nahayo and Celestin Mitabu from Rwanda, bringing their invaluable experience from the two previous studies there.

Suzanne Connolly, who led the Rwandan studies has provided us with her support and expertise, but will not be travelling to Uganda with us.

Arrangements are now well advanced, for travel, and seeking the approval of the Ugandan authorities to undertake research in their country. Although this process can be time-consuming and bureaucratic, it ensures that the study protocol is well thought-out, scientifically valid and meets ethical standards, as expected from a study involving human volunteers.

The study will take a full three weeks, and when not working on the study, TFT training has already been arranged for 481 local people, spread over three Parishes, based in Kasese diocese in the West of the country. We are indebted to Father Peter Mubunga Basaliza of Kasese who has organised the participants for the study, the attendees for the training, and the accommodation and transport for the team.

This area of Uganda has suffered factional conflict in the past, to the extent that villagers would often leave their homes at night to seek the relative sanctuary of the jungle to avoid assault and murder. Some of the survivors will have lost entire families. Not surprisingly, this has left a legacy of psychological trauma, which TFT can help.

We also look forward to be able to help some with symptoms of malaria with TFT diagnosis and subsequently identifying a TFT algorithm for those symptoms.

Although Uganda has suffered more than its share of trouble, both natural and man-made, we are assured of a very warm and genuine welcome from the people of Uganda.

Phyll and Howard Robson  
ATFTFoundation (UK)



## Japanese Earthquake and Tsunami – TFT in the Aftermath

*Ayame Morikawa, Ph.D., TFT-VT, TFT-RCT*

The Japanese Association for TFT continuously supports the victims in the North of Japan.

We offer workshops in public and cooperate with medical institutes, public offices, and other parties.

The people in the area are very sensitive to the words of “trauma”, “PTSD” or even “Psychological” problems. It may come from our cultural spirit of Chivalry that we should not mar the pleasure or the serenity of another by expression of our sorrow or pain and that we should try to attain our mind level at the highest good.

We as professionals are very careful dealing with their emotions and pride to offer the best support for them.

\*\*\*\*\*

*Ikuyo Igarashi, P.S.W., Ph.C., TFT-Adv*

In the afternoon on the 11th of March, the ground of Yamagata had a big shake like the ship that has just departed to the sea.

Yamagata is surrounded by Iwate, Miyagi, and Fukushima prefectures.

Fortunately, the damage was not serious. But the electricity was gone, so we could not receive any information about the quake.

I was afraid that the big shake resulted in serious damage to the area of epicenter, and unfortunately I was right. Radio news reported the victims were rapidly increasing. We were shocked, but we still could not get precise information. It took us three days to realize that the damage was far beyond our concern.

We had been waiting for requests for assistance. We told my friends that we would go anytime to help them, but we did not receive any request yet. They might be reserved because of the Japanese culture. We wanted to provide water and foods, but we did not have enough in Yamagata, to send. There was a lack of gasoline and bus transportation. So, we had to wait until we received the request for aid, gathering information and sending it out.

Four months later, we had a chance to help them.

We received the first request from the public office of Miyagi Prefecture to take care those who were diagnosed with PTSD. They had been screened by IES-R. They could return to work but had a hard time as their houses were gone, their family members were gone, they barely survived from drowning by the tsunami, and so on. They did not think however, they needed psychological help, but came for care because of their bosses order.



# Tapping for Humanity

It is usual in treating trauma from disasters that survivors do not realize that they need psychological care. However, that is why TFT may be an effective tool. I engaged in focusing on physical symptoms rather than emotional distress to address psychological problems. Eliminating perturbations by treating physical discomforts obviously relieved fears and anxiety. Moreover physical relaxation made it easier for us to communicate with each other. One refused to work with me, as she seemed to have hard time to accept the death of loved one.

Working with TFT brought them relaxation and joy. I used diagnostic techniques to find the right treatment points to bring them a faster cure, and it succeeded. The diagnosis often revealed the same orders of trauma or fear, however, one holon was not enough at all. They needed at least three times of algorithm sequence and sometimes 10 times of fear protocol. Sometimes, the combinations of algorithms that Masako Kawamura, TFT-Adv suggested, worked. I used even advanced techniques to apply chakras and correct the psychological reversals.

For those who increased their smoking, the cigarettes were obviously their toxin. The seven second treatment decreased their blood pressure down to the normal level and enabled them to breathe profoundly

Through many times of tapping and advanced techniques, I witnessed empathic feeling toward their serious fears that remained in their body after the disaster.

In the fall of 2011, I was asked to offer algorithm training for professionals in Miyagi and Iwate. The participants were medical doctors, nurses, psychologists, social workers, teachers, body workers, and so on. They all were so eager to learn as they really needed an effective approach to heal many hurt people. But they are also the survivors, so I wanted to eliminate their pain too. In fact, they were surprised watching a cure of fear of heights, depression, and so on during the training.



Many of them had read Dr. Callahan's book and learned the overview of TFT before the training, so I could spend much time on demonstrations on how to use TFT effectively. They had many questions about TFT.

It was really a professional training for critical response work. The people in the North were so conservative and remained Japanese traditional culture. I added that the mourning work should be according to the client's feelings so that they may be able to use TFT correctly and effectively without harming anybody.

TFT helps continuously in the disaster area as an effective tool to treat traumatic problems, and we all profoundly appreciate Dr. Callahan's great work.

# Tapping for Humanity

## TFT to Help Wounded Warriors in Leaps of Faith Event

by Patricia Armstrong Jennings,  
Natural Health Consultant and TFT Dx, Washington, CT

Since 2009, Leaps of Faith of Connecticut has worked to assist the men and women from our armed forces as a way to say thank you for their devotion and sacrifices for our country. We have been honored to have soldiers from the Air Force, Navy, Army, Marines, National Guard, and Coast Guard from 5 wars. Participants have come from all over the country, and included quadriplegics, paraplegics, and amputees. We have seen veterans with traumatic brain injury, post traumatic stress disorder, gunshot wounds, shrapnel injuries and more.

The Leaps of Faith program provides ample opportunities for the vets to water ski on regular skis, on the sit-ski from the end of a tow line to holding on to a boom attached to a boat. The program offers kayaks with pontoons on either side to help with stabilization for those who don't have upper body strength, and, Bass fishing boats for fishing for the elderly Vets.

Anything they want to do, there is equipment available to help them do it. This event helps these Vets develop a sense of confidence, pride and empowerment and a will to accomplish a level of success to match or exceed their dreams.

*"Don't think of me as a disabled Veteran; You can now think of me as an avid skier!"*



As TFT practitioners, our hope and purpose is to optimize the health and functions of our Vets who have suffered tremendous traumas and post traumatic stress disorders.

I will be joined by Tom Greenhalgh, a long-time TFT practitioner and trainer. Together we hope to ease the pain of past traumas; fears, anger and guilt, of those who have served our country.

Our desire is to assist Warriors as they recover, and transition back to civilian life.

**Our next annual event will take place June 28th - thru July 1st.  
TFT Practitioners are all welcome!!!**

Please contact me for further details at [pjpathways@webtv.net](mailto:pjpathways@webtv.net)



## IZERE CENTER, NYINAWIMANA PARISH, DIOCESE OF BYUMBA

### TFT COMMUNITY DAY OF April 20th 2012

By Deacon Augustin, NZABONIMANA

The TFT community day, during the period of mourning, is when the therapists meet the clients at IZERE Center for the TFT treatment. On this day, a large number of people suffering from trauma and other psychological problems such as: PTSD, anxiety, depression, anger, fear, ... are treated by the team of TFT therapists trained by Dr. Caroline Sakai and Suzanne Connolly, LCSW.

This treatment is given freely. After the treatment, the therapists, speakers and community leaders gather together in order to evaluate the impact of TFT among the people, sharing their experiences, listening to the testimonies, receiving further advice and scheduling future TFT work.

The TFT community day of April 20th 2012, was very stressful because of the large number of patients with complicated cases. Note that this day has been organized during the mourning period. So, over 520 requests have been registered at Izere Center and from different TFT therapists. There were five serious cases transferred by the TFT therapists. Because of limitation of the means (funds) we did not treat all those cases, we tried to select urgent cases in order to have 200 people to treat, but at the end 235 cases have been treated because we met the other serious cases which needed our attention.

Before starting the treatment, deacon Augustin reviewed with the therapists the algorithms and how to treat different cases. And after, he had a short talk with the clients telling them the plan to follow during the treatment.

#### THE CONFERENCE

Topics included the difference between Trauma (PTSD), other psychological problems and mental illness:

- The causes of trauma
- Trauma situation in Rwanda
- Its consequences

The speaker talked about the problem in general and their different causes especially in Rwanda. Speaking about the causes of trauma he mentioned: different kinds violence, war, conflicts, hatred leading to killing, violence, etc.

In sharing the situation of trauma in our special case of Rwanda, he shared that Rwanda, as a country which experienced the genocide, has many traumatized people in different



# Tapping for Humanity

categories. Some are traumatized because they are the victims or survivors of this genocide. But, on the other hand, those who participated in the genocide are also traumatized. The children born after this tragedy are also traumatized by what they hear and see today. The Rwandan society is now experiencing a complicated situation 18 years following the genocide. So, it is a big responsibility for every person to deal with this situation in order to build a bright future from what we have learned from our sorrowful past.

The consequences of the genocide are seen everywhere. Especially in the families where we find today members of families killing one another. Many people also today are not able to go to work because life has no meaning for them. They live in the present moment only, without taking care of the future.

In order to build a better future for this community, we need to help them heal and work together to help them. This will help our country to reach the total development that we also need.

## TESTIMONIALS

Different people gave their testimonies about how TFT helped them and their neighbors to overcome their bad situation. Among them we have 3 TFT therapists (Adrienne, Fabien and Vestine), one family, 3 clients and a local authority.

Mr. Fabien showed how TFT helped him and other prisoners when he was in prison. In concluding his testimony he wished that the TFT team could visit the prisoners because it may help them to be reconciled with themselves and to maintain the group of TFT practitioners started by Fabien when he was together with them.

For Adrienne, she showed that as a therapist in the Izere Center, she always receives different complicated cases. Many are treated well and the results are very positive. Here she gave many examples of well treated cases, their impact in the society and especially in the families.

The testimony given by the family (couple) was very consistent. This family shows to the assembly that before they met their TFT therapist at Izere center, life was so bad. But after receiving TFT treatment, the family is now living in harmony and peace, with hope for the future.

The other testimonies given by different clients were also in this same line of showing how helpful the impact of TFT treatment is on their life.

The local authority representative (Savio) in charge of social affairs in the sector of Nyamiyaga, where the Izere Center is located, showed how TFT improved the life of the population of this sector. He mentioned that with TFT the population of Rwanda can reach the objective of reconciliation, peace and hope. He added that during the mourning week, the TFT therapists worked hard to help traumatized people.



# Tapping for Humanity

He gave his appreciation towards TFT in the process of healing traumatized people and overcoming the sorrow of their situation. He also said that the local authority appreciates the effort that has been put in helping people during the mourning week but also the same efforts will continue to be used by TFT therapists. He asked everyone to work together especially the therapists in order to help people.

The work that has been done is bearing much fruits.

Deacon Augustin spoke about TFT in general, its impact in the population to date, the obstacles that the TFT team is dealing with, and suggestions and perspectives for the future. He asked the local authority to support them in this work.

Talking about the obstacles, the principal obstacle the Izere TFT team is dealing with is the financial problem or no funds. This problem is having a substantial impact. For example: the two part time therapists who are not paid have the problems of transportation, electricity, water, lack of means for the organization of the community's days, meetings and other days of treatment. He showed that some services of Izere center have been stopped due to the lack of funds.

Many of the patients who applied for treatment, were not able to be treated because of lack of means, but the Izere Center will continue to follow up with them progressively as funds become available.

The future of TFT Izere center will not only be focused on helping only but also providing the means for them to help themselves (Knowledge or training, investments in different areas).

This is why the different projects have been studied and presented such as: Peace building and conflict management project, the project of agriculture for the widows, vocation training for the orphans, the follow up of the therapists (meeting, training, community days).

The TFT community day was concluded by the prayer and the final blessing given by Fr. JMV.



**Please Help Us Support The Treatment of Rwanda Genocide Victims  
by Donating at [www.TFTFoundation.org](http://www.TFTFoundation.org)**

## TFT Foundation Publication Guidelines

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

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