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REPORT OF TFT TRAINING

ADVANCED CALLAHAN TECHNIQUES

Starting date: 29th July 2019

Closing date: 30th July 2019

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Psychosocial volunteer/ TFT

I. INTRODUCTION AND REVIEW ON TFT

I.0. INTRODUCTION

In order to empower the professional clinical therapists and clinicians working together in Rwandan prisons to help the prisoners to improve their mental health, there have been the trainings on TFT techniques in BYUMBA Catholic Diocese from 05th to 07th August 2018.

Within this period of training, the training has been very beneficial because the participants have gained other knowledge and techniques that were not on the techniques they were using in order to handle the psychological problems of the prisoners in Rwandan prisons.

So, the participants are very grateful to the BYUMBA Catholic Diocese and the team from USA who have brought TFT here in Rwanda but more specifically in BYUMBA Catholic Diocese.

In one word, this training has been more important to all participants because they have gained new knowledge and other new skills and techniques that will be more used by the participants in their daily activities while dealing with their clients.

On the side of the participants in the training and RCS (Rwanda Correctional Service) in general, they are thanking a lot the team of TFT from the headquarter in USA more specifically **Dr. Caroline SAKAI** and **Debra N. NEW** and all those who have contributed with the team to train the participants. Lastly, the participants have confirmed that they will try their best to put into actions what they learnt from the training.

I.1. What is TFT

Thought Field Therapy, or **TFT**, is considered to be a type of fringe therapy developed by the psychologist, Roger Callahan. By tapping on certain meridian points on the hands and upper body, it is reported to heal (and even resolve) mental and physical ailments.

The terminology ‘thought’ was derived from the theory that when a person thinks about a particular experience associated with an emotional or physical ailment, they are tuning in to a thought field much like tuning in to a radio station. Within the ‘thought field’ (energy field) is information patterns or perturbations which can result in mental disquietude.

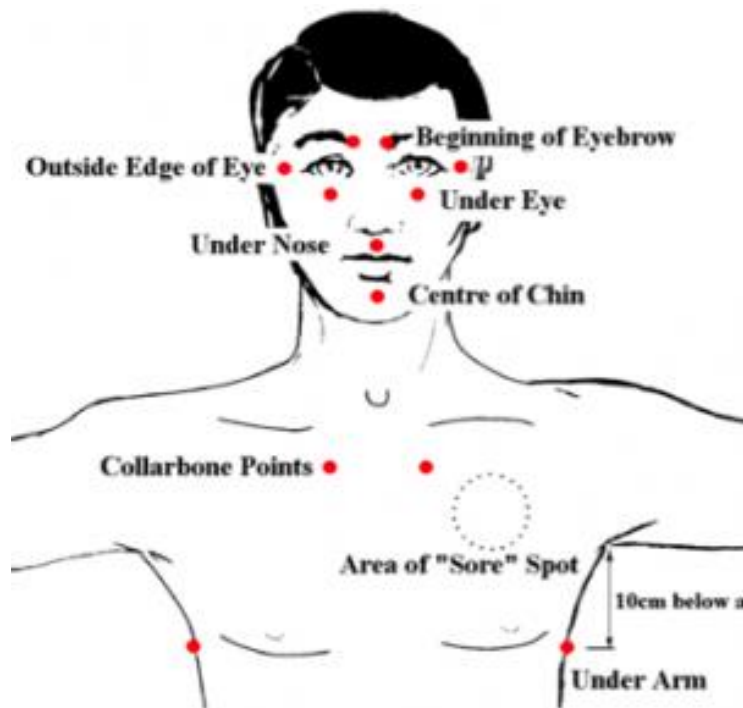


Figure: TFT TREATMENT POINTS

By tapping on the meridian points specific to the perturbation, the associated emotions can be switched off, thus releasing the emotions tied to the root cause. The memory may still be there, but they are no longer negatively impacted.

TFT is a very rapid method of treating psychological problems typically requiring only a matter of minutes to effect change, which usually endures. TFT can be administered by formulas or recipes known as algorithms or by individually determined treatments by a method known as causal diagnosis and can be used to treat psychological problems including phobias, anxiety, trauma, loss, addictive urges, obsessions, compulsions, and a wide variety of other problems (Callahan, 1985; Callahan & Callahan, 2000; Callahan & Perry, 1991; Callahan & Trubo, 2001).

I.2. TFT Therapy is Used for:

- Trauma relief like Post Traumatic Stress Disorder.
- Elimination of fears, anxiety and stress.
- Ease feelings of depression.
- Phobias and compulsions.
- Successful weight loss or smoking cessation.
- Addictions' treatment.,.....

I.3. Interesting Facts about TFT

- TFT goes directly to the “root cause” of all psychological problems.
- Is considered to be a fringe psychological treatment.
- EFT, or Effective Freedom Technique, originates from TFT.
- TFT is now the unique and precise form of Energy Psychology that has become one of the most powerful and effective therapies to eliminate the root cause of all emotional problems.

I.4. TFT TREATMENT PROTOCOL

The following is the TFT treatment protocol used on all cases by Callahan and consists of the following steps:

1. The subject is asked to think about the presenting problem and rate the emotional distress, if applicable, on a scale of 1 to 10 (the SUD). It is not necessary for the person to talk about the problem as long as attention is focused on it during the treatment, although the problem can be identified briefly if the subject desires.
2. The therapist determines which TFT treatment to use and in what sequence through TFT’s causal diagnosis procedure or selects an appropriate TFT algorithm. The TFT procedure is carried out while the client is instructed to focus on the problem being addressed.
3. When it is determined which treatment points to use, the subject is instructed to stimulate these points by tapping them five to seven times on each point in the specific, set sequence.
4. After the treatment, the subject again is asked for a SUD. The treatment is considered complete when the SUD is down to 1 (the client self-report of no trace of emotional or physical distress).

II. PARTICIPANTS

In this advanced training of TFT on “**advanced Callahan techniques**”, we were a big team which was mainly composed by the members of the Rwanda correctional service, the staff from Caritas in its psychosocial diocesan service, the team from TFT Hawaiï and other invited guests.

The following photos shows the participants wearing one uniformed T-shirt “*from trauma to the sustainable development*” in the trainings.



Description of the trainings

This training of two days on Advanced Callahan techniques had two parts; one part was for the introduction on TFT Callahan techniques for the beginners and another part for neuropsychology and toxins’ testing for all.

The training was opened official by the bishop of Byumba Catholic diocese “**Mgr. Servillien NZAKAMWITA**” as its shown on the following pictures,



In this report we are going to describe some of the activities realized in this training period of two days; this training had been more special because we had a sufficient time for practices for the theories learnt in the training sessions.

So, to make it better we are going to describe the trainings by using the photos taken within the trainings themselves.

The following photos show the participants while doing the practices in the training.



Within these trainings, the participants had the time for relaxation and recreating activities so as to help them to manage the stress than can result from more lessons and learning sessions.

III. RECOMMENDATIONS, SUGGESTIONS & CLOSING REMARKS

❖ From the participants

- Some of the RCS members in prisons do not believe in the techniques of TFT, and even other staff from different prisons do not understand well these TFT techniques, so, that's one of the challenges that they usually meet.

On this challenge, the participants wish that there would be the meeting with all directors of Rwandan prisons so as to make them understand these TFT techniques.

- The RCS members said that they are ready to serve well their clients with these TFT techniques and to teach them to use these techniques themselves,
- To ameliorate and maintain the partnership between RCS and TFT team from USA and BYUMBA Catholic Diocese in order to treat trauma in all prisons and this should be the permanent program.
- The participants suggested that within them there should be the trainers of other trainers on the TFT Callahan techniques.
- They have suggested to having the continuous monitoring and follow-up and regular TFT community treatment!

❖ **Dr. Caroline E. Sakai**

- Dr. Caroline said that she is more grateful and thankful to the patience and great participation of the participants in the training even if the the courses were somehow tough compared to that of the last year.
- She continued by asking the participants by telling the participants that they should take the knowledge acquired in the training to others because they are the lights to others.

❖ **Debrah New**

- She said that the genocide of Tutsi 1994 touched her heart and this allowed her to help the US TFT team to help to heal trauma in Rwandans' hearts she said that she will always support TFT all the time if God wishes because he really recognize the great importance of TFT in healing trauma to the sustainable development,
- Debrah added that this knowledge should go to everyone starting by the participants because they are the lights to others, so, this should go as a chain from us as participants to our families and friends and then to the Rwandan family in general.

❖ **DCG Chantal/the representative of RCS in the event**

- In the name of the general commissioner of RCS, she said that RCS is more thankful to the TFT team from US and Byumba diocese for the partnership that is growing between them;



- She continued by thanking the participants for having accepted to be sent for learning these TFT techniques and they should teach others that they will meet in their daily working activities. She expressed also her gratitude to the Rwandan society in general with which we work with in our daily lives.
- She expressed also her gratitude to the participants from RCS by telling them that they are in these trainings in the name of RCS, so, they must accomplish well the mission they were sent on by spreading to others they will meet elsewhere the package they have.
- She is also grateful to the staff from RCS which was together with the participants in the training period, really, the RCS headquarter recognizes well that great work.

❖ The TFT & PDS

- The chaplain of TFT and Psychosocial Diocesan Service Rev. Father Augustin NZABONIMANA” in the closing event started by expressing his gratitude to the Almighty God, and all the participants who sacrificed their time in the training,
- He continued by expressing the gratitude of the diocese to the representative of RCS for the great positive collaboration of the diocese with the Rwanda Correctional Service,
- The Chaplain of TFT & PDS, said that the bishop of Byumba diocese tries to influence other diocese for the project which is being done in collaboration of TFT and RCS of rehabilitating the former inmates in the Rwandan society,

- He finished by saying that the diocese is thankful to Dr. Caroline E. Sakaï and the US team for the great collaboration with the diocese, the diocese will always recognize that positive partnership.

By closing the training, the participants in the training have been rewarded the certificates for completion of the trainings as it's shown in the following picture:



Photo of participants in TFT techniques training after training with their certificates of completion.

The training has been headed by Dr. Caroline and Rev. Father Augustin NZABONIMANA

Done at BYUMBA on 17th August 2019

Father Augustin NZABONIMANA

The Chaplain of TFT & PDS