

the thought field

I Want to Learn TFT but Where Do I Start?



Volume 25 Issue 2

"I am really excited with what I just saw with TFT tapping and want to add TFT to my practice. But as I am new to tapping, I don't know where to start."

"I have been using other "tapping" modalities for a while now and like them but just learned that TFT was the original source of all the tapping methods. What is the difference between TFT and EFT. "

This newsletter will answer some of these questions that I regularly receive:

- Where do I start?
- What is the difference between EFT and TFT?
- What can I expect to do with the certification TFT-Algo, TFT-Dx, or TFT-Adv?
- Can I integrate TFT into my existing healing or health care practice?
- What is the best path for me to learn TFT for my practice or profession?

Where Do I Start?

In response to the many questions I receive, we have created some simple explanations along with our training path outlines, both for professionals and personal use.

If you follow this link: <http://tfttapping.com/training/> we have a brief 7 minute video explaining the various trainings with outlines for self-healing or practitioner training below.

The training calendar is below the outlines and video explanation and lists the certified live events around the world. There is also a text explanation of each of the levels of TFT training, beginning through advanced.

Our beginning and intermediate levels are available as online certification courses as well as in live events. This way you can take advantage of the best type of learning for you and your circumstances.



What can I expect to do with the certification TFT-Algo, TFT-Dx, or TFT-Adv.? Can I integrate TFT into my existing healing or health care practice?

I thought the best way to address these questions is to see what other practitioners are saying and doing with what they have learned.

Below are a set of case examples of the types of things people are helping from each certification level as well as examples of how they have integrated their new TFT knowledge and skills into their existing allied health practices.

TFT Algorithm Certification – case example

Client A - 9.10.19

- A brief history of the client and their problem - age, sex, presenting condition, relevant circumstances, etc.

Female / 60's / was obviously upset and started crying. It had to do with a discussion with her husband about finances. Although the discussion was minor she felt as she thought about it, years of similar discussion she had stuffed down seemed to immerge which lead to much sadness, anger and tears.

- The algorithms you chose to use and why.

I chose to use the Complex Trauma with anger (because it seemed very traumatic to her)

- Baseline and intermediate SUD(s)

She first rated her SUD as an 8. It dropped to a 6 after tapping the sequence 1x. I actually forgot to do the 9G before repeating the sequence a 2x . So I did sequence, sequence, 9G, sequence.

- Occurrence of PR (if any) - how you knew it was present and at what level

No PR

- Final SUD(s)

Her final SUD was a 2 and she was very impressed and happy with the results so we did the Floor to Ceiling eyeroll.

- Any identifiable toxin problems and how you resolved them?

None



The All New TFT Diagnostic Level Certification Course:

... Learn to use TFT to help yourself and others!

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- Client comments (if any - including any indicators of the Apex Problem)
As stated earlier, she was impressed and happy. She was smiling now instead of tears.
- Your own comments on the case described
This was an easy 1st case study for me and I loved seeing the positive results! I look forward to learning more, getting more experience along with the people that will be helped in the process!

Note- My Comments: This is an excellent example of how quickly and easily TFT can take the stress out of every day occurrences and life happenings.

This next case is an example of how TFT has been successfully integrated into a busy Osteopath practice.

What is the difference between EFT and TFT?

As the source of “tapping”, I and our TFT trainers often get asked what is the difference between EFT and TFT? So. one of our new trainers, Carine Barco, in France asked if she could interview me to explain the differences. She is a long time EFT trainer and now a new TFT trainer so had become aware of the many differences and wanted to share those with her students.

To see this interview, click here; <http://tfttapping.com/emotional-freedom-techniques-eft-practitioners/>



TFT Algorithm and Diagnostic (Dx) Certification – case example

Case 2: Client B

Client B is a regular patient of mine for osteopathy, really sensitive and aware of everything that happens in his body. Retired 68 years old man, who practices a lot of sport everyday (some would say too much sport: swims every morning, runs and rides his bike every day during several hours).

He presented to a colleague of mine beginning of July 2019 with a severe pain around the right kidney, never had such an intense pain, stayed in bed for days. He was also regularly checked by a medical doctor. He came to me at the end of July. We did 5 sessions of osteopathy, which slowly helped him to reduce the pain, but it was not as effective as it should.

I just took my TFT class, so I suggested we tried it for his pain.

23rd of August 2019: he presented with no Energy, stiff back on his Rt side, pain on light stroking of the groin's skin, he is in shock with what happened to him... he cancelled his holidays because of the pain, feels unsure about his physical abilities and that frightens him.

I chose to address the emotional component first, and the physical pain afterwards.

- He rates his emotional discomfort : SUD = 5 and pain : SUD = 6
- After having treated the reversals: SUD (emotional discomfort) = 3
- We practiced the general sequence for complex trauma with anger and guilt -->SUD (emotional discomfort) = 2
- 9 gamut --> SUD (emotional discomfort) = 3 (with I found strange, but I carried on with the second set of points as it worked the first time)
- General sequence for complex trauma with anger and guilt --> SUD (emotional discomfort) = 2

We ended with the floor to ceiling eyeroll and collarbone breathing exercise.

- We checked the toxins and treated him with the toxin neutralization protocol --> SUD (emotional discomfort) = 1 and SUD (Pain) = 1,5
 - He is in more pain in the morning, by testing what he eats and drinks at night, we found he was quite reactive to the water he drinks before going to bed and at night. We tested what sort of water he could replace it with and advised he did that
- Next session: there is a big improvement. The patient reports he was a bit uncomfortable with the TFT treatment as it was not "his kind of thing". But his residual pain is less than 50%, which is the biggest improvement we had so far. He felt an intense "internal work" happening during the 24 to 36 hours after the treatment. He resumed sport, which was a big relief for him.

Note-My Comments: TFT was clearly able to add to an already effective treatment modality and is being integrated into the osteopath practice. Both algorithms and some diagnostic protocols were used here to identify specific toxins and neutralize them.

The TFT Online Well-Being Mentoring Class Series

Take part in our monthly online class series with Joanne Callahan... and discover how TFT can help you along a path of well-being

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TFT Diagnostic Certification – case example

Case study 2 - Client 47 yr old Teacher. He is currently experiencing a lot of stress from work particularly around the unrealistic relentless expectations of his job.

I encouraged him to think about the specific stress relating to his work. He did this and noted a SUD of 8. On initial testing for blocks and reversals, he was blocked. Multiple attempts to correct this failed so the collarbone breathing was completed and then the reversal corrections held. We were now ready to start the diagnostic process.

Through the process of diagnosing we found a specific tapping sequence for him. The treatment was then concluded with the floor to ceiling eye roll whilst taping the gamut spot.

As ongoing treatment I have advised he completes collarbone breathing morning and night. I have also suggested the client makes use of intermittent tapping of the PR spot at times of stress through his day and the regular use of rescue remedy.

A copy of the treatment has been provided for his continued use in times of stress.

He noted immediate reduction in feelings associated with the stress noting the SUD was now 1. He also noted feeling more clear headed, and he was sleeping far better over the last month. He has continued to complete collar bone breathing 2 x daily every day and is taking regular rescue remedy.

Note – My Comments: The diagnostic process was able to determine precisely what tapping points he needed and in which order. It was also able to determine where his blocks were and the need for collarbone breathing.

TFT Advanced (Optimal Health using Voice Technology) Certification – case examples

This level provides for much more in-depth diagnostic procedures and the use of multiple energy systems and dimensions. As you will see, it also allows us to work with populations that we would not otherwise be able to use TFT as successfully.

The following TFT-Adv. practitioners, Gerald Morris and Dr. Nora Baladerian, have shared some amazing cases with us.

Gerald Morris:

One of my clients had four strokes over a ten year period and lost her peripheral vision, was dragging one foot and her hips hurt. Here is a copy of her testimonial.

From M. Styan: Margo, who is an artist, suffered with four strokes over a ten

year period, causing her to lose her peripheral vision which resulted in her having challenges doing her art practice. The strokes also caused her foot to drag and to have a sore pelvis. This testimonial comes after her third TFT treatment.

Dearest Gerald:

After my first session, I went for a walk 10 minutes after and was so excited to see that I was no longer dragging (my foot) but I was walking like a normal person and it never drags now unless I am very tired. So that is so exciting!

After the second session, I told Jim (husband) I could now see better. He was very sceptical but I had an appointment with my ophthalmologist who was so surprised at the improvement! For me personally, it means that I can now do my fabric-art without the help of other people's eyes. So now I am in the process of having my body adjust to the changes.

I must say that I did not notice anything specific after the 3rd time - that is not right away, but then after a couple of days I realized that my pelvis was no longer hurting. Thank you so much my dear friend.

Much Love

Margo Styan. Victoria BC, Canada

Dear Joanne:

Margo would be pleased to share her story and has given me permission to do so. Please feel free to share it. I have spoken with her for an updated report and she shared the following; She has had three more treatments since she wrote the above note and her eyes have further improved. She says that her friends are commenting how her artwork is much more profound. She is very excited and active. Gerald

Dr. Nora Baladerian works with a specific population that may be non-verbal or developmentally challenged.

1. Recently a patient who is non-verbal but speaks very clearly using Rapid Prompting Method, was injured in an accident during the day while with his caregiver. He uses his hands all day as a painter and was injured on one of his fingers of his dominant hand. Of course, the accident itself caused shock as well as severe pain, as well as the fear of not being able to use his hand for painting as he has done for years.

He called for help soon after. He rated the pain at a 10, ending in a 1 (the least possible on the 1-10 point scale). We also treated him for shock, anger, fear,

frustration, each time arriving at a 1.

There were several phone call treatments over the period of about one month. He has not requested additional treatment, but I know he would as he is keenly aware of his feelings and is very able to request additional treatment. He felt very much better after this terrible experience.

2. Some time ago, I was treating a young man for fear of getting on the bus, after having been abused on his bus while on his way to a day work program for people with intellectual/developmental disabilities. He had been abused approximately one year prior, and during that period was unable to get on the bus.

I received a request to treat him (by phone with his mother) as they live quite a distance from me. There were reportedly several issues that caused him distress, of course the trauma itself, the fear of getting on the bus, primarily.

I treated him using the standard algorithms for trauma and fear of getting on the bus. He quickly went from a "20" on a scale of 1-10 to a ZERO. The next day, his mother reports, he easily got on the bus, and had been doing so for the week between the treatment and my follow up call to continue treatment for remaining difficulties.

The mother reported that he had no other issues at that time, and treatment was complete...and her son was much more relaxed, in a good mood, and glad to be able to get onto the bus without any reluctance or hesitation. This young man is able to speak, although his vocabulary can be said to be limited but adequate to tell what had happened to him, and to express his preferences for activities, people to visit, etc.

3. I had been working with a young man (with intellectual disabilities) doing supportive counseling over several years. One day he called extremely upset, as he had just been fired from his beloved job. There had been a conflict with another staff member, that resulted in him losing his job.

He was in extreme distress. His other family members also were distressed. I first treated the mother, who had taken a class with me, learning the Algorithm level of Thought Field Therapy, although several years prior. She was a wreck!!! Traumatized, blindsided, "at her wits end!"

I treated her, for shock, fear, embarrassment, shame, helplessness (for the future), and grief. Within 10 minutes or so, she had calmed considerably and within 15 minutes, said that none of those feelings were present. Her painful thoughts about the problem remained, but without the disastrous feelings. She said that she felt calm when thinking about this event, no longer physical symptoms (difficulty breathing, uncontrollable sobbing, crying, grief and fear for her son, among other emotions).

Ten minutes later her son called, asking for tapping. He had seen the great emotional improvement in his mother and requested the same for himself. As usual, he was treated over the phone with the assistance of his mother who knew how to demonstrate the 9G and collarbone breathing. Soon he rated his distress as a one. He was very relieved to be freed from the normal reactions to being fired (embarrassment, shame, disappointment in self, fear, desolation.)

I know of no other intervention that could have produced such amazing results in this short period of time, that will last. The gift of TFT for situations that have just occurred or occurred years ago continues to astound and please me. I had just taken the Advanced course of TFT with Joanne Callahan in Costa Rica and used what I had learned with the third patient.

Many of my clients are non-verbal although they are able to communicate normally using either Facilitated Communication or Rapid Prompting Method. These methods involve the utilization of a letter board (the alphabet) and the physical support of another person, often a family member, and most of the time, the mother. I do not know why the fathers do not communicate this way with their children, but most often it is only the mother, even in intact families...very interesting!!! Yet, they are as excellent in their communication as anyone else... they do not try to shorten a sentence or take any shortcuts, usually speaking in full, complete and compound sentences.

I have become quite used to working with folks who use these and other alternate methods of communication, other than the spoken word. These communication methods are a godsend to such individuals, as the first one to use the method eloquently said (per Rosemary Crossley, the woman who generated the idea of Facilitated Communication {FC}, (not exact quote): "Facilitated Communication allows non verbal individuals the right to speak and express themselves... and this is only accomplished through the constant presence, skill and assistance of another person." Wow. I thought, how difficult it must be to live unable to communicate independently.

Anne MacDonald was the first one to use this method which over time has been debunked by disbelievers, but in my clinical and non-clinical experience has proven over and over again, to be a clear communication from the user.

I completely honor those mothers and other family members, and professionals who use FC or RPM, "allowing" their loved ones/clients/students/friends to communicate ... like everyone else. I see FC and TFT as amazing and unique tools that free individuals from a life-long inability to communicate ANYTHING, and TFT to be free from emotional pain. Amazing gifts to man and womankind.

Nora Baladerian, PhD

Note – My Comments: I am always amazed with what can be done by a special and caring practitioner and the tools of TFT. Thank you, Nora, for all you do to help these specialized needs.

As you can see TFT has helped life's stresses, trauma, injury, pain both emotionally and physically, as well as healing from a stroke and even those with developmental disabilities. The healing power of TFT seems limitless.

What is the best path for me to learn TFT for myself or my practice?

The brief 7-minute video mentioned at the beginning of this newsletter answers this as well as does the outlines for both the practitioners and self-healing paths.



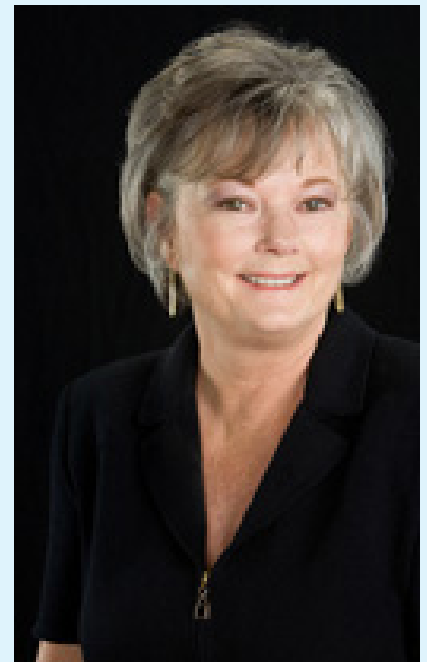
They can be found here: <http://tfttapping.com/training/>

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[Click here for more details.](#)





TFT Personal Healing Retreat with Thought Field Therapy® - Nov. 29 – Dec. 3rd in Costa Rica

Whether you're a medical professional, therapist, TFT practitioner—or simply someone who is interested in using TFT to improve your own health—you can benefit from participating in these retreats as together, with our professionals, you work on restoring, enhancing and balancing your physical, emotional and spiritual health.

We'll spend five full days focused on YOU—not only helping you heal, but also helping you begin a whole new life...one that's vibrant and full of energy. One that you control. Over the years, we've had hundreds of requests for a program like this...

If you've ever wanted to:

- Overcome a lingering health challenge or handle chronic conditions that just won't go away...
- Find out what's behind your fatigue, joint pain, malaise, or disinterest in activities you used to love...
- Wake up every morning in the optimum mental state to perform at your peak potential...
- Go through your day full of energy and ready to tackle life's biggest opportunities...

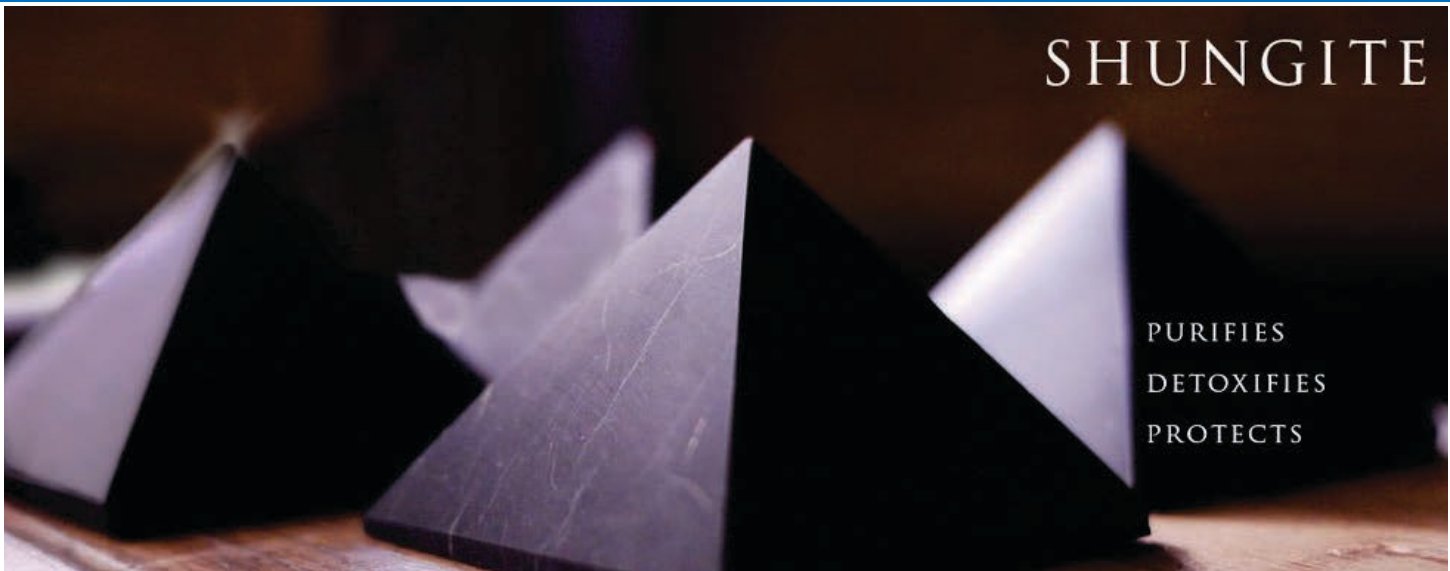
...We're inviting you to join our outstanding healing experts who will focus on your needs and help you discover the way to optimum health for you.

It's a first-of-its-kind program that includes assessments, treatment and training—along with small-group instruction from experts in powerful lifestyle-enhancing modalities. This retreat is the ultimate in self-empowerment, for all aspects of your life.

Please join us and experience your own transformation. The small-group format guarantees an unmatched level of personal attention to your physical, emotional and spiritual health.

These extraordinary journeys into greater vitality and well-being start with complete and unique assessments of your current state of being using many of the most accurate and predictive technologies known today.

[Click here to be a part of these transformational event.](#)



Zero Point Energy Field and Passive Healing Support

As many of you know we have long recommended Rescue Remedy. It was one of the first ways Roger found that would correct psychological reversal or negative polarity back in the early '80's. As I mentioned in my news e-zine early last month, we have some new passive healing tools that we have tested with both HRV, voltmeter and now Aura photography. We are using a technology from Germany that neutralizes the field and brings the vibration to that of a healing level. We apply this to various products.

I have experienced results with this myself with my dental implants. In the past my body has rejected dental implants – three times they were placed and then had to be removed. I finally resorted to a bridge. Then last year when I needed to have two teeth extracted I decided to try one more time. I had my dental implant posts placed in one of these field converters and then placed in my mouth. I had no swelling or pain and they healed beautifully. This has given me a whole new, healthier option for my dental reconstruction.

Another recent example was from one our trainers who had been using Rescue Remedy on a large injury/tumor location. I sent them a tube of Rescue which had been transformed in the zero field converter. When they used it, they noticed a significant decrease in the redness and swelling by the next morning.

In TFT, we are very aware of the importance of maintaining positive polarity and demonstrate this with a simple voltmeter during our trainings. We have seen these items also change negative polarity to positive polarity in these demonstrations.

We believe that this technology further enhances the healing properties of items like Rescue and the new Shungite products we are using.



TFT NEW PRODUCTS

We have been creating some new tools for supporting healing that we use along with TFT. As they can help us maintain a higher vibration and positive polarity, I believe they allow TFT tapping reach deeper and more consistent levels of healing. [Click here to see what we have available](#). We are now having these new tools available for attendees to experience and to do further testing at our Optimal Health courses.



Shungite Pendulum Pendant
(6cm long): \$89



Three Bead Shungite
Earrings: \$43



Single Bead Shungite
Earrings: \$32



Oval Shungite Pendant
Each: \$53



Silver Shungite Pendant
Each: \$67



Shungite Necklace
Each \$119



Shungite Bracelet
Each \$69



Shungite for Water Pebbles
bag 4-4.5 oz : Each \$37



Shungite Sphere
5cm \$63
7cm: \$85

the thought field



THE THOUGHT FIELD

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Submission Information:

We publish the newsletter four times per year. Articles for submission can be sent to:

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