

What is Thought Field Therapy?

Thought Field Therapy (TFT) is a new technique for the rapid relief of all kinds of emotional distress. It works rather like acupuncture by stimulating the body's energy meridians to resolve problems with the body's emotional control system. However no needles are used. Instead the patient taps on various parts of the body with their fingers. The results are frequently amazing as emotional problems often disappear in minutes.

What can it be used for?

TFT was originally developed as a treatment for phobias and traumatic stress. Further research has meant that it can now be used to treat a wide variety of problems including stress and anxiety, panic attacks, depression, obsessive compulsive disorder, grief, acute trauma and PTSD, anger, guilt, pain, sexual problems, addictions (including food, alcohol, tobacco, drugs, gambling, nail-biting, etc.) and much more.

How was TFT discovered?

TFT was discovered in 1980 by Dr Roger Callahan PhD, one of America's most experienced and distinguished Clinical Psychologists. Dr. Callahan was dissatisfied with conventional therapy techniques which he found to be time consuming and largely ineffective. He became interested in an alternative therapy called Applied Kinesiology (AK) which addresses the body's energy meridian system and realised that some

of its techniques could have an application in the rapid and efficient diagnosis and treatment of negative emotions.

How does it work?

According to Dr. Callahan's theory, whenever we think of something, we are effectively tuning in a specific "Thought Field" in much the same way as a TV must be tuned in to receive a specific channel. Held within that energy field are the coded information patterns used by the mind and body to generate the entire emotional experience associated with that thought. This is why the experience is always identical – the same "instructions" are followed each time. Dr. Callahan has named these "perturbations" (from a dictionary definition of the word – "a cause of mental disquietude").

By tapping on the correct meridian treatment points in a specific sequence these perturbations can be deactivated, thereby "switching off" the emotional experience. The individual can now think about what troubled them as much as they like as memory remains unaffected – but the negative emotion (anxiety, anger, guilt, etc.) associated with it will no longer be present.

What is TFT's success rate?

The success rate of TFT depends on the experience and competence of the practitioner. However, even an Algorithm Practitioner who uses pre-defined sets of tapping sequences (algorithms) to treat problems can obtain an 80% success rate.

Of course, the other side of the coin is that there is a *failure rate* of up to 20%.

Considerably less than that of any other therapy but of course this means that no guarantee of total success can be made in any individual case.

What is meant by "toxins"?

The toxins recognised in TFT are not the same as the toxins of conventional medicine which are true poisons like carbon monoxide, cyanide, arsenic, etc.

Instead, the toxins are seemingly innocuous substances such as sugar, chocolate, corn and wheat which can disrupt the body's energetic control systems and prevent the perturbations in Thought Fields from being deactivated permanently.

Toxins can also include inhaled substances, like cigarette smoke and perfume, and substances which may be in contact with your skin, such as washing powder. It may be necessary to avoid contact with these substances for a few weeks (or sometimes permanently) to allow your energy system to restore itself.

How many treatment sessions might be required?

TFT treatments either work immediately or do not work at all. Therefore, for a simple problem, a single session lasting 30 – 90 minutes is usually all that is required, possibly with a follow-up session some time later. You may also be provided with self-help instructions for use at home if

your therapist considers that this will be of benefit.

However, you should note that more complex problems often require further treatment as layers of the overall problem reveal themselves. Whether or not you will need additional sessions cannot be reliably predicted and so you should be prepared for this eventuality.

That said, it is rare for more than five sessions to be needed.

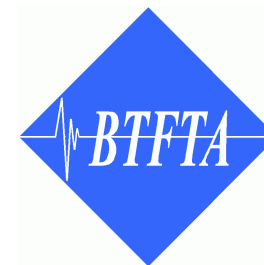
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Thought Field Therapy

Thought Field Therapy (TFT) is a cutting edge treatment that you can use to conquer emotional distress, including phobias, anxiety, stress, compulsions, and many other emotional concerns. TFT can provide emotional renewal quickly and safely with no side effects and without having to go through years of therapy. In working with a TFT therapist, you'll find the tools you need to use this powerful yet simple therapy and discover how TFT can change your life for the better.

**From "TAPPING THE HEALER WITHIN"
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***Thought Field
Therapy***

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