Welcome to

An Introduction to Thought Field Therapy®

Presented by

XXXXX XXXXX
Callahan Techniques®
Thought Field Therapy®

Developed by
Dr. Roger Callahan PhD
What is Thought Field Therapy®?

Thought Field Therapy® is a treatment for psychological disturbances that provides a code, that when applied to a psychological problem the person is focusing on, will eliminate the perturbations in the thought field – the fundamental cause of all negative emotions.
TFT empowers a person to deal with even the most extreme stress and trauma rather than being overwhelmed by negative emotions.
What might it be used for?

- Fear
- Phobia
- Anger
- Guilt
- Rage
- Shame
- Trauma
- Addiction
- Stress
- Toxins
- Psychological Reversal
- Anxiety
- Jet lag
- Panic
- Pain
- Peak Performance
- Embarrassment
- Depression
What effect does TFT have?

TFT is excellent in eliminating emotional issues such as trauma, fear and anxiety.

Since 1980 there have been no recorded cases of harm from using TFT; in a given situation, TFT either works or does nothing.

TFT is a non-invasive, drug-free protocol.
TFT Around the World

TFT has been used successfully all over the world to help people overcome traumas from armed conflict, political conflict, natural disasters, terrorism, etc.
US Embassy Nairobi, Kenya August 8, 1998

257 killed & 5000 injured
TFT in Kosovo
100% Success Rate

“Many well-funded relief organisations have treated the post traumatic stress here in Kosovo. Some of our people had limited improvement but Kosovo had no major change or real hope until volunteer American Professor Carl Johnson came to help us… with Thought Field Therapy.”

“We referred our most difficult trauma patients to the Professor. The success from TFT was 100% for every patient and they are still smiling until this day.”
“As Chief of Staff of the Medical Battalion of K.P.C. (KLA), I have full authority over all medical decisions in Kosovo. I am revising this completely and starting a new national program. The emphasis of the national program will be Thought Field Therapy.”

Dr. Shkelzen Syla
Chief of Staff
November 2001
Rwanda 2006 PTSD Study
Transformation - One Year Follow-up

- No major symptoms of PTSD reported in students worked with at the previous anniversary of the genocide

- Increased sense of self worth and self esteem leading to improvements in the students’ behaviors and their environment

- Increased concentration led to improved grades and a considerable number passing the state competitive exams to move on to regular secondary schools
# Means of CROPS and PROPS

<table>
<thead>
<tr>
<th></th>
<th>Assessor</th>
<th>Basis of measure</th>
<th>Norms Test-retest r</th>
<th>Norms Means Medians</th>
<th>PTSD cut scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROPS</td>
<td>Parent observations of behaviors</td>
<td>Based on DSM IV, empirical literature, &amp; existing tests (Wolfe CITES, Achenbach CBCL)</td>
<td>US Normative samples</td>
<td>US Normative samples</td>
<td>Cut off score</td>
</tr>
<tr>
<td>CROPS</td>
<td>Child report of internal states</td>
<td>Based on symptoms most prominent in meta-analysis of child trauma literature &amp; DSM IV</td>
<td>Test-retest reliability = .79</td>
<td>Score range 0-55 (0-60 possible) M = 18.3 Median: 16.9 SD 11.7, SEM .81</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>US Normative samples</td>
<td>Score range 2-43 (0-52 possible) M = 19.7 Median: 18.6 SD 10.4, SEM .73</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Pre-Tx</th>
<th>End of Tx</th>
<th>3 months</th>
<th>6 months</th>
<th>1 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROPS</td>
<td>35.383</td>
<td>8.383</td>
<td>16.638</td>
<td>10.745</td>
<td>8.404</td>
</tr>
</tbody>
</table>
Empowerment and Healing with TFT

- Self-treatment that can be taught to community leaders
- Groups and classes of people and students can be taught TFT treatments
- The few who need further treatment can then be worked with individually
- Community members and students can share their knowledge with family and friends
Memorial to Past Genocides
What is a Thought Field?

A thought field is an invisible, non-material structure in space that has an effect on matter.
What is a Perturbation?

A perturbation is a subtle but clearly isolable aspect of a thought field which is responsible for triggering all negative emotions.

Perturbations then affect the chemical, hormonal, nervous system, cognitive and brain activity associated with (but not the cause of) the negative emotions.
Perturbation

“A cause of mental disquietude.”

“The cause of mental disquietude.”
Where are these Perturbations?

Perturbations are encoded in thought fields.

Perturbations are activated when the thought field is tuned into by asking the person to think about the problem.
What does TFT do with Perturbations?

TFT eliminates the perturbations in the thought field.
How does TFT eliminate the Perturbations in the Thought Field?

By applying the appropriate tapping sequence (healing).

Once the Perturbation in the Thought Field is eliminated, the upset disappears.
Research

TFT was the most effective of four therapies for post-traumatic stress in a study by Figley and Carbonell at the University of Florida. The four therapies analysed were:

- Trauma Incident Reduction (TIR)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Visual Kinesthetic Dissociation (VK/D)
- Thought Field Therapy (TFT)
Architecture of TFT

Major

\[ e - a - c - 9g - e - a - c \]

Sequence of Majors

\[ e - a - c - 9g - sq \]

Holon
The Nine Gamut Sequence (9g)

Tap the gamut spot continuously for each position while doing the following:

1. Look straight ahead and close the eyes
2. Open the eyes
3. Look down and to one side
4. Look down and to the other side
5. Roll the eyes in a circle—one direction
6. Roll the eyes in a circle—opposite direction
7. Hum a tune out loud
8. Count out loud from one to five
9. Hum a tune again
Using the Subjective Units of Distress (SUD) Scale

- Know exactly how much the symptoms are improving
- Rate distress 0-10 on how the person feels at the moment, not past or future (1-10 can also be used)
Tapping Points

Points

- eb: eyebrow
- e: eye
- c: collar
- a: arm
- tf: tiny finger
- if: index finger
- g: Gamut spot
- sh: side of hand
Tapping Points

• Eyebrow

• Under Eye

• Under Arm
Tapping Points

• Collarbone

• Side of Hand

• Under Nose
Tapping Points

- Tiny Finger
- Index Finger
Quantum Leaps in Improvement

- **Initial SUD = 10**
  - First sequence of majors
- **SUD = 7**
  - 9 gamut series
- **SUD = 4**
  - Repeat of majors
- **SUD = 0**
What is a Trauma?

A psychological problem which appears to be a normal response to a terrible situation.

Often associated with feelings of anger, rage, guilt & shame.
TFT Algorithm for Trauma

Eyebrow, under eye, under arm, collarbone, 9g, Sq
TFT Algorithm for Fears and Phobias

Under eye, under arm, collarbone, 9g, Sq
Claustrophobia, Spiders, Turbulence

Under arm, under eye, collarbone, 9g, Sq
Post Traumatic Stress Response

Crisis Intervention

• Use at the scene or right after.

• Sometimes the SUD is obvious – just go with a 10.

• “Can you do what I am doing? Just mirror me.”
TFT in full

There are many more aspects to TFT including the effect of Individual Energy Toxins, Heart Rate Variability, Holon Diagnosis and Voice Technology.

However, the vast majority of issues can be eliminated at the algorithm (introductory) level of training and understanding.
Examples

Volunteers needed

• With real issues
• Or just to show how a session works
The Association for Thought Field Therapy

ATFT is an exceptional collection of TFT practitioners and friends who share the common purpose of optimizing the health and functioning of individuals and societies through the promotion of Thought Field Therapy and its practitioners. We are a non-profit organization developed by and for its members and we heartily invite you to join us in maximizing the profound potential of TFT and the practices of its professional members.

Please call the ATFT office for details 760.512.0855 or email custsvc@atft.org
Please visit our website www.ATFT.org
The ATFT Foundation

The Association for Thought Field Therapy Foundation (ATFTF) is a non-profit public benefit corporation whose purpose is to support the Association for Thought Field Therapy by furthering research, education and general charitable purposes related to Thought Field Therapy.

We rely totally on donations for our humanitarian efforts. If you would like to help please visit our website www.ATFTFoundation.org or www.YouTube.com/ATFTFoundation

Please call the ATFT office for details 760.512.0855 or email custssvc@atft.org
Please visit our website www.ATFT.org
Introduction to Thought Field Therapy

Questions?

Suggested reading
Tapping the Healer Within
Stop the Nightmares of Trauma
Both by Roger Callahan, PhD

www.TFTRX.com