The Past & Future Of TFT

A Celebration Of Roger Callahan and Thought Field Therapy®

A Look Back at Roger Callahan’s Legacy
An Exciting, Yet Poignant Time for Thought Field Therapy

2012 will be a monumental year for all of us involved in the far-reaching work of Thought Field Therapy. After 57 years as TFT’s originator, developer, champion and recognized expert, Dr. Roger Callahan will retire from the active practice of psychology and step down from day-to-day leadership of TFT—passing the torch to a select team who will oversee the continual development, growth and expansion of TFT and its professional and humanitarian work worldwide.

As Roger looks to a future of well-deserved retirement, he—and we—have a lifetime of his expertise and learning to reflect upon.

As a child, Roger spent much of his time in foster homes. His parents were Vaudeville entertainers and could not care for him. He developed fears, anxiety and phobias as a child, yet had no one to depend upon for help, nor even anyone to talk to. It was natural that, later in life, he spent an entire career searching for and then finding a rapid and effective way to relieve these negative emotions—first in himself and then for others.

Roger began his life-long efforts to help those suffering with negative emotions by becoming a licensed psychologist in 1954. He has spent over half a century in this work—helping people improve their lives, relieving the suffering of others, and sharing his life’s work. During the first 25 of those years he remained on the leading edge of the field of psychology, as it grew and expanded. He worked with Albert Ellis on the development of Rational Therapy, known today as Rational Emotive Therapy. He became one of the pioneers of clinical hypnosis. He worked closely with his friend Nathaniel Branden in the early years—and the Objectivists and Ayn Rand as just one more part of his search for increased understanding and more effective ways to help his patients. As one of the early members of the Orthomolecular Society, he learned the importance of nutrition and the significance of toxins. As a participating professional in the original Masters & Johnson studies, he learned about relationships and sex therapy.

Throughout his research, Roger unceasingly questioned and enquired into related fields of science, looking to expand his knowledge. He studied Applied Kinesiology after a physician friend showed him—through muscle testing—that there was clearly a mind-body connection. He studied quantum physics as he tried to understand the quantum changes that he found common in TFT. Reading and studying David Bohm, Arthur Young and others led Roger to the exploration of consciousness. Together, all of these specialties led him from simply resolving negative emotions to actually launching physical healing and expanding our consciousness.

His lifelong endeavor of study, research and applied conclusions has resulted in an amazing half-century of treating, training and educating tens of thousands throughout the world. TFT has taken on a life of its own now—in nearly
100 countries—with trainers, researchers and practitioners continuing this unique form of healing that Roger initiated over 31 years ago.

As both a pioneer in the field of psychology and the originator of TFT, pursuing the development and work of TFT was sometimes difficult. He was criticized, ostracized, and attacked by colleagues and authorities alike. Yet it was his singleness of focus, dedication and perseverance that moved TFT past the road blocks and obstacles that all pioneers face, to provide this powerful healing tool for all of us.

As Roger now steps back from the day-to-day operational business of TFT, he will remain overseeing his life’s work as Chairman of the Board. He will hand over the reins of leadership to his wife, Joanne, who has been by his side for the last 23 years of TFT’s development and growth.

Joanne Callahan will take over the leadership, development, education and expansion of TFT, leading us—and the worldwide phenomenon of TFT—into its next phase of growth. Some of our long-time TFT professionals, practitioners and educators will become key advisors as we strive to make TFT available to more people, and support our trainers and leaders in other countries.

We will look to them for ideas, development, training and growth in many fields and areas of focus where TFT is beneficial. Some of the key contributors to TFT include:

Fr. Luis Jorge Gonzalez – Spirituality, Mexico, Italy
Jennifer Edwards, PhD, TFT VT – Education, Research, Training
Suzanne Connolly, LCSW, MFT, TFT Adv – Trauma Relief, Marriage/Family, Sex Therapy
Mary Cowley, PhD, TFT VT – Consciousness
Robert Bray, PhD, LCSW, TFT VT – Trauma
Colin Barron, MD, TFT VT – Medicine, UK, Scotland
Ayame Morikawa, PhD, TFT VT – JATFT, Japan
Robert Pasahow, PhD, TFT Adv – Research
Howard Robson, MD, TFT Adv – Medicine, Ethics, UK
Phyll Robson, RN, TFT Adv – Acute trauma, Nursing, UK
Mark Steinberg, PHD, TFT-VT – EEG Biofeedback and ADD/ADHT
Lois Sugarman, RN, PhD, TFT Adv – Nursing, Death and Grieving
Christopher Sensmms, PhD – Trauma, Australia
Jo Cooper, TFT Dx – UK, Animals
Stein Halvorsen, TFT VT – Scandinavia
Mats Uldal, TFT Dx – Norway, Sports Mental Health, Media
Norma Gairdner, HD, TFT Adv – Homeopathy, Canada
Today, we work closely with TFT specialists Bob Bray, Jenny Edwards, Mary Cowley and Suzanne Connolly—who help with our ATFT Foundation, blog content, trauma relief and research, as well as guidance on the best approaches to helping people around the world.

These leading authorities who have incorporated TFT into their own work are experts in a wide variety of fields from medicine, trauma, sex therapy, spirituality, psychology, nursing, and so many more. Not only is TFT being used by some of these leaders in business, they have become enthusiastic advocates of using TFT in healthcare, as well. Because they also hail from countries around the world, they represent the ever-growing worldwide scope of TFT and its far-reaching use globally.

These are Thought Field Therapy’s future guardians—along with Joanne Callahan—as TFT moves into its next 50 years of advancement.

TFT will also benefit by continually working with and reaching out to the ATFT Foundation, their research committee and Trauma Relief committee members. They are a valuable resource for the continued work around the world in TFT. In the future, we will add more professionals from various fields and countries to this list.

The ATFT Foundation has been instrumental in the expansion and efforts to make TFT more available to others—by providing training and support to leaders in traumatized regions of the world. Our first ATFT Foundation sister organization—The IZERE Center in Byumba, Rwanda (Africa)—is helping thousands in that country.

The Foundation’s model for large-scale trauma relief can provide much needed healing for entire regions. As President of the ATFT Foundation, Joanne Callahan has a passion in the area of trauma relief and her continued efforts in this humanitarian outreach effort will ensure access to TFT’s healing power by those in need. In 2012, we will be releasing a film for PBS documenting our large-scale trauma relief model.

In 2012, TFT will also expand its training programs with a new Boot Camp Trainers Program. John Plester was our first Boot Camp trainer in the UK. Pia Cowley and Lianne Schwartz are our first field-specific Boot Camp trainers, providing training for midwives in Australia, Bali, Indonesia and around the world. We are excited about this model as it makes TFT training more available to niche markets and locations. And we look forward to welcoming John Steuernol as our first Canadian Boot Camp Trainer in Toronto.

Exciting growth is in store for TFT in 2012—not only in the area of practitioner education and professional development, but in the important work of making TFT available and accepted by everyday people around the world who can benefit from it. We will be opening new Spanish markets in Spain, Mexico and South America.
As Roger approaches the formal day of transition, he reflected upon this historic, ground-breaking, yet still-growing phenomenon that has been his life’s work:

I am honored and humbled as I see the many people being helped, in far away regions, by so many dedicated TFT practitioners. I had no idea, when I first began my quest for a better way, of the true power and far reaching effects that my life’s work would accomplish.

When we met with our Rwandan practitioners last September and watched them work—healing and relieving suffering as they worked at the pro-bono clinics in Hawaii—I was so deeply touched and began to understand the full effect of what is being done (and continues to be done) with TFT in the world. Their stories of those they have helped in Rwanda touch your heart, as you realize that TFT has changed their lives—giving them a chance at happiness and of leading more productive lives. TFT is healing a country. And our research shows TFT can go on and on, being shared anywhere it is needed, with any culture.

I am gratified to see my wife, Joanne, share the same passion for growing and delivering TFT to the world. She has expanded our trainings and our TFT community over the past 23 years and—as a result—we have become a much more inclusive organization. The ATFT merger with ACEP brings TFT into a much larger healing community as we all work toward healing in the world. I see no end to who we can help and what we can accomplish with Joanne at the helm.

It is also deeply gratifying and touching for me to read the letters from many of our long-time TFT practitioners and hear in their words what TFT means to them and their lives. These individuals were pioneers, taking a risk to try something new, pursue something different, and become part of a new paradigm in therapy. I sincerely appreciate their support and dedication over the years.

As I step back from the day-to-day activities of the organization, I look forward to having more time for some of my other interests. I have eight grandchildren and even one great-grandchild to admire and enjoy. Walking and a new puppy are also on my agenda. And, as a long time tennis buff, some of the major tournaments are on my list—maybe even Wimbledon or the French Open. My avid curiosity and continual thirst for knowledge will keep me reading the latest on the cutting edge of science and mental health.

I will be there in the background for Joanne as she and our leaders take TFT to all who need and want it in this changing and chaotic world.

Roger Callahan
Roger, It has been more than eleven years since I met you in Hawaii.
To tell the truth, I had been skeptical when I first learned TFT and when I started to teach TFT.
But I did not deny TFT’s power without using TFT right.
Finally I had to admit TFT’s great effectiveness by experiencing many clinical successes.
I have been always using TFT at my practice with objective assessment.
It may be the same with objectivity that Roger, who adopted only effective procedures from numerous studies.
My objective attitudes have been important to introduce TFT in Japan, I think.
The objectivity and clinical competency that can extract the TFT’s power at most are very important for practitioners, and I would like to thank that TFT encouraged my growth as a person.
You have accomplished the great achievement for healing and nurturing human body and mind.
Roger, I would like to express my deepest respect and gratitude for you.
Recently I have reviewed my translation of your articles and have been impressed again by your work.
TFT is introduced as a simple technique, but the energy and information theories and philosophy are so profound at the background of TFT.
TFT integrates the Chinese medicine that considers human as a microcosm and the Western medicine that is symptomatic therapy, and also connects all those different professional areas including acupuncture, meridians, entropy, quantum physics, heart rate variability, and toxins.
I promise to continue teaching more and more people your great contributions and TFT that are body-mind therapy.
Roger, you are great psychologist, philosopher, scientist, and practitioner.
With great love and gratitude from my heart.

Ayame Morikawa, PhD, VT
I had the pleasure of taking the dx training in 2007. As an executive responsible for Frito Lay productivity and efficiency, I marveled at the swift effectiveness of Thought Field Therapy.

My wife, Dariah, a psychologist, and I are now trained and certified at the Optimal Health Level. We do TFT training, support groups, individual counseling, work with homeless women vets in New Mexico, and I serve on the ATFT Foundation Board.

Personally, I tap twice daily for stress release and blood pressure control.

Roger’s gift to us all is truly a miracle and will continue to pay dividends to for all who have the good fortune to learn and use the protocol.

Bruce Paton, PhD, TFT Adv
Thank you Dr. Callahan, from a personal level, and, more importantly from a professional level, for your amazing gift of Thought Field Therapy.

I know I am one of thousands who has benefitted from your accomplishment in unraveling secrets of recovery and health. You have given the world something that few are able to do - no matter how long they have worked in the field of psychology. It is innovation of this nature that truly makes the world a better place. The professional energy you have consistently applied in furthering this amazing discovery will surely be missed by all those who know you, and by those who have not had the good fortune of collegial friendship and mentorship from you.

I have been so fortunate to have had that opportunity to spend time learning from you directly. What a phenomenal stroke of luck for me to have met you so many years ago and to have had those moments to share in your friendship, your knowledge, experience and willingness to give of the secrets you discovered.

Your kindness, generosity, wisdom and professionalism have left an indelible mark in the field of natural healing. I wish for you a long, healthy and happy retirement. No one deserves it more. Thank you again for everything you have given to all of us to promote wellness and healing.
Reflections:

As a practicing psychologist for 37 years, I can say that I’ve encountered and tried many therapies and techniques, both traditional and unconventional. Without question TFT is the most dramatically effective and rapid treatment I’ve found. Over 15 years of practicing TFT (mostly VT), I’ve verified a success rate of 97%!

I am so grateful to Roger Callahan for making this possible. His brilliance and persistence have improved and empowered the lives of so many people and multitudes to come. In light of the emerging popularity of TFT, most people are not aware of Dr. Callahan’s dedication to scientific truth and efficacy for many decades when he was scorned and dismissed, despite his long-standing adherence to the rigors of accepted psychological standards.

Because of Dr. Callahan’s dedication and persistence, my life has dramatically improved, and I continue to improve the lives of others in my professional and personal life. In addition to the power and efficacy of TFT, its influence fuels success and growth in areas far beyond the relief of symptoms. Eliminating anxiety, depression, trauma, etc., has been the beginning and the bedrock of other improvements made possible by TFT. This technique has changed my attitude about what’s achievable and my standards for tolerating and justifying the intrusions and excuses that can impede healthy and productive living. Because of TFT I eat better, sleep better, have more energy, and am able to be more productive. I know how to relieve the burdens of stress and trauma, and I routinely do this for myself and others. The benefits of TFT extend far beyond the elimination of clinical distress. Using this tool, I have been able to grow spiritually and guide others along paths of forgiveness and godly character development.

Two brief examples illustrate how TFT integrates in human progress: First, in my work with parents and their difficult children, I regularly use TFT to eliminate the obstacles that keep parents embroiled and enmeshed in negative behavior cycles with their children. When family members are freed from traumas, resentments, and livid anger, they can adapt better and incorporate the techniques I (and others) teach them.

Second, when adults are no longer shackled with the impediments of anxiety, trauma, and obsessive indecision, they can activate and fulfill their ambitions and talents to participate, achieve, and contribute. By using what Dr. Callahan taught me, I have helped so many people move on in life to get promotions, degrees, and have better relationships and healthy influence in their communities.

On a personal level, I appreciate Roger’s generosity, his wonderful playful humor, and his incisive analytic brilliance. He has mentored me consistently over the years and has been a great model and a beacon light in an often threatening world.

Thank you so very much, Roger!

Mark Steinberg
Dear Roger,

There aren’t enough words to express the depth of my gratitude for the gift of healing you have brought to the Orphans and Citizens of Rwanda, Africa and the world.

Thank you for personally adding a whole new dimension to my career of bringing healing to the suffering.

My wishes and prayers are for you to have many more years to enjoy the fruits of your compassion, genius and dedication.

With love and gratitude,

Paul

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Reflections:

A Tribute to Roger Callahan

I first learned about TFT in late 1999 when I came across the trauma algorithm. It seemed a bit odd but I tried it out on a few patients and got amazing results. From that point on I wanted to know more and I took all the levels of TFT training, culminating in my VT training in November 2001.

During that training I got to know Roger very well as I stayed with the Callahans for six days. These days I spent in the paradise of Palm Springs learning VT from Roger were among the happiest of my life.

Roger is truly the greatest therapist of the 20th and 21st Centuries. He has given mankind the greatest healing tool of all and for that we must all be eternally grateful. Enjoy your retirement Roger – you have certainly earned it!

*Dr Colin Barron TFT –VT*

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In 1996, 21 years into a modestly helpful career, I was in Indian Wells to study Thought Field Therapy. Upon my return to my patients in Virginia, suddenly everybody was getting well. And I had no doubt that anyone, anywhere, could. In our world there have always been so very many with shattered minds, just limping along for their remaining years without any hope at all. Out of Dr. Roger Callahan’s diligent work and steadfast march even in the face of frightened naysayers has come a light ---now there is hope. I thank my friend Roger Callahan for rescuing our profession and for saving the people.

*Carl Johnson, PhD*

Diplomate in Clinical Psychology,

American Board of Professional Psychology
Reflections:

Roger is a very special man to me. It is always an honor to be in his presence.

He has helped me so many times with toxins as I was recovering from pneumonia. His ability to diagnose so quickly is amazing to me. Roger is so passionate about TFT and I am so blessed to be in his classes. Thank you Roger for your pioneering in this field... because of you we are all better therapists.

I love you. Dariah

Dr. Dariah Morgan
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Dear Dr. Callahan:

What an event in your life, a point of change, a right of passage and a time for reflection and assessment of the things you have accomplished in your professional life that have assisted in “carrying forward an ever advancing civilization”.

I want to say thanks for taking your challenges in growing up with family dysfunctions and turning them into benefits for so many. I want to thank you for your single minded focus and tenacity in researching, systematizing and promoting your world advancing treatment. I want to thank you for your courage and longevity in withstanding the nay-sayers and those with vested interests who wished to discredit and prevent. I wanted to also thank you for your vision and insights in realizing the many benefits that your system can offer society.

I want to personally thank you for the help you have brought me with my health. For the infusion of hope in seeing myself as having many new options before me that I had never dared to dream! And for the people and their families who will come into my life that will receive similar benefits because of your sustained and sacrificial efforts.

To look back and see that one’s life has been of benefit to humanity is surely the ultimate goal of servitude. You have done this! Thank you, thank you, thank you.

Gerald Morris
TFT Adv - Duncan, British Columbia
Reflections:

Roger Callahan

The discovery of TFT achieved by Roger has become a very important part of my life. On the one hand such a discovery has put me in contact with a great man. I have had the opportunity of meeting a real researcher, a searcher of how human beings can be relieved and cured of their psychological perturbations through a simple and effective way. Roger’s life program is this: to reduce as much as possible human suffering, and to open a horizon of hope for those who suffer. By doing so, Roger has follow the path of Jesus who, during his public life in Palestine, preached good news, opened an infinite horizon of hope, and constantly healed the body and spirit of people.

On the other hand, Roger has achieved a discovery worth of a Nobel Price, as we all know very well. When I say “we”, I refer to all those who know and benefit of TFT. I myself have experienced the reduction of stress, the healing of traumas, the quieting of my soul as a preparation to meditate according to Christian methods. And so on.

My practice of psychotherapy shows me quite clearly the high relevance of Roger’s discovery. I have been trained in the use of Client-Centered-Therapy while achieving a Ph.D. in Counseling at the Iberoamerica University (Mexico). At the same time I was trained in Gestalt Therapy. During the process toward my Ph.D. in Psychology, I have received a training in the psychoanalytical approach of therapy, but I have taken all the optional courses on Behavioral therapy. Afterwards I have attended the NLP courses of Grinder and DeLozier, and the courses of Robert Dilts and Todd Epstein.

In this context, TFT shows its efficacy to eliminate phobias, traumas, stress, addictions, depression, anxiety, stress, etcetera, in a short time, with remarkable efficacy and even as a fruit of a personal self-application. A real blessing –“a blessing of Nature”, says Roger– and a source of “hope” as he also repeats.

This wonderful blessing has, of course, a deep impact in the realm of spiritual life. TFT gets the acquisition of the spiritual values: forgiveness, self-forgiveness, peace, joy, love, hope, growth, strength, that Saint Paul calls the “fruit of the Spirit”.

So, I believe that Roger deserves praise and gratitude not only in the coming centuries, but even for all eternity. May God reward him in this life and in the fullness of life.

Luis Jorge González
Teresianum
Roma – Italia.
Reflections:

A life transformed in 15 minutes? Oh, yes.

In 1979, I was in a near fatal accident in the University research laboratory where I was working. Over the next year I made a slow recovery but for the next 15 I had to deal with the fickle vagaries of PTSD on a daily basis - sometimes good, sometimes very bad, always anxious. One just gets on with life, or simply crumbles away.

In 1995 I was working in Singapore and, during yet another sleepless night, watched an infomercial for “The Callahan Techniques”. “You have got to be joking!” crossed my hard-scientist mind. But a couple of weeks later, following a conversation with a friend who pointed out that I was dismissing something without considering the evidence - totally contrary to my solid research and evidence-based background - I decided to give it a try.

15 years of anxiety, panic attacks, hyper-vigilance, and sundry other symptoms disappeared in 15 minutes - and the rest, as they say, is history. I am proud to say that thanks to my initial scepticism being challenged, and a willingness from then on to fight resolutely against the accepted norms, I have been able to use TFT to transform more people’s lives for the better than I could ever have imagined possible.

One man’s vision and determination - and a $15 video tape - was all it took.

Thank you, Roger Callahan.

Regards,

Ian Graham
Reflections:

There are my thoughts and feelings about what I have received from Roger.

For as far back as I can remember, I have searched for and studied ways of helping people heal their body, mind, and spirit. Roger Callahan has been my most significant teacher and mentor in achieving this. I am very grateful to Roger for his wisdom. I feel so fortunate to have studied and trained with him and even more fortunate to consider him a friend.

With TFT and VT I have experienced an expansion in the limits of what is possible in the field of human healing and change. With phone interventions, I helped people wake after being in coma for several years, autistic children re-engage their developmental process, people have cancer remissions, and much more. Infinite possibilities in us are all waiting to be actualized and TFT provides the key.

With Though Field Therapy, Roger has created a masterful set of theory, healing tools, and techniques, which everyone can use to achieve their own healing goals. I think Roger’s work in the field of healing and well being is as revolutionary as the work of Steve Jobs in the field of technology.

Warm Regards,

María Isabel Aguilar de Bailey, TFT Dx, VT

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Reflections:

Coming across Roger's work and more importantly meeting, training and befriending him is without doubt one of the highlights of my entire life. I have presented my own material to half a million people all over the world but Roger stopped me in my tracks and I immediately with his blessing included a practical introduction to TFT in my programs going forward. I believe his work should be taught in every primary school in every land.

I have had excruciating post operative pain (Kidney Stone) melt away in minutes through talking with him directly from France to his home. I have witnessed endless successes from my corporate clients using TFT but most notably School students who refused to sit final exams through fear and low self esteem do so and pass. I have had the astonishing joy of watching a solid golf ball of a malignant tumor on a horses neck with little expectation of recovery shrink to a jellied pea size just through his guidance including tapping the side of its hoof.

Ultimately I remain bemused by the EFT movements apparent lack of knowing who actually uncovered and paid the price for their success. To be honest I simply love the man and wish him all the very best for the future.

Kind Regards

Jack

Jack Black, Founder and Course Director of MindStore International.
Reflections:

Roger Callahan
Brilliant Scientist
Heart of Gold

Roger Callahan
Developed a method
For changing lives
Brilliant Scientist

Roger Callahan
Always experimenting
Always perfecting
Brilliant Scientist

Roger Callahan
People no longer
Need to suffer
Brilliant Scientist

Roger Callahan
People can have
Renewed lives
Brilliant Scientist

Roger Callahan
People using TFT
Worldwide
Brilliant Scientist

Roger Callahan
Always encouraging
Kindhearted
Heart of Gold.

Roger Callahan
Always available
To do VT
Heart of Gold.

--Jenny Edwards, PhD
Reflections:

Where to begin...

TFT changed my life, or rather I had no real life before TFT.

Crippled by debilitating phobias and constant panic and anxiety attack my world was one of constant terror and fear.

I coped by over eating and of course became obese.

TFT arrived like a breath of fresh air, nothing short of a miracle. Now I have a life that is rich and full no longer burdened by phobias or anxiety.

I am just the right size, no longer overeat to mask my pain and have been this way for nearly 20 years.

Thank you would never seem to be enough to share how grateful I am to Dr Callahan and all he has given to the world.

Oh and I forgot to add the technique worked so quickly sometimes I just had to pinch myself.

Love the new me and love my life. Thank you so much.

PS, went on to study TFT and helped thousands of people in Australia and New Zealand change their lives.

How great is that!!!

With much love,

Karen Piccinotti TFTdx

Karen Piccinotti
Senior Vice President
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Reflections:

When we use TFT it is easy to forget how revolutionary it is even now, and to recognise the immensity of Roger's determination and courage in going against the norms of his field. The mechanics of TFT are relatively easy to learn and to teach. For me the difference in learning with Roger has been to hear directly from him the story of his work over so many years.

Roger's discoveries have changed the way I work. Much more than that, however, his asides, his stories about his experiences, his descriptions of how he came to develop the thinking behind TFT and his constant passion to explore new ideas have sparked my curiosity and have been truly inspirational.

If I hadn't trained with Roger I doubt if I would have been curious to find out more about energy and information fields, or read many of the books he mentioned, or embarked on further training to explore these ideas even further and to extend the boundaries of my own work.

One of the authors that Roger quotes is Arthur Koestler, who said that “The principal mark of a genius is not perfection but originality, the opening of new frontiers” - a fitting tribute to Roger's work.

Jo Cooper
I believe Dr. Roger Callahan has made some of the most important and impactful discoveries regarding the human healing system in modern times. His passion to relieve the suffering of humankind and his commitment to scientific inquiry have led to the discovery and development of the extraordinarily effective, safe and accessible Thought Field Therapy—a therapy so powerful and basic that it relieves not only emotional and mental distress, but physical distress as well! I think we’ve only just begun discovering the myriad ways TFT can heal and transform the individual.

I was fortunate enough to train with Dr. Callahan in TFT-VT in 2000 and it has been the cornerstone of my professional—and personal—healing and self-development practice ever since. My family depends on TFT for its hygiene and growth. And the VT self-testing technique guides us to evermore life-enhancing choices. If I found a technique more powerful I would use it, but so far I’ve found nothing that touches its effectiveness, simplicity and universality. I am eternally grateful to Dr. Callahan for his brilliance, compassion, dedication, and friendship.

Mary L. Cowley, PhD, TFT-VT
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Reflections:

Long before the brain scans and information on neuroplasticity of the brain came in, I realized as a Social Worker that talking with my patients about their traumatic childhoods or traumatic events was only re-traumatizing them.

I knew in the depth of my being, that there had to be a better way and studied every method available in the mid-90’s. When I learned TFT and my patients were repeatedly freed from the nightmares, flashbacks and debilitating anxiety that had plagued them for decades, I knew this was a gift beyond measure.

Now, having trained and supervised hundreds of clinicians using TFT or the numerous variations of TFT, I can say without any doubt that millions of people have been relieved of their suffering thanks to this great man. In addition, the thousands of rounds of TFT I have done with my patients has kept me from being vicariously traumatized, and my body and mind remain vibrant and healthy despite such intense work. Moving into the work of using TFT for beliefs, I have also found that the limiting beliefs we have can be easily changed once the negative charge is released with TFT. World peace begins with inner peace and Roger Callahan’s contribution to the peace on this planet is an inspiration for all of us.

I bow in deep gratitude and respect to him.

Mary T. Sise, LCSW

Past President The Association for Comprehensive Energy Psychology (ACEP), co-author: The Energy of Belief: Psychology’s Power Tools to Focus Intention & Release Blocking Beliefs
Reflections:

What a wonderful task to be asked!

I can only give back a fraction of what Dr. Roger Callahan has given me.

His discoveries have transformed my life and given me a purpose in life.

I have been blessed with positive attitude and good health from birth but nothing compares to what my heart feels when I see a long struggling person getting better in front of my eyes.

Dr. Callahan has made it possible for millions of people in the future to get rid of both psychological and physical problems. Many of what is today called physical problems is due to Psychological traumas and stress-reactions in the body. We will continue his work to find out more about how fundamental emotions are for a well-functioning body.

There is no doubt in my mind that Dr. Roger Callahan deserves the Nobel price in Medicine for his discoveries. Perhaps he never gets it but that does not take away the importance of TFT and Energy Psychology, the field that he is the founder of.

I am very happy that I, almost 15 years ago in the middle of the night, did not turn the page when I in Psychology Today saw a “stupid” and “silly” ad, “the five minute phobia cure”.

I sincerely thank you for your courage and stamina that you have shown in all these years. Even when I did my own direction of algorithm training, Simplified TFT with AQT, you embraced my ideas in a way that showed your passion and willingness to always look for effective ways to use the techniques you discovered.

TFT has brought me my wife, my current work, my future work and a larger by the day amount of fantastic friends all over the world. What more can I wish for myself?

When you now retire, on behalf of myself, my family and more than 2000 trained therapists in Scandinavia, I am happy to see that your work will continue to help peoples lives in the future. I am also happy to see that your dear wife, Joanne, is the one that continues your work. You cannot find a better or more competent person than her.

Your friend

Mats Uldal/ fearfigter/ Norway
What Roger and TFT mean to me:

Just as Roger is one of the world’s really fine and brilliant minds, TFT is one of the world’s really fine and brilliant discoveries.

Had it not been for Roger and his discovery of TFT, there are thousands upon thousands (which will one day be millions upon millions) of people who would still be suffering the chronic ill-effects of devastating traumas from which a few minutes of properly applied TFT has gracefully freed them.

There is in Roger, as there is in TFT, the brilliant application of, and huge importance of, seeing and responding to the precise information that is there in the body and the thought field. Roger and TFT both use this information to create a remarkable healing result, the likes of which are often so quick and so complete as to be momentarily unbelievable.

Luckily, as time has shown and continues to show, such TFT cures can last indefinitely, for years and years and years, with no further treatment.

It is in this way that TFT is, for many, a veritable miracle.

As is Roger to me.

God bless you Roger!

Love, Norma

Norma Gairdner, H.D., TFT
Reflections:

Dr. Roger has impacted my life and what it mean to my work, family and Health.

I was introduced to ATFT Foundation for my first time by a team led by Dr. Paul Oas when visiting EL Shaddai - currently known as the Rwandan Orphans Project. At that time, they had traveled from US to Rwanda with Medical team and ATFT Team. I got a chance to participate in both teams by translating for the ATFT Foundation Team and Medical Team.

TFT was very effective because at that particular moment the country was just out of a war and many children were victims of Trauma, Hopelessness, Depressed, Stressed, etc...

After seeing the importance of the Psychological Counseling, Rwanda National University has Scheduled Clinical Counseling Department to train and qualify people who will reach the victims of Trauma and other victims of PTSD. But even when this is operational, the small number of the graduates can not effectively reach to every one in a country because most of the population in Rwanda were very traumatized.

Comparing the normal Psychological Counseling and TFT the Callahan Techniques, they are totally different and people appreciate TFT more than the normal Counseling. According to people, TFT is very effective to eliminate the negative thoughts from Trauma, Depression, Stress, Phobia, Fear, Rage, Anger, Panic, etc...

The treatment we did with the survivors of Genocide, with Susan and Caroline in Kigali, some of the participants had been meeting with traditional Doctors thinking that they would heal their fear, nightmares, bad dreams.. in the end they were not healed after having paid them a lot of money.

After being treated in TFT every one is happy and whenever those negative thoughts come back they are tapping themselves. They are healed without spending money going to the Hospitals and traditional doctors.

Last week when I visited people at Kinyinya Settlement. Two ladies who were sexually abused during the Genocide time they told me that before them being introduced to the technique, they spent a lot of money paying the traditional doctors and in the end no body was healed.

But they insured me that they are healed and they continue to practice even reminding the techniques to each other.
During the treatments we even treated blind people, they continue also to be assisted by those who know TFT.

The importance of TFT to myself TFT continue to expand my way of thinking in the following ways:

While treating a lady at the Salvation Army, she told me that when having a sex with her boyfriend she doesn’t feel happy. She wanted a happy sex. This was a young Girl of 20 years who had a boy friend. She asked me if there is an Algorithm appropriate to that particular problem. Because I was supervising a therapist who is at the same time a Social worker at the Salvation Army Homeless center, the therapist asked me do you think there is any Algorithm appropriated to that problem. I said yes there is. Then I told the younger girl that the problem is not sex, but that you have sex when you are unhappy.

I told her that human body is controlled by the brain and that when the brain is busy with negative thoughts or damaged by negative thoughts, it gives a wrong command to a whole body so that you don’t feel happiness even when you are practicing sex.

So I told her that could be something wrong occupying your brain system which hinders your body from feeling positive. I told her that what TFT does it heals you from what make you unhappy so that when that is healed then you can practice sex and feel happy. So I went ahead asking her what do you feel before practicing sex, what problem which you have experienced in your life, and whether you have been discouraged. After telling me her problem of being denied in her family, which denial led her to a complex trauma and depression, I show her the algorithms of Depression and Complex trauma. I told her she needs to tap before having a sex with her boyfriend. After tapping the lady left happy with a smiling face.

TFT has tremendously expanded my research. At Halenaupon clinic in Wainai, I treated another younger girl by the name Tasha. She is 19 years old. Tasha she looks quite and she didn’t want to talk much. Most of her answerers were Yes and No. She told me that she was suffering from stress and after she was treated stress.

I looked at her and she started crying. Then I noticed there is some thing else which she was not willing to tell. I took her in a private room and invited Caroline to be with us. She told me that she was planning to commit suicide. She said this started after the death of her father and beloved cousin. That her father wanted her to become somebody and when she remembered that she did not become what her father wanted her to become, she had been planing to commit suicide.

We treated her the complex trauma at the end Tasha started showing a happy face.
In brief Callahan Techniques has taught me to diagnose the problems and to treat them. It taught me to be helpful to people like Callahan is to the world.

Last week when I had lost my Cousin and Bother in Law, and everyone was crying in my house includes my wife, children, sister, brother. When I started tapping the emotions started coming down.

Dear Dr. Roger Callahan, you are a great thinker and wonderful helper to the world.

Your research, spirit and help is spread across the world assisting those in need (the sufferers).

One thing I want to let you know is that a hero never retires and never dies, because your works/research continue to shout even when your voice is silent.

I’m very proud that my mum Joanne will take over from you. This reminds me the biblical story of Elisha and Elijah. When Elijah was about to retire, Elisha asked him that you should leave your anointing to me before you retire. It happens in this way, Elijah left his Jacket to Elisha as a sign of Anointing the bible calls it double anointing. Therefore my Mum Joanna, I’m very proud of you having been inspired by Dr. Callahan and that he is about to leave a healing Jacket to you.

We have been supporting the vision of Dr. Callahan, and we will stand and support you. During this transition of healing power from Elijah to Elisha the Bible says that Elisha was able to perform more miracle than Elijah did. Joanne, it’s true that Dr. Callahan today is empowering you to touch the world with TFT Healing.

As I finish, let me wish a long live to ATFT Foundation, Long live TFT, Long live Dr. Roger, Long live Joanne.

Pastor. Celestin Mitabu

Director of the Rwandan Orphans Project
Dear Roger,

I would like to tell you how much my life has improved since I learned about TFT. The first major life-changing experience occurred when the severe pain and restricted movement I had endured for 12 months, following treatment for breast cancer, was cured in 15 minutes with TFT. It gave me back control over my life.

I decided to train in TFT, and I started to use my new skills the day after completing algorithm training. Six weeks later I completed my diagnostic training. Within weeks I was using TFT on patient and staff throughout the hospital where I worked. In my role as Emotional Support Specialist, I work with some of life’s most severe traumas: baby deaths, murder, manslaughter, child abuse and other life-shattering events; not one person that I have treated with TFT has suffered from PTSD. I accompany many of my clients through the justice system and for a short time afterwards. TFT has empowered victims and witnesses to give their evidence in open court. I could not cope with this level of involvement in their care without the benefit of TFT.

Roger, you have made a huge impact on the lives of all those who have been fortunate enough to have received treatment with TFT.

So how do I thank you for giving me the benefit of your lifetime’s work in developing TFT. First, I want to thank you from the bottom of my heart for all that you have done. Secondly, I would like to pledge my support for Joanne when she takes over the leadership of Callahan Techniques Ltd. Enjoy your retirement, you have earned it.

Warm wishes,

Phyll Robson

ATFTF (UK)
Thought Field Therapy is beyond belief; it’s too simple; it’s too ridiculous – and yet it works again and again!

I first encountered TFT at a health-related training course in 1998. The trainer was using it to help some participants overcome jetlag. I had never heard of TFT before but, coincidentally, that very day I found an advertisement for the Step A home-study pack waiting for me on the doormat. I sent for it; practised assiduously; tried it with clients - and the results so spectacular that I knew I had to go to California to do the next level with Roger and Joanne in February, 1999. I have never looked back!

As a natural sceptic, I find myself rummaging in my toolkit of tried and tested interventions when I decide that a new and equally sceptical client is unlikely to respond to TFT. Inevitably, however, these are the people who do best – so much for the placebo response!

So, Dr. Callahan, I say, ‘Thank you so much for TFT – and for your constant and meticulous work over more than thirty years.’ I’ve really enjoyed the many training courses that I have taken with you and Joanne over almost fourteen years – I shall miss you! I must also mention the enjoyment and knowledge I have gained as an Algorithms trainer.

May I wish you many long and happy years in retirement.

With love and best wishes,

Rhoda Draper

Dublin, Ireland
I have attended a lot of trainings in my lifetime and I can say absolutely that, next to God, nothing has impacted my life more than TFT and Roger Callahan. Besides many of my own issues resolved, TFT has allowed me to easily and quickly free people from their debilitating phobias, traumas and various emotional limitations. With TFT I help children lose their fear of darkness, ghosts and being alone.

Through this amazing technique I am helping students eliminate testing anxiety, social phobia and self-limiting beliefs. Without TFT I would still be trudging along in long tedious counseling sessions with very limited success. Without TFT I would be unable to help a pregnant woman identify food and environmental toxins and stop morning sickness. And so much more.

In short, my life would have a vastly different reality were it not for the pioneering years of work Roger Callahan

Successfully turned into a learnable system of accessing human and animal thought fields to make changed lives a reality. From the bottom of my heart, thank you Roger. Now go enjoy your Grandkids. You’ve earned some time off my friend.

Rick Moses, PhD, TFT-VT

There is story I like to tell clients. A young Indian boy asked his grandfather, “Grandfather, I heard that the Earth is a big ball in space. What holds up the Earth Up?’ The Grandfather replied, ‘The Earth is carried on the back of a giant Turtle.” The young lad said, “But Grandfather, what holds the turtle up?’ The grandfather smiled and said, “It’s turtles all the way down”.

In 2002 I wrote a book on treating Trauma that has an entire chapter on TFT. Currently I am the Executive Director of the Association for Comprehensive Energy Psychology. I never would have been here if I had not had advanced training in TFT with Roger. I would not have gotten advanced training in TFT, if I had not taken a level 1 and two from Greg Nicosia. I would never done those trainings if Roger had not trained Fred Gallo. Fred Gallo would have never been trained, if Roger had not made the discoveries that he made, regarding tapping on meridian points and changing how people feel and think. I am really glad that Roger is a really big Turtle!! He carries a great deal above him.

Robert Schwarz, PsyD, TFT DX, DCEP
ACEP Executive Director.
I’m adding my voice in this tribute to Roger Callahan with an understanding that no one person’s acknowledgment of his importance and value is adequate for such a brilliant man.

His value and importance is better measured: by the tens of thousands he has already touched in his treatment and direct teaching of Callahan Techniques Thought Field Therapy; the hundreds of thousands who have been helped and healed with TFT; and the millions who will be changed in the future by his revolutionary discoveries as his work as it spreads throughout the world.

Roger Callahan and his work have changed my life for the better both personally and professionally over the last 15 years since taking my first training. He gave me a way to continue working in traumatic stress recovery at a time I was becoming overwhelmed by vicarious traumatic stressors. TFT was the solution to my addiction problem.

Most importantly, is the joy that I experience as I see individuals learn and use TFT in moving away from pain, illness, suffering, and hopelessness to a life filled with endless opportunities for health, love, and joy. And, to be able to train others to use TFT in their work as healers in so many disciplines has been the ‘icing on the cake’.

I have been forced by the facts of Roger’s work to rethink and expand many of my fundamental assumptions and beliefs. This has enhanced my life and work and I believe made me better in all aspects of work. I know it as allowed me to live a fuller life. My enthusiasm, excitement, and wonder continue to grow as I look forward to my future life and work in the world Roger Callahan has shaped.

Thank you very much Roger-

Robert L. Bray, PhD, LCSW, CTS, TFT-VT
Dear Roger,

As you step back and hand off the helm of Callahan Techniques to Joanne, I know you will still be working behind the scenes, ever curious, ever wondering what would happen if we tapped here or there or eliminated this or added that. You will always be the rudder that sets the course.

You have faced the challenges and difficulties you have met along the way with tenacity and courage, always navigating the way forward and sharing your wisdom and your new discoveries with all who are willing to learn.

I hope that you can find peace in knowing how many lives you have changed directly and indirectly throughout the world. Each life touched has a ripple effect and I truly believe that, because, in large part, of you, the world will somehow eventually enter a more peaceful era.

I am so honored to be some small part of this change. In 1995 I ordered a tape on TFT and anxiety, tried it with clients and was hooked. I attended my first of many Thought Field Therapy trainings in January of 1996. This was nearly 16 years ago, and my life has never been the same. I have grown as I have used TFT for myself and others and taught it throughout the world. I now, even have the audacity to dream that the ATFT Foundation’s model of using TFT to address trauma after large-scale disasters will be eventually adopted by the World Health Organization.

The world is catching on to your discovery and it is only a matter of time. Few in history have made the kind of monumental life-changing discoveries that you have made. I am so privileged to know you, to have been mentored by you, to have spent time with you, and to count you as a friend.

Lovingly,
Suzanne

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The Path Of Thought Field Therapy

If you’d like to become a TFT practitioner or trainer we offer a training path that allows for growth and opportunity:

**Algorithm Level Practitioner – TFT-Algo**
The approved training course designed for individuals who will use TFT algorithms to assist others and/or themselves. Individuals may advertise or otherwise indicate they have completed this training with statements such as “Completed an Association for Thought Field Therapy approved Algorithm Level Training”. ATFT approved Algorithm Trainings must be taught by an ATFT approved instructor and meet specific requirements for materials, content, and guidelines set by ATFT and licensed by Callahan Techniques, Ltd. Individuals completing this level of training may also use the designation TFT-Algo after their names.

**Diagnostic Level Practitioner – TFT-Dx**
Training consisting of the materials from Step A (self-study) and Step B (basic diagnostic), toxins and advanced procedures, presented by Callahan Techniques, Ltd. The training provides the basic skills and knowledge for determining specific protocols to address a wide range of problems. Included in this level of training are skills and knowledge to identify and neutralize individual energy toxins and chronic and recurring problems.

Individuals may advertise or otherwise indicate they have completed this training with statements such as “Completed Callahan Techniques, Ltd. Approved Causal Diagnostic training”. Individuals completing this level of training may also use the designation TFT-Dx after their names.

**Advanced Level Practitioner – TFT-Adv**
A three-day training consisting of the TFT self-testing, self-treatment and Voice Technology procedures in a group setting, presented by Callahan Techniques, Ltd. The training provides the skills and knowledge for determining specific protocols to address a wide range of problems. Included in this level of training are skills and knowledge to identify and neutralize individual energy toxins and chronic and recurring problems on oneself and over the telephone.

Individuals may advertise or otherwise indicate they have completed this training with statements such as “Completed Callahan Techniques, Ltd. Approved Optimal Health course”. Individuals completing this level of training may also use the designation TFT-Adv after their names.

**Voice Technology Practitioner – TFT-VT**
An extensive, 5-day, in-person training with Dr. Callahan and provided by Callahan Techniques, Ltd. in the most advanced causal diagnostic procedures for treatments of problems including identification and neutralization of individual energy toxins. Individuals may advertise or otherwise indicate they have completed this training with statements such as “Completed Callahan Techniques, Ltd. Approved Voice Technology training”. Individuals completing this level of training may also use the designation TFT-VT after their names.
Step 1: New To TFT.

Learn about the background of Thought Field Therapy, as well as the tapping algorithms for specific challenges... this is the best-selling self study course.

“Introduction to Thought Field Therapy” Self-Study Course

This new audio course package, is delivered to you online as soon as you place your order.

Get immediate access to Thought Field Therapy: Tapping Nature’s Healing System course.

Online access to the audio recordings, and the Guide to Thought Field Therapy® in PDF format.

For best experience, a high speed Internet connection is required.

Click Here For Details
Step 2: Live TFT Self-Help Training

You’ll learn techniques and tapping sequences for almost any challenge you’ll face.

In this special workshop for anyone wanting to learn TFT in-depth, we’ll even be sharing the self-testing and identification of toxins, as well as the neutralization protocols – previously only available to our advanced level TFT practitioners.
Step 3: TFT-Algo and DX Certification.
2-Day Live Training.

People tell us they want to be able to use the powerful tools of TFT to help their friends, family or clients, but they don’t want to know all the theory behind it or do a lot of studying. They just want to help themselves and others. Others are saying they can’t take the time away from work to travel and attend a 3-day seminar. So… we’ve created a course that specifically meets the needs of these individuals, including:

- Healthcare workers in other fields like medicine, homeopathy, chiropractic, and naturopathic
- Part-time practitioners
- Human resource managers
- Parents
- Educators
- Teachers
- Clergy
- Business owners
- Coaches
- EFT Practitioners

The Boot Camp combines the basics of TFT Algo and the full TFT Dx training into a 2-day course, saving you both time and money.

This Boot Camp is hands-on training, practice and live demonstrations. Attendees have the chance to work on personal issues and many experience resolution of these issues during the weekend. Attendees receive all the materials included in the Diagnostic Training Step A and B. This material allows you to diagnose and determine the precise sequence of tapping required to quickly help most psychological problems and daily stresses. CE’s available.

“Join Us At A TFT Boot Camp Near You

www.RogerCallahan.com/bootcamp”

“I have heard so much about the power of TFT and want to be able to add it to my practice, but I don’t have the time or need to learn all the levels of training and comprehensive theory. Can’t you just give me the most effective tools to add to my practice.”

“I would like to thank you for a life-changing weekend! Since I learned my first algorithm my life was never the same! Now I can’t imagine living the rest of my life without TFT! Your instruction and guidance is very much appreciated! I’m proud to have joined such a wonderful organization and I do believe we will change many more lives together! Marjorie Alayon
3-Day Live Training.

TFT Practitioners have had the opportunity to learn this amazing technique for a more reasonable fee in an intimate group setting at the new “Optimal Health” course.

This course is aimed at people who have already acquired the TFT-Dx designation, by completing our Boot Camp or diagnostic level Course.

However TFT Algorithm Practitioners are permitted to take this course provided they have purchased and studied the Boot Camp Self-Study Course.

The Optimal Health course is fully authorized and approved by Callahan Techniques, Ltd. and the BTFTA.

After completing this course you will receive the designation TFT-Adv. You will be permitted to state (in your marketing materials) that you are trained in Voice Technology techniques.

There will also be the option of upgrading your VT skills and designation through one-on-one tuition with Joanne Callahan at a later date.

What's Included:

• The highly-effective TFT Voice Technology.
• “Optimal Health” Manual
• “Objective Self-Testing” DVD
• Voucher entitling you to download Dr Callahan’s book on “The Use of the Voltmeter in TFT”
• Special Practitioner designation (TFT - Adv)
• The opportunity to study and learn with Joanne Callahan, Co-founder and President of Callahan Techniques, Ltd and/or one of Dr. Callahan’s personally trained VT Practitioners
• A Case Study CD of over 30 case histories from over the last 15 years of published articles in the Thought Field.
• Continental breakfast each day plus teas, coffees and snacks.
TFT Resources:

A Guide to Thought Field Therapy On The Internet:

Private TFT Consultations? Click here for details

TFT Practitioner? Click here to get listed in our new Official TFT Practitioner Directory

TFT News? Click here for the latest news from Callahan Techniques

TFT training schedule? Click here to find a TFT training near you

TFT Books and online training? Click here for our store

TFT on Facebook? Click here to be our friend

TFT Partnership / Official Trainer Programs? Call Joanne at 760-564-1008 for details.

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Free Stress Guide
Click here to get your copy!