

the thought field



Volume 21 Issue3

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Psychological Reversal

Joanne Callahan

I am not a scientist, engineer, psychiatrist, psychologist, analyst or any of the “professionals” now questioning the concept and existence of psychological reversal. However, I am an observer of what happens around me, with clients, family, trainees, and even myself.



I have spent the last 25 years working along-side Roger, who discovered TFT and Psychological Reversal. During that time I have had the opportunity to observe TFT grow and evolve from “The Five Minute Phobia Cure” to a highly effective healing modality. I watched and often assisted as Roger developed new protocols, or when our trainees came to us with difficult clients, or when demonstrations didn't go as planned in trainings, and how we would then find a way to move forward, finding a solution, overcoming a block. All of these things have helped construct an evolving, dynamic therapy. During this time, there have been so many examples that clearly demonstrate the existence of psychological reversal (PR) or a block to healing, or resistance, or whatever one calls the phenomena.

Early this year, Gary Craig eliminated the term psychological reversal from EFT because he says it is a form of secondary gain/loss. Others wrote follow-up articles in the last ACEP Energy Field saying it was internal objections, resistance, blocks to healing, or “we don't really know what it is”. Rather than getting into the debate, I would just like to give some examples of PR and what has occurred from the

identification and correction of it over the last 30 years. You can judge for yourself if it is a useful tool in your healing practice or life.

Many examples of “spontaneous” physical healing occurred immediately after the correction of PR.

The first that I can remember was explained in a letter Roger used to read at classes. It was from a dentist (in the late ‘80’s) who had a patient with an abscess in her lower jaw that would not heal. It had been open and not responding to treatment for over a year – the simple tapping of the PR (Karate chop) spot while focused on her jaw launched an immediate healing process. It drained that night and was healed in a week. Now I doubt that “going deeper into the issue” or recognizing the “secondary gain” would have triggered the same healing, or as quickly.

Another example of how useful correcting a PR has been is when anaphylaxis or severe allergic reactions occur, it can be life saving.

My first experience with this was with my own bee allergy. I had stepped on a bee while walking on a beach. I am very allergic to them and have always needed a shot to stop the allergic swelling in the past. When Roger tapped on the side of my hand – the pain and swelling immediately stopped and receded. Over the course of the next couple of days, the pain and swelling would recur, upon which I immediately tapped the PR spot and it would then go away. I needed to repeat this for about 2 days until the venom was out of my system. Each time, the correction of PR, removed the block to healing and my body was able to handle the toxic substance.

At a personal development conference, one of the attendees literally collapsed over his lunch due to a reaction to peanuts – a colleague at the table tapped the karate chop spot on his hand and he revived, without suffering the severe effects he had in the past. Perhaps the medics would have arrived in time, or someone could have gotten his epi pen and assisted him as well. But, probing deeper into the issue probably would not have done much.

At one of the past ATFT conferences a group of attendees were in a sushi restaurant when another

patron suffered a severe reaction, Mats Uldal tapped his PR and UN corrections and he revived. Again, the medics were on their way and perhaps would have been there in time. I doubt a “more meaningful process” would have been useful here either.

We have had 1000’s of such experiences over the years, both personally and reported to us from colleagues, to say with confidence, tapping the PR spot, can quickly remove blocks to healing and allow the positive flow of energy. We have demonstrated this with the use of a simple voltmeter in nearly every training over the last 15 years, healing everything from frozen shoulders to gaping open wounds from a boating accident.

Human performance is another area that appears to respond to the correction of PR levels. Back in 1988 Robert Blaich did a study using the simple correction for PR (tapping the karate chop spot) along with several other complex methods such as cranial-sacral manipulation. He found that the simple PR correction had a 45% increase in improvement over the other methods tested for reading speed and comprehension. There was no need for “treatment of aspects, specific events or detective work” to realize the improvement.

Psychological reversal is not our normal state. It can be caused or triggered by many things, from toxins, EMF’s, traumatic events or environmental negativity. They can come and go. “Spontaneous Healing” occurs all the time. However, the ability to identify and correct these reversals or blocks or states of resistance, as they occur helps us promote spontaneous healing and stay stronger with positive energy flowing. Why wouldn’t you want to use this tool to your advantage and have a better quality of life?

A good example of this is the following: A TFT practitioner and high school teacher has his students do the “chill chop” on their desks prior to beginning each class period. Granted, many of these students might benefit from going deeper into the issues,

but it probably isn't going to happen. The "chill chop" helps them stay more positive, improve their reading and comprehension and achieve more in this class. Let's not "throw the baby out with the bath".

A perfect example of how physical, developmental and human performance can be drastically enhanced by the correction of PR is that of correcting the reversals in a mother's womb, and then watching the baby turn from breach to normal. Or, for someone who had been trying to get pregnant for nearly a decade, find that her womb was in a state of reversal, correcting it, and then conceiving that weekend. That mother used the PR corrections on herself and her baby throughout her pregnancy and the baby was born 5 ½ weeks ahead in development. She now has a very high IQ. Her mother has hypothesized that perhaps by keeping her out of the state of PR, she was able to develop much more to her full potential. Food for thought?

We also believe that any chronic disease state will have PR's associated with it. And, if you can eliminate that PR, healing can begin. I know that when I had Stage IV Non-Hodgkins Lymphoma, my tumors would initially show a negative polarity. If we could keep them in a positive polarity, they would shrink and die. This corresponded with Burr's work which Roger had studied. Note: I did not do chemotherapy or radiation and have been cancer free for 9 ½ years.

We have worked with many others with tumors and have found the same kind of thing. The polarity seems to be very important to the growth or death of the tumor.

I am not saying there aren't deeper issues, traumas, fears, etc. to be dealt with as well, but the simple PR correction can be key to rapid and successful healing.

The denser dimensions, physical, emotional and mental, have a negative dominance, and one must focus on the positive to create balance. As you reach the more subtle dimensions, the positive becomes more and more dominant. Having a simple tool to effectively remove some of the negative and create more balance in our lives can

mean the difference between enjoying our lives and being miserable, or a negative point of attraction versus a positive one. Lynne McTaggart's book *The Intention Experiment* documents that negative intention has a greater spillover effect than positive intention. The simple correction for PR is a powerful tool to help us maintain that positive focus in spite of the negative going on around us.

The simplicity of correcting a PR can be done by anyone, at any age, gender or culture, and even with other species. It doesn't need to be analyzed to be effective. If it isn't needed, it won't hurt anything. What a powerful way for everyone to reduce or eliminate negativity, begin healing processes and better cope with their daily lives. Detective work, exploring aspects and issues, digging into underlying causes can all be helpful, but may not be necessary or available to all who can benefit from a simple tapping of the side of their hand.

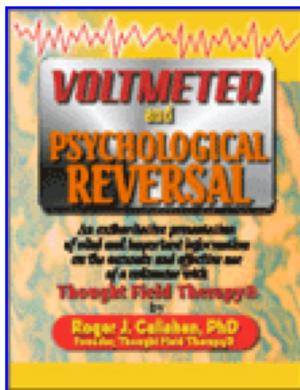
While at one end of the spectrum, we have those who are stripping away the basics of TFT or Tapping, redefining or reframing the process, and otherwise trying to "make it different", we have others who are following Roger's original course of inductive observations and expanding our application and knowledge. An excellent example of this is Ngub Nding from Paris, France. Since taking his first OH course last fall, he was able to see some of the basics in TFT in a new light, and place them in the perspective of universal concepts like sacred geometry and sound. He also saw the concept of psychological reversal in a three-dimensional model, considering the holographic, fractal form of the nature of the universe. He then tested this out, and indeed found another or third dimension of reversals.

He shared this level of reversal with me and we have tested it and had much success with it. It's demonstration and use were very helpful in the last two OH courses, Dallas and Birmingham. It allows us to increase the depth of our effectiveness. We are still building and adding to TFT. Watch for this

level to be released to the greater TFT community in the future.

Since psychological reversal is such an important concept, I have included comments from some of our TFT practitioners, in this issue. I will continue to provide cases, insights and questions in future issues as well.

My own personal feeling is that while going deeper into issues, understanding internal conflicts, exploring the past, etc. can be very important, and may at times eliminate the need for PR corrections, there are millions around the world who do not have the time, money or access to a professional or the skills to do this themselves. Simple PR corrections can launch healing, remove negative thinking, improve their ability to read, learn and comprehend, and drastically improve their quality of life. They should not be denied this powerful tool to help themselves.



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Hi, Joanne!

I might be a little late in response to the PR issue. I believe it to be absolutely essential. It can be a treatment in and of itself.....this has been my personal experience.

As to the next issue of the Thought Field..... psychological reversal, I think I shared this with you but in case not:



In May 1999 I was in a very bad car/bicycle accident. (I was first introduced to TFT in the fall of that same year!) I, being the biker lost out when both the driver of the car and I hoped to claim the same space. I fractured my left knee, right collarbone, sustained a nasty concussion and a nerve injury to my right hand. The whole trip to the emergency room was even more traumatic when it was discovered that I had a lesion in my lung. The x-ray technician announced this to me by saying, "The radiologist wants another picture because you have a spot on your lung. " My response to myself, "Doesn't seem as if this is how I should find out about it!" An open thoracotomy was required three weeks after the accident in order to deal with this. Then it took several weeks longer to identify the lesion which turned out to be of the nature that caused me to be on three heavy duty antibiotics for a year and a half.

Anyway.....the point of my telling you this has to do with psychological reversal. In the late fall my husband Ed and I were traveling north to Connecticut for a fun filled weekend of wedding and birthday celebrations. Just before lunch I was deep in negative thoughts about the accident and the sequelae. When we went in for lunch we sat across the table from each other. Ed looked at me and said, "What is wrong? You look terrible!" (We had been married 34 years by then; he could get away with telling me I looked terrible at that moment.) I was feeling really terrible. I told him what I had on my mind. Without hesitation he said, "Correct your reversal." I did and his response to this was, "You look totally different!!" I felt totally different!! Here is the most impressive part.....I could physically feel the lifting of what had felt like concrete blocks on my shoulders! Literally!!

I need real evidence from anyone who claims attending to psychological reversals are not necessary, much less that no such thing exists; I don't care who that person is! From personal experience I know that psychological reversal does exist and can be a treatment in and of itself.

Warmly.....

Lois L. Sugarman, Ph.D., RCT, TFT-Adv

The Power of Treating PRs in a Hospital Setting

Jacque Smillie, TFT-Adv

An 11-year old girl was admitted to the local children's hospital wing for acute pain, level 10, throughout her body. Doctors told her parents that based on a CT scan, her cancer had returned and had spread through her entire body and that there was nothing for them to do but to give her a Dilaudid/morphine drip, get the pain stabilized and send her home.

By the time that I arrived she had been on the narcotic IV drip for 18 hours and her pain was still at a 10. I knew she had to have *Massive Reversal* or the pain would have dropped. The young girl didn't want to tap nor to have anyone to tap her so we treated her reversals through her mother. We used a combination of CB2, Rescue Remedy, tapping PR spots and a Toxin release over 45 minutes to correct the Massive PR.

Her pain dropped from a 10 to a 3.

I instructed the parents to treat for Reversals every 30 minutes around the clock *in order to help her body stay receptive to healing and to allow the medications to work their best.* That evening she walked around the hospital floor two times.

I went again the next day and she smiled. Her only discomfort, at a level 8, was horrible itchiness from the drugs. I tested for PR, and she was PR free. She



felt good enough to tap herself or let us tap her. We began with CB2, the toxin treatment, and put Rescue Remedy drops on her itchy legs, arms, chest. The itch stopped. She had a bruised feeling on her chest bone. We put Rescue Remedy there and tapped it for reversal. The soreness disappeared.

After the itch was gone she got up to use the bathroom, brushed her teeth and asked her daddy to film her getting back on the bed by herself, a big accomplishment.

The nurse asked her to rate her pain and the girl replied that she couldn't find any even though the morphine had been removed from the drip. We tested to continue tapping the Reversal spots every thirty minutes.

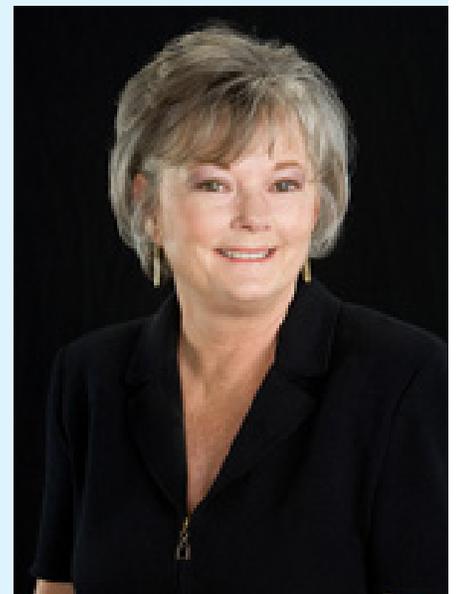
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Psychological Reversal - Versus Client Resistance

Suzanne Connolly, LCSW, TFT-Adv.

I would like to share my personal observations gleaned over my past 18 years of using TFT. In particular, I would like to address the use of the techniques that Dr. Roger Callahan discovered in the late 70's to correct what he called "Psychological Reversal."

I have used TFT with clients and trainees about 20,000 times. This is a conservative estimate, as I close about 250 cases every year and use TFT with all those clients, and, in addition, I have trained thousands to use TFT. Most clients use TFT many times for various issues during their course of therapy, and in the trainings, most participants use TFT several times working with their real life issues. I have been carefully observing the phenomena of psychological reversal.

Even when I suspect that a client is reversed, I do not begin the TFT intervention by correcting their assumed reversal. I want the client to experience the phenomena of a tapping sequence not showing signs of being effective, and then, after correcting their reversal, the same tapping sequence does begin to work.

So, after a tapping sequence hasn't proved to begin to be effective; and before going on to the 9-gamut treatment, I will instruct the client (classical TFT protocol) to tap the side of their hand – the spot that Dr. Callahan coined the psychological reversal spot. Repeating the same tapping sequence as used prior to the reversal correction, the client usually reports that the SUD level begins to go down. The tapping sequence did not begin to work, until tapping the side of the hand. After tapping the reversal spot on the side of the hand, the treatment did begin to work. Something, whatever one would want to call the phenomenon, happened when the client tapped the side of their hand.

Something physical was corrected.

Of course, when the treatment still doesn't work, even after doing the reversal correction; I follow the TFT protocol of instructing the client to rub the tender spot and repeat the identical tapping sequence that formerly was not working. If the SUD level then begins going down, we know two things: 1) Ingested toxins are likely involved in causing the reversal, and; this toxin issue will need to be addressed; and; 2) something happened that was different; because, only after rubbing the neuro-lymphatic reflex spot did the treatment begin to work. Dr. Callahan called this spot the recurring reversal correction spot, but whatever one would want to call it- rubbing the neuro-lymphatic reflex spot allowed the treatment to begin to work.

In the couple of moments that it takes to correct a reversal and allow the treatment to begin to work, I do not believe that the client became psychologically less resistant to the treatment, only physically less resistant to the treatment. The client was no more or less "resistant" to getting well, after addressing their psychological reversal. They were no more likely to believe the treatment would work. Like most trained therapists, my training was that there is no such thing as a resistant client. There is only a lack of skill and imagination on the part of the therapist.

Something physical and easily observable happens when the side of the hand is tapped or the sore spot is rubbed or when any of the other reversal techniques discovered by Roger Callahan have been utilized effectively. We may not know exactly what that is, but it is clear to me that these are physical and not psychological corrections.



Comments on Psychological Reversal

Ayame Morikawa, Ph.D., TFT-VT

Japan Association for Thought Field Therapy

Psychological Reversal may occur anytime, in anyone, and may be corrected in many ways. Tapping the PR (karate chop) point may be the simplest and most common way of correction.

I found PRs in many clients who smoke or are addicted to specific substances.

Correcting PRs clearly alleviate their addictive urges. They found themselves improved and releasing from addictive urges or anxiety.

I also find PRs often in those who are diagnosed as developmental disorder. When they move, they are often confused and get the wrong direction. When they look at themselves in the mirror, some of them often perceive the direction in opposite way. Correcting PRs reduce this typical upside down phenomena.

The most surprising case I have ever heard from my trainee was correcting breech position of a baby in the late period of pregnancy. It occurred right after the mother tapped the PR.

The gynecologist had asked the TFT therapist to correct the breech position, but he did not expect that only PR tapping would help it. Nor did the therapist. The doctor made sure it really worked by conducting an echo examination.

I met some clients who are sensitive and aware of their body energy and may recognize if they are reversed. They can sometimes correct PRs just by changing energy flows in their imagination, but sometimes they cannot. Yet they learned TFT and really liked it because it is more useful and more reliable way to correct reversed energy. It sometimes happens to me, too. I can correct it just by breathing but sometimes I cannot, so I use PR tapping that surely corrects it.

Through my TFT practice for 14 years, I found that my therapeutic words in counseling sometimes correct client's PRs.

The cognitive change, sensory change, or some other changes in energy level such as addressing trauma or emotions may change the individual energy balance and reduce PRs. I have no doubt that the therapist can make positive influences on the client and the positive therapeutic relationship may bring additional positive impact on the clients as all the energy is shared between the therapist and client.

But there are many PRs that cannot be corrected easily, and the tapping would be the fastest and simplest way to correct them.



Joanne,

I read with interest the controversy about psychological reversal. It is definitely critical to address and correct prior to tuning into the thought field, and affects outcome if not addressed!

Jan Schaad

PR as a Learning Tool

Jenny Edwards, PhD

A participant from an Algorithm training went in her classroom on Monday morning after the weekend training.

Her 8th grade Spanish students were going to take an important test that her students had to take every year. They were scared, so she told a joke.

They were still scared and not breathing, so she said, "OK, give me a bunch of karate chops on your desk."

"Why were we doing this? This is stupid."

"Just humor me!"

Normally, about 50% of the students got C's with the rest distributed.

That year, about 50% of the students got B's, with the rest distributed.

After that same training, a teacher who taught a Kindergarten and Grade 1 combination class went into her classroom on Monday morning. A little girl wrote backwards, from right to left. The teacher thought, "Reversal . . . hmmm."

She asked the girl to tap the side of the her hand 15 times and then go and rewrite the sentence. In addition to writing it left to right, the girl's writing was much improved.



Hi Joanne. I have a couple of items to share with you.

First, recently I caught part of a Dr. Oz show. The topic was dealing with stress. Having never watched it before, I decided to listen.

There was an expert, a woman who recently wrote a book, and has been trained in EFT. I found it interesting that when she first talked to the client, she had the client tapping the side of her hand the entire time until she could "narrow in" on the problem. I found this demonstration rather interesting given Gary's comments in the Energy Field Newsletter. Certainly looked like clearing reversals first to me.

Second, I am Voice Technology trained and have had many clients tap for reversals - in working with clients in person as well as working with them over the phone. I find it to be very effective when needed. Generally, when I do find a reversal there is an underlying issue that surfaces after the initial one is resolved. It isn't always an issue the client was aware of prior to tapping.

Lois Gerbitz TFT-Adv

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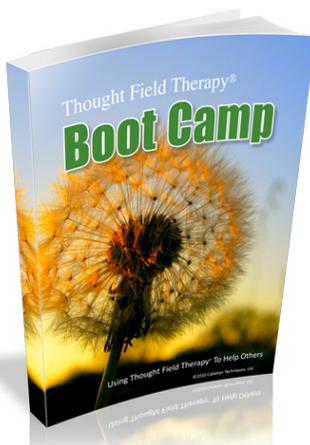
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A New Thought

Lois Gerbitz, TFT-Adv.

Have you ever encountered a client who appears to have difficulty staying focused? This is a challenge I've encountered many times, which led me to new insights in working with clients.

Each client states their challenging emotion or thought by what they say and, at times more importantly, by what they don't say. It wasn't until after I received training at the Voice Technology (VT) level that I gained greater awareness to the clues a client shares without saying anything.



Recently, a client I'll call Sally presented four emotions (anger, unappreciated, heartache, and resentment) all relating to a challenging child at home.

Sally rated her SUD level for each emotion at a 10. Testing Sally using VT identified that we should start with anger.

The tapping sequence for Sally was e, cb, a, oe, and g. Before tapping the 9-gamut series I notice a subtle but definite change in Sally's body language, so I asked Sally to rate her SUD level.

Sally stated, "it's still a 10." I asked Sally, "Are you focusing on anger?" Sally let out a sigh and said, "no. I don't feel angry anymore. I'm thinking of something else now. You knew that. How did you know that?" I stated, "let's finish tapping first."

I identified two additional tapping points and we finished the tapping sequence. After briefly explaining to Sally a subtle change in her facial expression that I noticed, Sally stated she felt something too, but didn't want to say anything.

Releasing the anger also released the feelings of resentment and being unappreciated. This cleared the path for the heartache sequence to be quickly identified and released. Sally stated, "this is an emotion I feel in a lot different situations.

I want to carry this one with me," which I gladly repeated while she wrote it down.

Prior to VT training, I noticed the subtle changes in clients but would have treated them for a reversal based on the SUD level not changing. Now I more fully understand how quickly a thought or emotion can be released and replaced with what is a similar emotion for the client. The new emotion may be so similar to the original one that many times the client doesn't remember changing their focus unless asked. For me, paying attention to the subtle "clues" both in face-to-face and phone sessions has resulted in benefits for the client.

You may be asking what clues I've seen. They vary from person to person as well as from sequence to sequence. Changes I've noticed include but are not limited to:

- Slight and sudden shift in their body position
- Different facial expression
- Eyes looking around suddenly
- Difficulty in focusing on the thought
- A sudden sigh
- A frown suddenly changing to a smile
- A twinkle in the eye
- Taking a long time to identify their SUD level

Does this mean that every client whose SUD level doesn't go down has changed their thought? Absolutely not.

I frequently encounter reversals in clients. Another client I'll call Donna, was experiencing multiple emotions (sadness, anger, and unappreciated) after breaking up with her boyfriend.

In talking with Donna I asked if she had felt this way before. Donna stated, "This is how I felt when my Dad left my Mom when I was little."

This was a clue to me that more emotions may be involved. I asked Donna to focus on the feeling of sadness relating to her Father leaving. Donna gave a SUD level of 10 for each emotion.

Using VT, sadness was identified as the starting point. This thought was indeed very strong, requiring correction for massive PR, specific PR, level II, and mini PR2. Donna was able to stay focused on sadness the entire time. After correcting the reversals and then completing the tapping sequence, the sadness released. The emotions of anger and feeling unappreciated each had long sequences, however, both completely released without reversals being present. All of a sudden Donna stated she had a new feeling of being lonely. A short tapping sequence released this thought. Donna stated she felt all of the emotions release relating to her Father and her boyfriend. Donna now had happier thoughts coming to mind when thinking of her Father.

Is checking for reversals important? In my opinion, absolutely. Is it important at times to clarify what a client is focusing on during a sequence? My opinion is yes. A client may be embarrassed to let you know they have changed their focus during a sequence. Asking a question such as, "has your focus changed to another emotion" may provide the answer to what appears to be difficulty in focusing.

Lois Gerbitz, TFT-Adv
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Hi, Joanne:

I received your mailing about the ACEP discussion of psychological reversals. I wanted to let you know that I totally agree with your position—reversals are a very important part of effective energy psychology treatment. I have seen many times that when the SUD is not moving, finding the right reversal and treatment point brings it down quickly. I have also done sessions where all I did was examine a client's reversals. Massive reversals are an especially fruitful area to explore, as they tend to reveal core issues.

It seems like there are some babies being thrown out with the bath water these days...

I'm not a long-term practitioner—I was first introduced to energy psychology in 2008, when David Feinstein cured me of a life-long fear of flying in one 30-minute session. I have since trained in EFT, TFT, and Fred Gallo's EDxTM. However, I am a trained writer—I earned a Master's degree in writing from Johns Hopkins University in 2004. I would be happy to offer my two cents worth here, though I am sure you have plenty of people who are much more experienced than I am who will also be glad to speak out.

Thanks for your stand on this very important issue.

Ralph (Davis)

Follow-Up From the Optimal Health Training

Fozzia Turner-Stylianou TFT -Adv



A week ago today I participated in my first live VT sessions under the reassuring support of Joanne Callahan and in the presence of fellow participants on the Optimal Health Training Workshop in Birmingham, UK.

Both my pre-arranged calls were with women I had worked with before using Hypnotherapy, NLP and Regression techniques. Whilst achieving significant improvement to their sense of well-being at the conclusion of a set number of sessions, I had not felt completely satisfied. The clients on the contrary felt that mission had been accomplished. To my ear however, there was a slight but telling note in their voices that confirmed my sense that the process was not yet completed and even though I had been clear that they were entitled to return for a follow-up session should the issue return, neither had contacted me after 6 months. So that could have been good news and reassuring but the feeling in me did not evaporate. So I was delighted when they both agreed to participate in our VT training session. Both women were familiar with EFT and one with both EFT and basic TFT

Client A, a woman in her late 40's sounded relaxed and happy to be of assistance in my continuing professional training and curious to experience this new process.

I told her that the class did not need to have any information on the nature of her current issue so we would get right into the process.

I tested for massive PR. There was none so I asked her to go ahead and think about the issue she wanted worked on and to give us

a SUD rating. This was a 7. I then tested on the specific problem and began with the diagnostic testing.

I determined her sequence to be the spleen, small intestine and kidney meridians and she tapped on them as directed.

The SUD that followed was a 4 so I asked her to do the 9G and repeat the majors (the standard TFT structure or tapping protocol). The SUD went down to 3. I checked for all the levels of reversal, mini-PR, level II and mini-level II. As there were no reversals, I asked for a SUD rating and what was delightful was to hear that long pause and then the clarity in her voice when she said it was not there. The floor to ceiling eye roll (ER) completed the process.

Client B is a young mother who struggles with the responsibility of raising a child with a partner who is inconsistently unreliable. Even though I repeated what I had said to her earlier when arranging the call, that she did not need to talk about the problem she wanted help with, she said she wanted to work on her anxiety.

There was no massive PR. Her SUD was a 9 and there was no specific PR. Even though she had said her issue was anxiety, I was about to go into automatic and begin the diagnostic testing on the bladder meridian when Joanne suggested I begin with the stomach. (I must admit it only made sense after the session was concluded and I had the mental space to integrate the live process with the learning!). Her major tapping points were e a c tf. Her subsequent SUD rating was a 3. After PR levels II and III her SUD was down to 1. She was so reluctant to repeat the phrase: "I want to be even worse". After the ER, when asked to report on her anxiety, she said it was gone!

Subsequent feedback from both clients 3 days later was that they were both doing well. Client A reported that she was aware "of a sense of a barrier being lifted and permission being given for her to focus on her success". Client B said that when she thinks about the issue, she feels fine. She said she found the process interesting and was keen to learn more about it.

For me as a Transpersonal Therapist of 12 years in fulltime practice, the training on the Optimal Health course filled the lacuna in my diagnostic and treatment strategies. I now have testable baselines for completion of therapy and for monitoring and regulating the client-therapist interactional field. With VT, not only do I get to know in myself the progress of the work but to hear the confirmation not only in the decreasing of SUDs but also in the level of clarity in the clients' voice. In addition to my clients benefitting from my use of TFT Diagnostics, I too am benefitting from a daily practice of Self Testing. Now I have the means to truly be the change I want to see in the world!

Hello Joanne,

As a Certified Eden Energy Medicine Practitioner and an Advanced Practitioner of Thought Field Therapy, I can definitely tell you that I run into energy blockages/ reversals all the time. In energy medicine we have learned that energy can be frozen, submerged, reversed, run backwards, and be sluggish. We have also learned there are also polarity reversals of many kinds. When I'm doing an energy calibration with a client I look to determine if they are properly grounded and whether the yin / yang energies are properly balanced. I also look for toxins and sluggishness in the lymphatic system. These imbalances can show up in any of the energy systems, including the meridians, the aura, the chakras, the muscles, the organs etc. As in TFT, in energy medicine we often identify these reactive and irregular energies through the alarm points.

It is my opinion that the reversals we encounter in TFT run the full gamut of all the various ways that energy can run in counter-productive ways.

As I have worked to heal myself of various issues, including new hips, a torn knee, and high blood pressure I have noticed that early

in the healing process I ran into all kinds of reversals. As the healing process progressed the evidence of the reversals would begin to disappear and my well being would advance. This would correspond with a higher level of overall energetic balance within the body.

When you understand how the 'fight/flight / freeze' mechanism of the body works, with its tendency to hold on to old energy patterns, even counter-productive ones, and its ability to conscript energy from wherever it can, even at the expense of the functioning of certain parts of the body, I think you can better understand and appreciate that reversals can and will appear.

I continue to study everything I can about energy medicine and energy psychology so I can be an informed and well educated healer. I hope my experiences within the complimentary domains of energy medicine and energy psychology are helpful to this important discussion.

Best regards,

John Steuernol
CCH, TFT-ADV
Certified Eden Energy Medicine Practitioner

New Algorithm Level Certification Course – Now Online

Our new online algorithm certification course is doing very well. We have already trained more algorithm level practitioners since we launched it, about a month ago, than we trained in all of 2012. And, I am very pleased at the skill level demonstrated in the case studies that are coming in. I have included one of those case studies below to give you an idea of the quality of our graduates. [Click here for details.](#)

TFT Case Study

Submitted by Ralph Davis

Michelle: Session of March 28, 2013

Michelle is my wife. I gave her an impromptu session on March 28, 2013, as we were waiting to board a plane at Newark Airport. She has given her permission to use our session as a case study, and to use her actual name.

Michelle makes a very interesting case study for me. For one thing, because I know her, and have an idea what her energy issues tend to be, I was able to take her quickly to the place where she needed to tap.

Also, she is a Donna Eden Energy Medicine advanced practitioner and trainer. She is very aware of her body's energy, and can tell when her energy is out of balance. In fact, that is what led me to do this session.

She detected some out-of-balance energy in herself, and could not get it to correct. She also told me that she felt anxious. Because of her expertise with Donna Eden Energy Medicine, and her familiarity with energy psychology protocols, I offered to do a session to help with the anxiety.

A third benefit for me of working with Michelle is that she is often able to explain energy issues in a very detailed way, so I learn a lot from her.

Michelle rated her initial SUD as a 7. I had her tap **e – a – c**, then asked her to reassess her SUD. It was still a 7. I then had her tap the karate-chop point to correct for specific reversal. She

tapped the majors again, and this brought her SUD only down to a 6. I then had her rub the chest sore spot to correct for recurring reversal. Repetition of the majors brought her down only to a 5.

At this point, I stopped and asked myself a few questions. I knew that Michelle does not have an issue with chronic anxiety; this appeared to be an acute anxiety episode. I therefore reasoned that she was probably not psychologically reversed, as I might have expected in the case of chronic anxiety. (With chronic anxiety, there would be a greater tendency to identify with the anxiety, and therefore stronger resistance to letting go of it.) The slow movement of her SUD confirmed this.

I remembered a suggestion that you (Joanne) gave me in response to one of my previous case studies: if the SUD is coming down slowly, collarbone breathing will often help get it moving.

I also reflected that Michelle had just eaten dinner about an hour earlier. Because we were traveling, she had not been able to consume the foods she usually ate. In particular, she is very conscious of avoiding gluten and lactose, and her dinner had consisted of some cheese-rich pasta.

Two plus two equals four: an elevated heart rate, 30-60 minutes after consuming a substance her body is not used to, might well indicate that her food was having an energy-toxic effect on her. So my next steps were **if – sh** to correct for possible energy toxins, followed by collarbone breathing.

Now, a round of the majors brought her SUD down to 3. This was down 2, but still above a 2, so I had her tap for a mini-specific reversal. Her next round of tapping the entire protocol (**maj -> 9g – maj**) brought her SUD down to a 1. Finally, I had her finish up with the floor-to-ceiling eye roll.

Comments

This session confirmed your suggestion about going to collarbone breathing when the SUD is coming down slowly, or not at all. It also reinforced what the TFT literature says about the correlation between energy-toxic effects and elevated heart rate.

It also brought home to me that the better you know your clients, the better able you are to deliver effective treatment. I might have spent more time chasing down a reversal with Michelle if I didn't know that anxiety is not a long-term issue for her, and if I didn't know about her dietary habits.

She reported later that day, and the next day, that the anxiety had not come back.

Healthy Pain Relief For All!

How timely that you mentioned TFT for animals. My 13-year old Schnoodle has a chronic back problem and about six months ago he had an inflamed disk. When I took him to the vet they put him on steroids for two weeks and after a few more weeks, he eventually got better. Three days ago I heard him crying and came out to find him with his back out again. His body was turned like a crescent with his hindquarters and head pulled to the left and the same area of his back was arched. He was unable to lower his head to even drink water and I had to hold the bowl up to his mouth.

My first instinct was to give him an aspirin for the pain, which I did. While he tried to rest for a few hours, I got to thinking about trying TFT for his pain and inflammation.

When he woke up, he came and lay next to me on the floor and I gently put my hand on his back for a moment hoping it would get him focused on his pain and then tapped on myself. It took about 3-4 minutes until I saw his body begin to relax; and within a matter of a few minutes more he was sleeping -- this time peacefully.

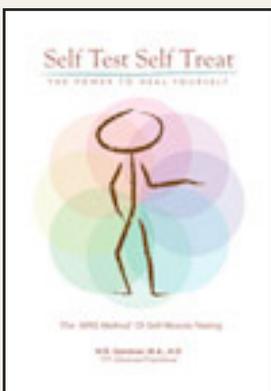
In the morning, my husband called me to look at Buddy and see how much better he was -- able to bend his head down and drink out of his bowl and obviously in significantly less pain. His tail was up and wagging (the dog's -- not my husband's) and he was able to navigate the step to go in and out the front door.

That evening, Buddy was bringing me his stuffed toy to throw for him!! I was so happy to see him fully recovered without weeks of pain and unnecessary medication.

I thank you and Buddy thanks you!

Melanie Hastings

Hemet, CA



Self Test Self Treat

By N.R. Gairdner, M.A., H.D.

A step-by-step manual, instructing you in an objective, self-testing method for self-healing. You will learn how to correctly identify toxins and psychological reversals and the blocks to all healing, whether it be emotional, physical or spiritual. You no longer need be dependent on another for accurate testing. It will empower you to take control of your health and well-being.

[You can get the book here.](#)

Thought Field Therapy - The Inside-Out Evolution

By John Plester, TFT Boot Camp Trainer, UK.

There are a number of personal development best selling books out at the moment such as the 'Inside-Out Revolution' by Michael Neill and 'Clarity' by Jamie Smart that are inspiring many to discover the work of Sydney Banks and his Three Principles. This work has been in the public domain for a few decades now, however new authors have brought his simple philosophy to the fore like never before. The exciting thing about this development is the central role that TFT can play within it as it naturally evolves into the mainstream.

In 1974, a Scottish welder named Sydney Banks living in Western Canada had a sudden, transformational insight into the nature of experience. In a matter of moments he went from a middle-aged man riddled with anxieties and insecurities to being calm, clear and peaceful, with a profound understanding of how our experience is created. He then went on to form a personal development movement based on these fundamental life principles which are the source of all our experience as human beings. The Three Principles are:

Thought – The Reality Principle

This is the innate ability of humans to create a perceptual reality via the vehicle of thought.

Consciousness – The Experience Principle

This is the innate ability of humans to experience our thoughts in the present. We live with the feelings of our thoughts.

Mind – The Power Principle

This is the power source behind life – the energy and intelligence of the universe. This is also

known as the: Thought field, life-force, universal energy, Chi, God, nature and the great spirit to name a few.

Thought Field Therapy can work very effectively within these principles.

Firstly, we are working with the cause of mental disquietude, perturbations in the thought field to create mental quietude or in other words, peace of mind and clarity of thinking. How often have we done a TFT treatment and the client reports a calm, peaceful 'can't really think of anything' experience? This is a common phenomenon in Thought Field Therapy – we are literally tapping into the healing code to remove the root cause of the problem at a quantum level.

Secondly, in Thought Field Therapy, we are certainly working with the formless nature of 'Thought' as well as tapping into the 'Mind' zero point field to alter our 'Consciousness' in the moment – a transformational, spiritual process of change .

On my UK Boot Camps I teach the diagnostic process that uniquely reveals the healing code required for the individual to tap. There is nothing random about this as there can be with other energy meridian therapies; it is as though we are literally accessing the universal power of the 'Mind' to reveal the innate solution to the problem.



TFT Algorithm Level Certification Course Now Online

I was reminded recently of the old story of the boiler maker who was hired to fix a huge steamship boiler system that wasn't working well.

After listening to the engineer's description of the problems and asking a few questions, he went to the boiler room. He looked at the maze of twisting pipes, listened to the thumping of the boiler and the hiss of escaping steam for a few minutes, and felt some pipes with his hands. Then he hummed softly to himself, reached into his overalls and took out a small hammer, and tapped a bright red valve, once. Immediately the entire system began working perfectly, and the boilermaker went home.

When the steamship owner received a bill for £1000 he complained that the boilermaker had only been in the engine room for fifteen minutes, and requested an itemised bill.

This is what the boilermaker sent him:

For tapping with hammer: £1

For knowing where to tap: £999

Total: £1000

This story so illustrates the importance of the sequence and syntax of tapping that both algorithm and diagnostic training teaches and which I believe fits so perfectly with the latest Inside-Out thinking.

It is also a wonderful metaphor to explain the difference between TFT and other meridian therapies such as EFT and Havening.

Callahan Techniques - thought field therapy
Official TFT Training Center

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Tapping to Better Health

New: The Official Thought Field Therapy® Algorithm Course
Learn all of the Thought Field Therapy Algorithms to Easily and Effortlessly Conquer:
Fears and Phobias – Depression – Anxiety and Panic – Anger – Guilt – Trauma and Post Traumatic Distress – Shame – Relationship Pain – Grief and Loss- Embarrassment – Physical Pain – Self sabotage and Negativity – Compulsive Behaviors – Addictive Urges – Weight Loss – Eating Disorders and Weight Loss Challenges – Insomnia – Obsessive thoughts... and more.

Now you can take the "live" TFT Algorithm training course online! It's an eight part audio-class with workbook, manual and more... **PLUS you can also get certified as a TFT-Algo practitioner.**

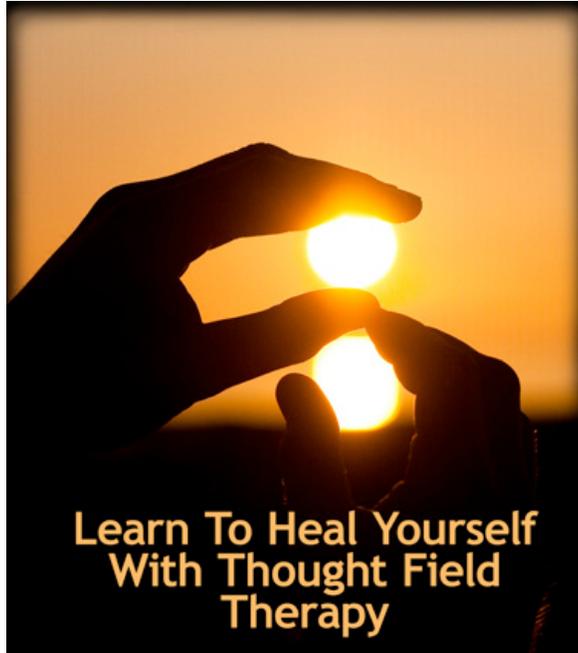
Join Roger and Joanne Callahan in this online training and discover the power of TFT Tapping.

I am very honoured to be running the new one day seminar 'Tapping the Healer Within' in London on the 14th September 2013 which is the perfect seminar for learning the most successful algorithms or healing codes for personal health and wellbeing. I will be following this up on the 15th September with the one day seminar 'Unleash the Freedom Within' which integrates TFT, NLP and the Three Principles Inside-Out approach to personal change. In other words together these seminars will teach the most powerful 20% of techniques that gets over 80% of the results.

The next UK TFT Boot Camp for those wanting to train to both the algorithm and diagnostic certification levels in one intensive training will take place on the 12th and 13th October 2013 in Norwich.

Full details can be found at:
www.johnplestertraining.co.uk or
www.johnplester.com

the thought field



THE THOUGHT FIELD

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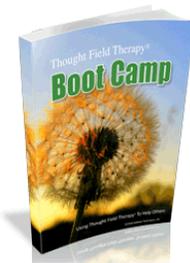
Thought Field Therapy® **Boot Camp** Callahan Techniques®

The Boot Camp combines the basics of TFT Algo and the full TFT Dx training into an intensive 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 Alayan