

What's New in the TFT World for 2015

We are very blessed to have had the opportunity to train and work with many talented and hard working people over the last three decades. Some of these have become long-time leaders in our field like Suzanne Connolly, our first algorithm trainer, and Robert Bray, our second one. They continue to test and fine-tune their presentations and share with all of the greater TFT community their findings. Along with them, we continue to implement new ways to provide TFT training and algorithms for all that we can.

We open this newsletter with a bit of charming humor from one of our newest Boot Camp trainees from Jeddah, Saudia Arabia, Nour Zimmo. She was trained by our Saudi Arabia Boot Camp Trainer, Basim Qudori. [Click here to view.](#)

This newsletter launches several new ways to learn TFT algorithms. Suzanne shares her new on-line course with CE's which is part of our Professional Training track. We are working with Bob to test a new, live, one-day algorithm course with case study requirements and also carries CE's.

And, of course we still have our own on-line Algorithm Certification course which includes Roger Callahan, our founder, and is great for the lay person. We now have three great options for someone to learn and use TFT algorithms.

Some of our talented practitioners from around the world are sharing their new tools; Ron Marten shares his new book, Heart Waves, and Paul Emery shares his new DVD with Brian Tracy, The Winning Way. Ron is from the Netherlands and Paul is currently residing in Thailand.

continued next page..



New:

- New Books - TFT leads to "Heart Waves"
- New DVD's - Improve your finances with "The Winning Way"
- New online algorithm course with CE's - by Suzanne Connolly
- New one-day algorithm course with CE's - by Robert Bray
- How to Create an Environment that is 94% positive
- Case Studies - Tapping to improve business and relieve workplace stress
- Improving your Muscle testing skills
- New Teleclass Wellness Series - with some of the newest TFT tools
- Wellness Week live events and corporate programs - for approved trainers

We are launching a new teleclass series on Wellness this month. This first one is for every level of TFT practitioner. We will be including some of the newer tools that our advanced level practitioners have tested out over the last couple of years.

[Click here, or the image below, for more details.](#)

I am actively working with some of our trainers and leaders in developing a TFT Wellness Week program and a Corporate Wellness Program. After we have tested them they will be available to current trainers as an additional opportunity they can offer. Our first Wellness Week will be in the USA, then Paris and Sao Paolo.

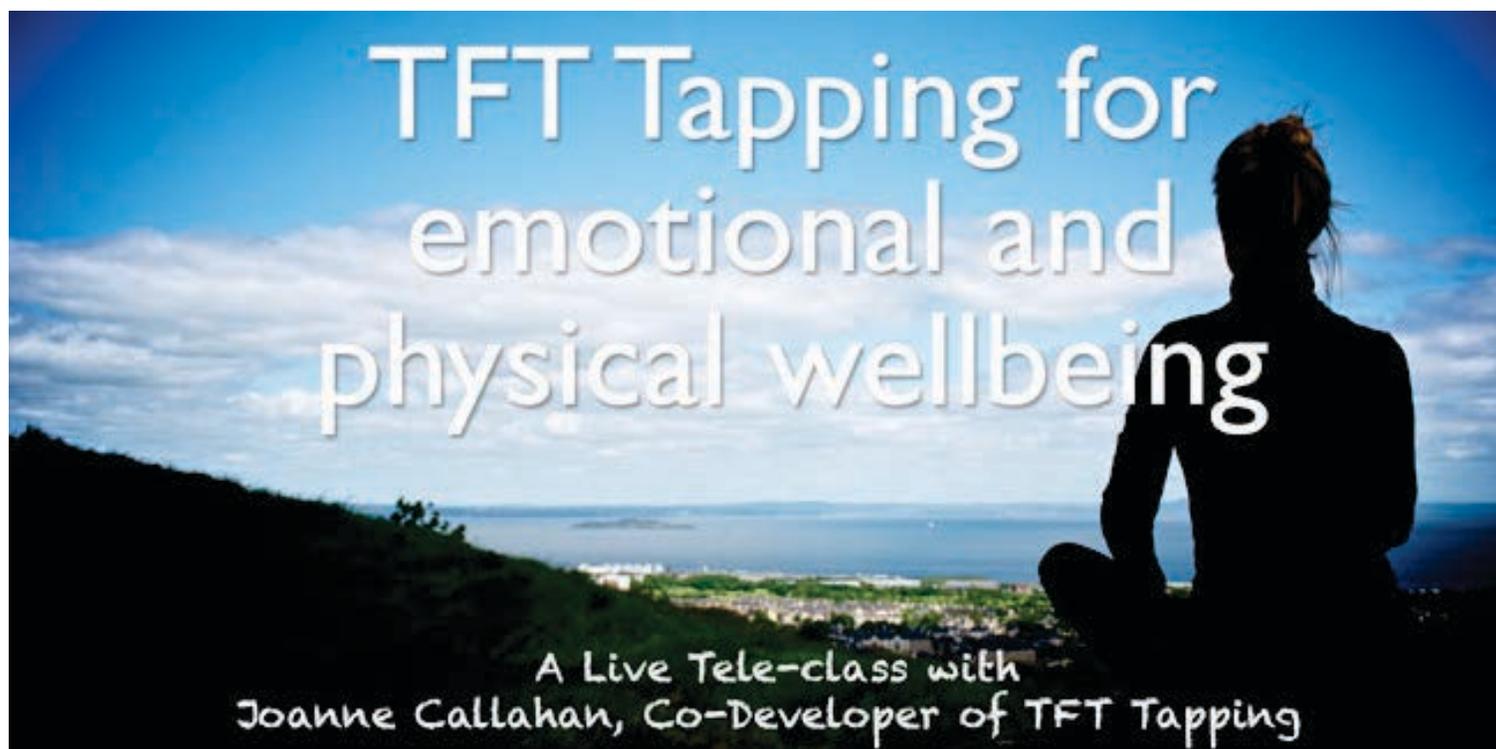
For those of you who wish to begin the New Year with a set of personalized tapping sequences, I will be available for a limited number of [Private Consultations](#) before beginning my travel and training schedule.

Happy New Year to all of our TFT Community and may it be a blessed and peaceful year as we share this marvelous healing tool.

Joanne Callahan, MBA

President, Callahan Techniques, Ltd.

P.S. Even as this goes to press we have practitioners helping with trauma relief for those in Paris who are suffering from the shootings. Please share our trauma relief bog: www.tftraumarelief.com.



Make Your Environment 94% Positive for Under \$20

In the past, I mentioned in my tools of the trade, an exciting sound CD that helps neutralize our negative environments and facilitates presence and balance. I began testing it last May and briefly wrote about it following testing in both Paris and Sao Paolo at our Optimal Health trainings.

As TFT practitioners we understand the importance of polarity. We have numerous practitioners testing it out in different environments and seeing great results. I will share, for those who did not see it the first time, my initial comments on its use last May in Paris.

Most recently I used it in a completely different way and found great benefit during my massage. This was after a body worker/TFT practitioner in Brazil reported enhanced sessions with her clients when they played the CD. I, and my masseuse, found my body and tissue to be much looser and more receptive to the work. I had another massage last weekend (two weeks later) and forgot to bring my Ipod (for the robe pocket) and I was back to my usual, tight muscles. It was most interesting. We could both feel a difference.

The following is an excerpt from my comments about our Paris Optimal Health training:

“Thank you Master Charles for this great new technology, the NOW CD. I find it amazing both in a personal and a professional application.

I first experienced it during my teacher’s training at Synchronicity. We all felt energized, excited and alert during our training.

Then I used the CD in my three-day Optimal Health class in Paris last month and it transformed our event. Normally in these trainings, the group is tired at the end of each day, especially by the second and third days, as the trainings are quite intensive. This is observed as the attendees leave as soon as we are finished at 5-5:30 and they don’t arrive in the morning until right before we start. They also comment on mental burnout or overwhelm.

This group stayed until 7-7:30 each evening asking questions, practicing etc. until we literally told them they had to leave the room for the hotel to clean up. On the second and even the third day, most showed up very early, even

before I arrived (I always come early to set up).

The understanding, enthusiasm and excitement level was high throughout the entire training, for all, not just a few. About half the attendees were trained by our French trainer who is very enthusiastic so we would have expected some increase here, but certainly not all. And his enthusiasm would not have affected the HRV scans.

All the HRV scans were good and in ANS balance. Our chair of the UK foundation is a cardiologist and he was running the HRV scans for me. He commented several times on this and that we did not have one bad one. This has not happened in the past.

And, all of this was in spite of the fact that the hotel meeting room was very toxic.

I am very excited about the potential for this as a tool to improve the environment in meetings and to facilitate trainings.



On a personal level, I have been using it in my office. I feel a noticeable difference in my alertness, energy and creativity when it is playing. Sometimes I forget to start it playing in the morning and will notice a lull in my energy. I then start the CD and very quickly feel energized and alert. This is a wonderful tool for all. Thank you!"

Since last May, we have been using it in training and business settings, and sports and health care as well as family environments.

Read on to see a report from Canada, Paris and Rio de Janeiro from some of our top trainers and practitioners.

"Hi Joanne,

From Canada, here is what I would say about the NOW CD.

"I have been testing the NOW CD for just about 6 months now in various environments and the results are very promising. I have used it at home with young children, as well as at work in high-performance high-stress environments. Having the CD play in the background - most often so low no one else than me was aware it was playing - has proven times and again to bring the general level of mental and physical agitation in the room down a notch, and literally quiet everyone's minds, enabling focus on matters at hand.

Today I have uploaded the NOW CD track onto a tablet we keep at home. My wife and I regularly play the track, especially with our young children at the end of week days, as they just return from school and are a little too agitated. It brings their "excitement" level down, and increases their (and our) ability to focus and move smoothly through the evening.

I have also loaded the track on a personal tablet that goes virtually wherever I go. I very often play the track all day long in a shared office environment I visit on a regular basis, at times when the workload, pressing due dates or other external events create much stress

for my collaborators and colleagues. I really appreciate its effects when it is just about havoc in the office corridors, and peaceful collaboration in my office and the meeting rooms I go to.

If you haven't tested this technology yet, I highly recommend you give it a try!"

Our top trainer in France has been working with it since last May and shares his comments:

"Here are a few lines about my experience with the Now CD.

I have used the Now CD during TFT sessions, Coaching sessions, and creativity sessions.

As it happens, I usually forgot that the CD is on after a few minutes. It's only when it stops that I then realize that something has been withdrawn from the environment, something that is now missing...

During TFT sessions, especially with a new client, there can be small challenges about the client wanting to tell the « long version » of their story and doing so, dwelling into the negative emotions attached to it.

When the Now CD is playing it seems that it is easier for the client to tell their story in a more neutral (less-attached) way although they might still need to be guided in order to make it as positively efficient as possible, the general process definitely seems easier with the help of the Now CD technology. The overall process of the TFT session is then sort of smoothed out and the general feeling of balance quicker and easier to reach. It appeared to be a definite asset to the TFT treatment.

Right on line with the preceding is what I observed during the Coaching sessions during which I played the Now CD in the background. It's been easier to get the client to focus in a very simple, poised, open minded way. It is remarkable that the tune doesn't need to be heard consciously to work its effect. The technology definitely works.

My last field of experiments has been my own creativity sessions. I had to write and create new designs for a new training and I didn't have much time... It wasn't a new experience for me as I regularly go through this exercise. With the CD on, what I noticed was again a sort of easiness to focus my attention and to get to the "inspiration point".

The overall impression is that the Now CD technology helps improve the general quality of the Field in the room. All the processes taking place in the area are then facilitated. In time, it also seems to help « train » the user to get there more and more easily as one uses it."

Best,

Ngub NDING"

Join Ngub in Paris for the Boot Camp, April 4-5, and experience the Now CD.

Our newest Brazilian trainer is finding it useful in business settings and will be testing it in Martial Arts programs in which he works with various youth groups and Olympic hopefuls.

In March 2015 we will begin testing it for kids in the Martial Arts programs as well as for our high performance judo team (including potential Olympic fighters). We are planning to do that in the very "academic" way in order to have a good article for the future.

In summary, I have used Now in the office during 4 months and the results were very clear for ambience, attitude of co workers and company productivity. We tested 2 weeks with Now (all day) and then 1 week without Now.

As the oil trading business is a very stressful activity (our company's core business) it provided very clear and objective results for me. People in the office felt that something was different in the office and even in their particular lives. They acknowledged feeling less stress and a new kind of enthusiasm and joy.

It s a small office with less than 20 people, but during the time when I was not playing Now, we had big big confusions between employees,

very very strong debates and 1 good employee was fired...

Yet, the office layout was changed twice during the time we had the Now CD on, and we have much improved layout. Even the plants were affected by sound in a very good way for their growth and beauty.

In my case it was almost impossible to work without Now CD and face that heavy ambience level.

Other good point was that I started to teach meditation one time per week before lunch in the meeting room.

Thanks,

Eduardo, Rio de Janeiro

Roger demonstrated many times the importance of maintaining a positive polarity. While there are many ways to correct negative polarity, tapping, Rescue Remedy, affirmations, the ability to keep the polarity of the room environment in a positive state has huge potential.

If you have not yet tried this amazing technology within your practices, lives and families, please do. And, give us feedback on your uses and results.

[Click here to get your copy of the NOW CD.](#)



How Thought Field Therapy leads to Heart Waves.

By Ronald Martens, MBA, TFT-Adv, Echt, The Netherlands

Thanks to the wonderful work of Roger J Callahan, we have the tools to help people release their trauma. I met Roger J Callahan three times and I am still impressed by his motivation, approach, knowledge and skill. I studied Thought Field Therapy through the TFT Step A and Step B Diagnostic levels and attended the wonderful Optimal Health workshop.

Before I discovered Thought Field Therapy, I sensed the Heart as a glow or radiation from within the chest, despite my traumas and sensitivities

to substances. I work from the Heart. By using the methods I knew, such as EMDR and hypnotherapy, I was already bringing people to their Hearts. Getting people to their Hearts was a natural part of the therapeutic approach I used with my clients. TFT cleared my emotional troubles and sped up my clients' processes, like a turbo-boostered acceleration. My insights accelerated as well: the things I was doing soon developed into a method to get people to their Hearts. And yes, generally it starts by treating trauma, which often blocks the Heart.

In 2010, I started my first statistical investigation into the benefits clients received from my work. At the end of 2011, I asked people about the method and the results were surprisingly good. People follow the approach, apply it and learn from it. My Heart stimulated me to write a book about one way to open up to the Heart.

The next step after liberation from trauma is to reclaim the birthright: be yourself and act from yourself. Bring your qualities to life and offer them as benefits to society. But how? After studying it, I had an insight: you need inspiration. Inspiration leads to thoughts

and, with the right emotional fuel, to results. The Heart inspires and has the ability to fuel emotions and sharpen thinking. You get results by putting your Heart into it.

In the book 'Heart Waves, open up to your Heart potential', I offer you the method for opening up to your own Heart. The book is full of applied knowledge that I gathered during nine years of work with sensitive people. I molded it into a flexible approach, suited for you.

You may have asked: ***How can I become more myself? The answer is: Open up to your Heart waves. Insights and a structured approach will help you learn easy-to-use applications that will allow you to feel their effects within a fraction of a second! Use them in everyday life, anywhere and anytime. Use universal principles of human life, energy and fields.***

That is what this book is about: applied knowledge that lets people open up to their Hearts. A treasure and great power is hidden in the Heart, and the benefits my clients reported are a first impression of this power.



The most commonly mentioned benefits are:

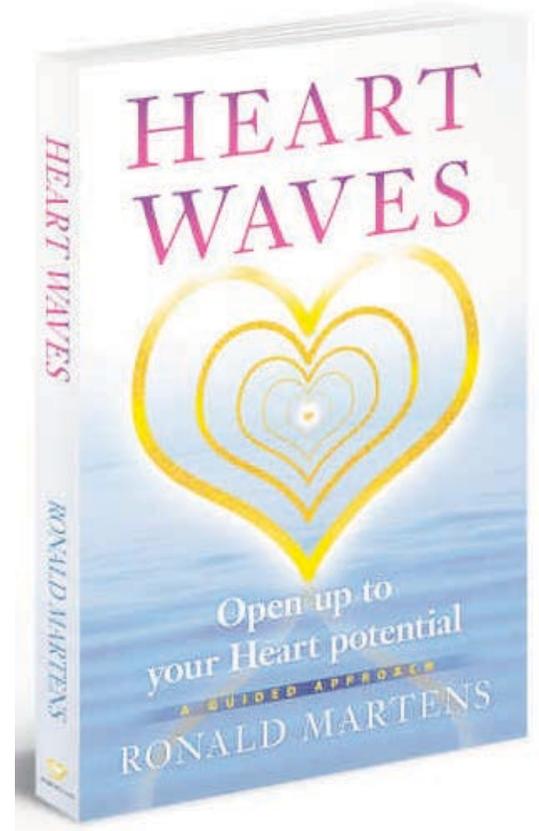
- Making contact with yourself
- Gaining balance and self confidence
- Quieting thinking and having a clearer head
- Getting centered within a split second
- Gaining insight into yourself
- Finding that comforting feeling
- Soothing the body
- Being able to stand up for yourself
- Finding joy
- Learning to listen to your Self and finding guidance
- Shielding and protecting yourself from other people's energy
- Receiving peace, quiet and space

Opening up people to their Hearts and developing fruitful applications with the Heart have become my life goals. I think 'Heart Waves, open up to your Heart potential' is in line with the goal of many Thought Field readers: to help people move forward and, by doing so, create a better world. This book is my first fruit for you.

Enjoy Heart Waves and put it to use in your life.

Ronald Martens

The book can be ordered on [Amazon here](https://www.amazon.com), or at <https://www.inspiratio.com/index.php/book-heart-waves.html>



Muscle Testing – Gaining Confidence in a Skill

Recently I had a discussion with a new Thought Field Therapy practitioner about developing confidence in his muscle testing and energy checking ability, and Thought Field Therapy in general. He asked me about my confidence level. Muscle testing is the essential skill for doing TFT beyond the Algorithm level. Most people in the world will find the basic Algorithms sufficient for many purposes but if you are a professional or desire to go to the next level you can learn this skill for testing yourself or others in Callahan Techniques® Thought Field Therapy approved workshops.

I remember a conversation with Roger Callahan once about reliability and being a 100% sure and confident and I was surprised by his clear statement that no one including himself could claim a 100% success rate. While he was not shy about having the best success rate of any therapy, his understanding that the complexity of the universe made that kind certainty unattainable.

Muscle testing is not infallible. I can have a bad day or just be off and miss my own response or reading of another's response. I can be affected by reversals or individual energy toxins that give false readings. My own expectations based on my experience with certain conditions or situations can influence my reading of a strong or weak response in anticipation of an outcome that makes sense to me. Muscle testing or, energy checking as some refer to it, must always be suspect and be considered in light of all the other ways we experience reality. Or, when helping others in his/her reality.

Roger always said it is not the result of the muscle test but the result or outcome of the treatment, how the client feels... that is the true reality.

The felt sense, our clinical observations of the others physical and behavioral markers, the other's felt sense, emotional, and mental formulations can all help to verify the reliability of the muscle testing.

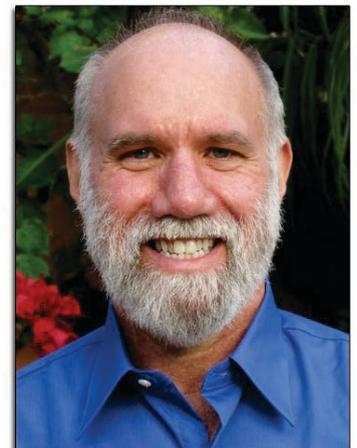
All that said, muscle testing is a skill, and it is possible to get better and more confident with muscle testing. One should practice his/her preferred technique a lot. Because energy checking is susceptible to the influences discussed above one should always have a way to check one's self. When I am uncertain, I go back to a big muscle and test something I know to be true in my life always. The bigger the muscle and the bigger the motion the easier it is for me to read mine or another's response. The stronger the truth being tested the easier to recognize a reversal or toxin at work.

When I am not getting clear responses with my subtle techniques or the results are not "ringing clear", making sense, or just not being helpful to me or my client I use my "go to test". Using my whole arm as taught in Callahan Techniques® Thought Field Therapy. I pull up my feeling of loving my wife and check the statement "I love Diane" and always using the two test approach to checking for reversals I test the second statement "I have no

feelings for Diane". This way I can tell if something is in the way of being accurate in my testing. Once this is sorted out I can return to more subtle testing and the issues I am working on with myself or someone else.

No, I am not 100% sure of my muscle testing all the time. But the beauty of the Callahan approach is that we do not have to be perfect to find our way to "better" for ourselves or others. Be prepared to be surprised by the responses in muscle testing or energy checking, or any TFT protocol and you will get the information you need.

Join me in an all New Algorithm One-Day Course - With CE's - in San Diego on Feb. 2, 2015. There will be 8 hours of Continuing Education for California LCSW's, MFT, and Nurses included in this class.



Robert L. Bray
PhD, LCSW, CTS, TFT-VT
www.HealTraumaticStressNOW.com

TFT Algorithm Trainings go online With CE's

Want to learn the basics of Thought Feld Therapy (TFT) the original tapping therapy? Want to learn at your own pace in your own home or office? No travel fees, no hotel fees just the basic TFT algorithm class taught by Suzanne Connolly who has been teaching TFT algorithm trainings around the globe for the past 19 years. And you can get 13 Continuing education credits for Social Workers, Marriage and Family Therapists Councilors and Nurses.



Your instructor, Suzanne, is a licensed Clinical Social Worker, Licensed Marriage and Family Therapist, Licensed Independent Substance Abuse Counselor and AASECT Certified Diplomat of Sex Therapy. Learn how Suzanne combines traditional psychotherapy techniques with TFT to get to the root client's problems quickly and to use TFT efficiently and effectively: Skills that can be used with the TFT algorithms, advanced TFT techniques.

Take your virtual TFT training, professionally filmed in HD, right along with a group of professional therapists, teachers and lay persons who learned to use TFT as they were being filmed.

Over the past 19 years Suzanne has refined and streamlined her original algorithm training class, which uses the basic TFT algorithms developed by Dr. Roger Callahan. You will be learning to use the TFT algorithms in their newest and easiest to use form, beginning with a basic algorithm and adding specific treatment spots for various specific emotions.

The course is divided into 24 film segments averaging 20 minutes each. You will also receive a downloadable and printable Algorithm Training Manual which will guide you as you learn to use TFT in a class presented by TFT's original and most experienced TFT Algorithm trainer, Suzanne Connolly, LCSW, LMFT, LISAC.

This training is available for a limited time for \$249.00 and can be purchased online at www.thoughtfieldtherapy.net You can watch a short clip of the training and click on **ENROLL NOW**. Then use the PayPal to button to pay just 249.00. You will receive your own unique username and password within 24 hours, so you can access the videos and manual whenever you wish. After a quick quiz, ou will be able to receive 13 CE's for Social Workers, Marriage and Family Therapists, and Counselors through the California Board of Behavioral Sciences or through the California Board of Registered Nurses.



TFT for Professionals Video Course

CLICK HERE
for more information

Tapping Out Work Stress and into Better Business for 2015

Below are excellent examples, first of the skills our practitioners are learning from our [Algorithm Online Course](#) and ways you can use tapping to improve your business outlook and remove your stress.

I also comment on a valuable understanding of what TFT is actually doing.

TFT Algorithm Case Studies

Client A

Client A is a Pilates Teacher and has her own business. Although the business is surviving, it is not flourishing due to her lack of confidence to achieve her goal. This was causing her to self-sabotage and become negative in her outlook. This was “eating away” at her and she felt that she was becoming angry with herself and angry towards others.

Pre - treatment SUD 10

I asked her to think about the lack of confidence that she had and the worry it was causing her in dealing with everyday situations.

I asked her to tap the side of her hand for the self-sabotaging behaviour and to correct any reversal. I then treated her with a, c, 9g sq - for achieving peak performance in her business.

Her SUD went down to 7.

I then continued the 9 gamut sandwich and her SUD continued to go down. Her ongoing SUD was 4 and then a 2. The eye roll brought it down to a 1.

Client comments:

Client A started yawning a lot towards the end of the treatment. She said that she felt very relaxed and she struggled to verbalise the penultimate SUD rating at first. I had to ask her on a number of occasions for the reading. She said that as the score was going down, she could feel the stress almost leaving her body and could feel herself calming down.

Pre - treatment SUD 1

I then treated her with tf, c - for the anger at herself. Her SUD went down to 9.5

We did the PR correction by tapping the side of the hand and collar bone breathing and repeated the first half of the sandwich.

Her SUD then went down to a 7.5 and then to 4 and 3 but not low enough to do the eye roll.

We tapped the PR side of the hand and under her nose and repeated the Holon.

Her SUD then fell to a 1 and we completed with the eye roll.



Client comments:

The client said that whilst she was thinking about her anger whilst tapping at the beginning, she felt very emotional and felt shivers down her spine more of a tingling sensation. She said that she felt more relaxed and in her head she was repeating to herself "you don't have to be so angry with yourself"

We then tapped tf, c 9g sq for anger towards others. Her pre – treatment SUD started at 7 and went down to 2.

I spoke with the client following the treatment and she said that she now felt so positive and was exploring ways to improve the business. She also said that she was not being so hard on herself in terms of being angry.

Note: I am including this next example of eliminating work place stress because the client makes a statement in her comments that is very relevant to all of TFT and an excellent point for all practitioners and TFT users to remember. I have highlighted her comment – then added my notes.

Client B

Client B has been signed off work due to work related stress. She said that she constantly felt anxious as she did not want to go back to work but at the same time she could not afford to be out of a job. She was also fearful of what the future held.

Pre - treatment SUD 10

Treatment Administered: I corrected her PR by getting her to tap the side of her hand straight away as she mentioned a couple of times that she wasn't thinking straight.

Administered e, a, c and her SUD dropped to 9, so I administered Collarbone Breathing and repeated the first half of the algorithm, her SUD went down to 6 so I continued with the rest of the Holon. Her SUD was down to 1 so we did the eye roll.

I then treated the client for fear of change with the e, a, c 9g sq. The clients' SUD started at 7.5 and was reduced to 1.

Client comments:

Client B commented that the feeling of anxiety was not so intense after the treatment. She felt that she was able to think more clearly about applying for a new job – her passion was to focus on a job helping people. The client mentioned that **although she found the treatment useful she did not want to become psychologically dependent on constantly tapping all day.**

I spoke with the client one week after the treatment and she had applied for a job and had an interview with an organisation caring for people with disabilities.

Note: My note from above, continued: Roger used to answer this question or statement frequently, especially when dealing with addictions. TFT or tapping the appropriate meridian point is not masking the anxiety or craving as is medication or a substance, it is actually doing healing and balancing. The tapping allows healing to begin and will be needed less and less over time. When tapping for craving or anxiety, you are addressing the underlying cause of the anxiety.

Easing the Stress of Same Day Surgery ... A Letter from a Recent Trainee

Hello,

Thank you for providing such wonderful tools for us to help people with. Your husband was such an amazing man!

I work in a hospital Same Day Surgery Unit and have been able to use the algorithms and protocols to help so many people, mostly in small areas or situations.

One such was a front desk clerk who had encountered a very stressful situation and her anger was a 10. Just the initial algorithm Holon for anger resolved her feelings and she went on to have a great day.

I frequently use the stress/anxiety for fear of needles while I am preparing to start an IV for patients. In those cases I truly do not have time to do a full holon, but the initial algorithm, sometimes repeated, resolves a lot of their stress and fear. One patient went from a self described 10 to 0 and was ok when she required a second attempt as the first failed.

I was providing post operative care for a lady who had undergone a knee scope. She was diagnosed with *Psoriatic* arthritis. Although she had received post op medication her pain was still 8/10. I taught her and her husband the pain Holon and her pain was brought down to a very manageable 4/10, a level she said she had not been able to reach in a very long time. She had been living at a 5-6/10. Her husband also used the treatment on his painful knee with significant relief. I didn't realize he was doing a treatment on himself so had not asked SUD level. They were both amazed and very happy with the new tool they have for pain relief.

I provided an in-service on TFT at work for my co-workers. One lady said she had an overwhelming addiction to chocolate. We tapped the addiction algorithms until we found one that provided some relief, did a reversal correction, then the holon, with a complete relief of her cravings. About 2 months later when she was selling candy bars for her daughters school fund raiser I asked if she was still doing ok with chocolate. She was surprised when she recognized the change, she hadn't really thought about it, and had eaten only one candy bar. Previous years she said she bought and ate the whole box! Her daughter commented on the fact that she had brought a few bars home at the end of the day without eating them.

Something reversed her several weeks later and she came to me saying she needed to tap, that she had an overwhelming desire to go to the store after work and buy at least 2 chocolate cakes so she could eat one on the way home and have one for after supper! I had her tap for reversal then into the holon, as we were at work and time was limited. Her cravings were resolved and she didn't even care to buy one cake on her way home.

Another person I quickly treated for a sinus headache of 8/10 bringing his discomfort to 0.

I have been working for about 3 weeks with one particularly challenging client the past 3 weeks and I will use her as my case study. I have found the case to be on the verge of overwhelming and it has stretched my imagination and determination; while improved my skills and confidence to a large degree.

Note: Upon submission of her case studies, she did include this complex case and had the following comments at the end:

Many sessions required multiple algorithms using reversals frequently if the initial algorithm did not reduce the SUD effectively. She has been using collar bone breathing frequently with good relief from mild anxiety.

Although we have a lot more work to do, she has improved greatly, no longer requiring the Zoloft and beginning to reduce her use of Ativan (at Dr's orders). She has progressed from (per clients estimation) high stress level/actual panic attacks 3/4's of the day, requiring an adult to stay with her at all times and waking frequently at night in a panic; to mild anxiety 1/4 to 1/2 the time, comfortable while being alone for periods of time with just her kids and without the night time panic attacks.

When the sessions began she had been unable to ride in a car or leave the house without acute distress, leaving only to go to the Dr's when possible and not able to drive herself due to instability. (Over one 24 hr period her panic drove her to her Dr, then Care First, then to the ER.) Currently she is able to drive locally with another adult in the car without an increase in anxiety, and enjoyed a 30+ minute walk at a park.

She has had close care by her Dr, X-rays, a CT, has been to therapists and had an ENT consult with no relief. She agrees that she has made great progress in getting a handle on her anxiety through the use of TFT and we will continue to work toward the complete elimination of her phobias.

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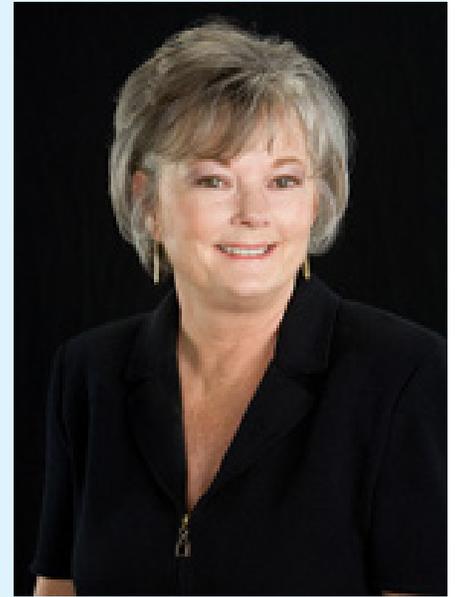
ADDITIONAL TFT HELP

Personalized 30-Minute TFT Tapping Sessions.

An easy and affordable way to get private help. We've set aside a limited number of sessions to work privately with those who want to get a highly focused 30-minute consultation. In this private session, Joanne Callahan will lead you through the individual tapping sequences for your specific challenge or problems.

This is a great opportunity to work with the co-developer of TFT on a one-on-one basis, to get your personal tapping sequence that you'll be able to rely on for long-term relief.

[Click here for more details.](#)



Official Thought Field Therapy® Online Algorithm Course

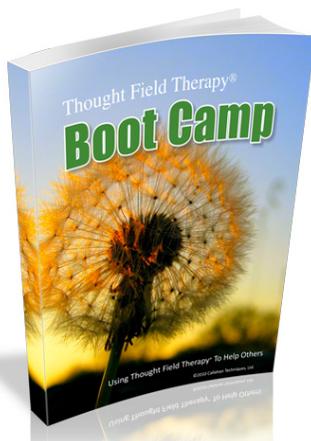
Now you can take the "live" TFT Algorithm training course online! It's an eight part audio-class with workbook, manual and more... PLUS you can also get certified as a TFT-Algo practitioner.

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

[Click here for more details... On Sale Now!](#)

A screenshot of the website for the Official Thought Field Therapy® Online Algorithm Course. The page features a navigation bar with links for HOME, YOUR TFT ALGORITHM COURSE, TFT ALGORITHM TEST, SUBMIT CASE STUDIES, and LOG OUT. The main content area has a large image of a hand tapping on water with the text "Tapping to Better Health". Below this, there is a section titled "New: The Official Thought Field Therapy® Algorithm Course" which lists various conditions it addresses, such as 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, and Insomnia. A small circular logo for "Official Thought Field Therapy®" is also visible. At the bottom, there is a small photo of Roger and Joanne Callahan and a short paragraph about the course.

TFT TRAINING



Boot Camp Home Study - On Sale Now!

Our Advanced Home Study Course:

The Easiest Way To Learn To Help Others Using Thought Field Therapy®

The TFT Boot Camp Home Study is for those wanting to be experiencing the training given at the live Boot Camp event, but can't make the time to travel to a Boot Camp. (To get certification TFT-Dx you'll need to attend a live event.) Our ALL NEW TFT BOOT CAMP HOME STUDY takes the best of each level of TFT and puts it all together into one comprehensive program you can learn at home.

Get more details here. Now available in Spanish and Portuguese - [click here.](#)

Help Trauma Relief and Your Finances

By Paul Emery, TFT-Adv

How to Improve Your Finances, Business, Health and More with TFT-Adv Practitioner Paul Emery alongside Brian Tracy, a 3 time EMMY Award Winner and other experts AND Help the 'From Trauma for Peace' Campaign!

Since my early teens and throughout most of my life I suffered from what my doctor described as a 'Social Phobia'. I often experienced high levels of anxiety and fear, often for no consistent, apparent or logical reason.

For decades I searched for an answer to overcome this problem. As the years passed I just battled on with life whilst studying everything I could from hypnosis, counseling, NLP and EFT in the hope they would help. However, with all that they promised and my success helping others – nothing worked for me!

That was at least, until I finally focused on the original tapping method of TFT and had a VT consultation with Roger. He identified why nothing previously worked for me. Toxins! I cleared those identified following his instructions and repeated some TFT sequences. Miraculously within a very short while I started to feel less anxious and fearful, to such an extent that I started to live a calmer, fuller and happier life. Since then I have often appeared on live TV with virtually zero anxiety!

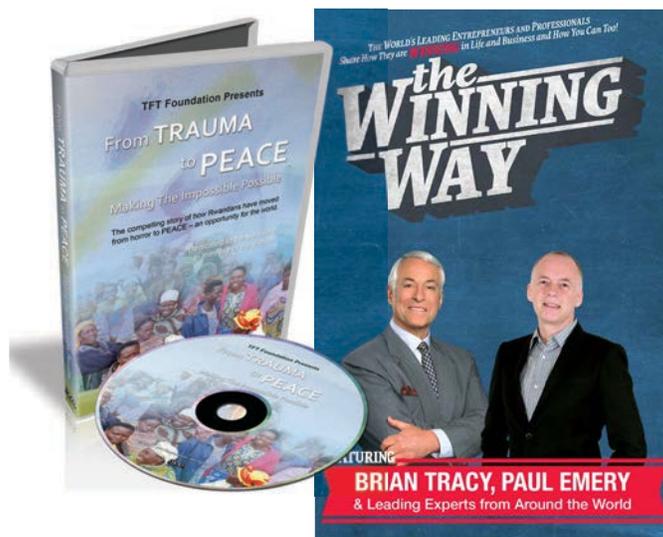
Recently I was asked to co-author a book called, *The Winning Way* with one of my mentors famed author - Brian Tracy, alongside 3 time EMMY Award Winning Director Nick Nanton and other leading experts.

At 440 pages the book contains lots of useful nuggets of advice, tips and information on a wide range of topics, from improving your finances and business to health. My contribution was a chapter called 'Winning Without Worry'. It outlines my battle with anxiety and how I eventually beat it thanks to TFT. Part Two of my contribution includes a segment on how to perform a 'self-Havening' treatment with a link to some free exclusive videos. 'Havening' is a new psycho-sensory technique which I often incorporate with TFT into my treatments with increasingly great results. I also outline a breathing technique which has been proven to raise the anti-aging hormone DHEA, as well as balance HRV and enable you to sleep better and become less reactive.

I am delighted to say that the book has become a huge success and an Amazon Best-Seller! In September I Visited Hollywood and was inducted into the 'National Academy of Best-selling Authors' for which I picked up a 'Quilly' Award.

How to help the 'Trauma to Peace' campaign. If you were to buy the Hardback version of this best-selling book it would cost you \$19.95. The Kindle version \$11.95. However, I would like to give you all a chance to own an exclusive digital version of this informative and entertaining book for a small donation to the 'From Trauma to Peace' campaign **of only \$5.95**. The price of a large latte!

If you donate \$29.95 or more, you will receive my digital book and the DVD From Trauma to Peace. [To donate, simply click here.](#)



the thought field



THE THOUGHT FIELD

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

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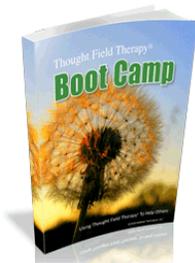
Thought Field Therapy® **Boot Camp** Callahan Techniques®

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. 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