

# the thought field



## Today is May 8th, Roger's Birthday

This issue of the Thought Field is dedicated to his memory and all the healing that he has spawned. The light of his work continues to expand and brighten lives around the world. Not just those fortunate enough to be able to afford a TFT practitioner, but the masses of those suffering from trauma around the world are sharing TFT and its healing with their families and communities.



Volume 23 Issue 3

### In This Issue:

Tribute To Dr. Roger Callahan

Quality of Life?

Grief for Loss of My Uncle

Post Traumatic Stress

Healing Of Trauma

TFT Stops Excessive Bleeding

Loss of a Child

I am including some comments, insights and stories of how Roger and TFT have affected the lives of a few of our long time VT and Optimal Health practitioners. I am also including some of the many comments and tributes from other practitioners around the world on his memorial site: [CLICK HERE](#) for the memorial site. Take a few minutes to just visit it and remember him with us.

This issue also contains some interesting applications and news about our new documentary, From Trauma to Peace, and how you can see it. I have included a link to a new study about how trauma is passed on thru sperm, which makes the upcoming release of our documentary even timelier.

Over the years, I have noticed that, as the natural system that it is, TFT doesn't just raise measures like HRV or lower them like pulse, but it normalizes them. It seems to bring the body toward its natural healthy state. Examples of this are when someone's HRV is too high, tapping brings it down, it normalizes cortisol levels, and even blood pressure – going either up or down as needed.

Later in this issue we have an interesting case of stopping excessive bleeding, another example of returning the body to a normal state. One of our new practitioners and caregivers shares this with us.



## TRIBUTE TO DR. ROGER CALLAHAN

By Mary Cowley, PhD, TFT-VT

I will never forget the profound impact TFT had on me when I first saw it in action. It was a shock. I immediately “got” that things that I previously thought were real WERE NOT REAL! It flipped my world!

A severe trauma that virtually destroys life in a human being, and that everyone accepts as, for the most part, untouchable--vanishes in minutes with Thought Field Therapy! When I first witnessed this, it meant much more to me than “Wow, how wonderful that this person no longer has to suffer.” It meant a whole paradigm shift: What I thought was real was not real!

The most obvious examples of this are coming out of Africa, where many have suffered atrocities that we dare not imagine. A man, woman, or child witnessing their family being brutally murdered before their eyes, after which they experience nothing but pain...or numbness to shut out the pain...continually reliving the nightmare, unable to participate in anything productive or that hints of joy.

And after a brief session of TFT (maybe 15 minutes, maybe an hour), is laughing, feeling joy, able to see their surroundings, notice and appreciate others--for the first time since before the devastating event. Yes, the event still happened, but the story around it and the meaning it held

for the victim--the immense pain, the loss of inner life--suddenly GONE. What do you call this? A miracle? Yes--in comparison to what could be done for these people before Dr. Callahan--a miracle.

Dictionary.com defines MIRACLE as “an effect or extraordinary event in the physical world that surpasses all known human or natural powers and is ascribed to a supernatural cause.” Well, I’ve heard Dr. Callahan called many things, but never before “a supernatural cause.” And yet...

Seven years ago—in what I now see as pure synchronicity--I was introduced to Master Charles Cannon, a master spiritual teacher and acknowledged pioneer in the evolution of human consciousness. Master Charles brilliantly teaches what it means to be human, and demonstrates the possible human we can be through his own consistent state of being.

He teaches that the human experience is one of “stories”—the creation of drama, the interplay of negative and positive polarities--as part of the Play of Consciousness in order to fully experience itself by experiencing what it is not. Yes, it is a mouthful/mindful. But, I have found that it is a paradigm that encompasses all and everything.

And it is one in which Dr. Callahan and TFT play a brilliant role. Roger Callahan himself was a pioneer in the understanding of human consciousness, and he developed a universal, very teachable system of using the body’s own information system and healing code to collapse our stories and the concomitant suffering. TFT is an extraordinary tool in the service of our evolution towards the full realization of our true, whole selves...the essence underneath the stories.

I shake my head when I think what Roger “stumbled” upon because he was so deeply committed to finding what “is” rather than what we think is or should be.

Thank you, Roger.

### **Remembering Roger,**

“ It is still too soon for me say a few words about him.

To say a few words about him at this time is impossible for me. When I sat down to write this I just went on and on about what he has done for me, about what he has done for our shared world, and what he has done in the evolution of the human beings. And, so many feelings. I think of his qualities as a psychotherapist, discoverer, researcher, teacher, mentor, and as a good man in a hard world. And, so many feelings.

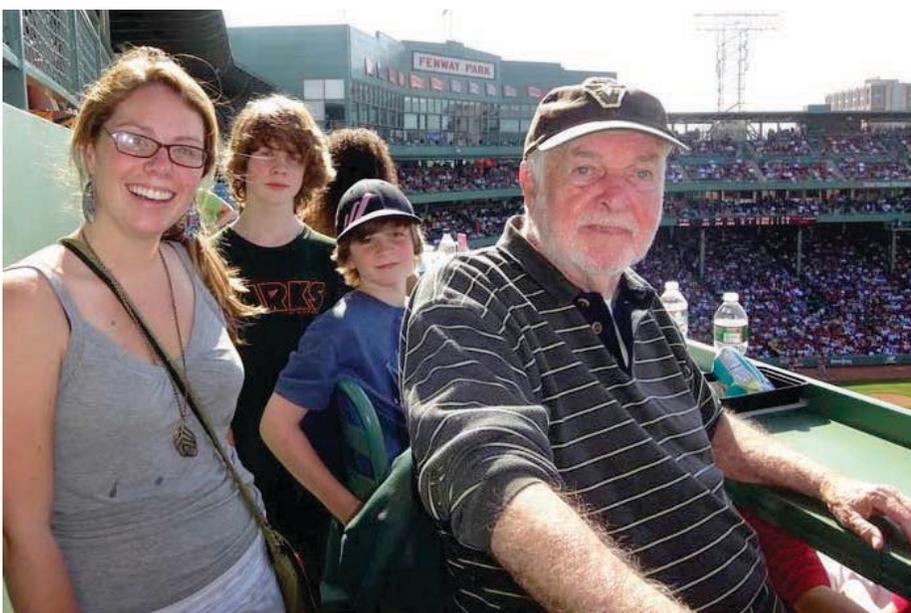
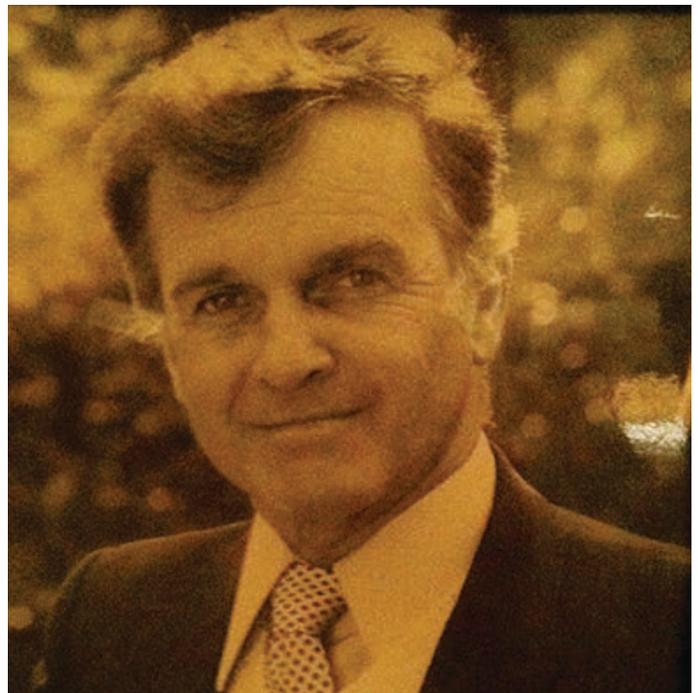
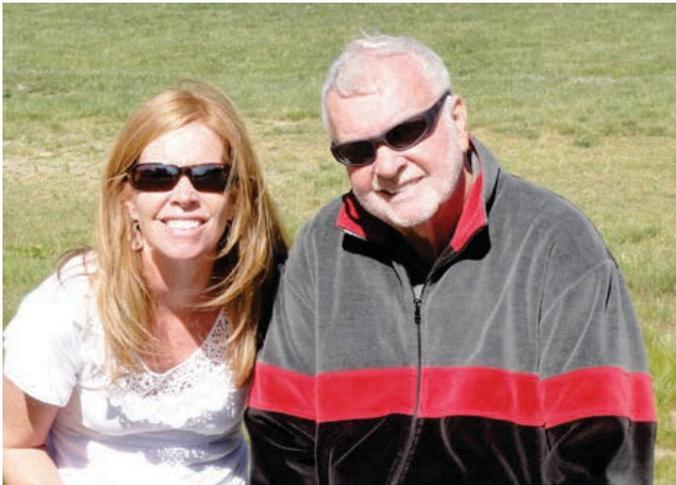
And all the tapping in the world cannot rush my finding all the ways he was and is important in my life.

I miss him.

Happy Birthday Roger.”

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

**Roger Callahan,**  
**May 8, 1925 – November 4, 2013**



At the Boston Red Sox game with grandchildren.

## INSIGHTS:

There are very few geniuses in the world. Roger was a true genius. There are very few geniuses who actually discover something that changes the world in a truly significant way. Roger was one of them. He was one of a very small club.

Imagine all the people around the world, whose lives have been changed by Roger's discoveries. Imagine how many others whose lives have been blessed by those in a relationship with those people: Their spouses, children, friends and coworkers.

The world will reach a tipping point where people are living a conscious life and a life motivated by love, rather than a life run by fear, anxiety, past trauma, and inappropriate guilt, much sooner because of Roger's discoveries.

I feel confident that Roger now rests in the bliss of what a gift he has left to the world.

Many thanks Roger,

Suzanne Connolly, LCSW, LMFT, LISAC

## GRATITUDE:

I'll never forget my first encounter with Roger Callahan, PhD. Someone had given me a copy of "The 5 Minute Phobia Cure", and, not knowing what technique it was, I called the number on the back of the video to ask if it was NLP or something.

I assumed I was speaking with a sales person:

"Well, first of all", I asked, "Is this NLP?"

"Hell, no it's not NLP", said the jolly voice. "It's TFT!"

"I've never heard of it," I said. "Where does it come from?"

"I discovered it!" he said proudly. (Oh my gosh, it was Dr. Callahan!)

"Wow. Is it as effective as it looks in this video?" I asked, trying to keep my composure.

"Hell, yes!" he said, laughing out loud.

"Will you teach me how to do it?" I asked.

"Sure I will", he said. "Come on down here!"

And that was my very warm, fun and friendly introduction to TFT and to the gifted, enthusiastic and intellectually voracious Roger J. Callahan, PhD., who eventually became a much respected and admired mentor, friend, TFT colleague, and homeopathic client - a blessing for which I will always be so very grateful. I miss him.

Norma Gairdner, H.D., TFT-Adv

## My Mentor

Mark Steinberg, PhD, TFT-VT

My, my, my,  
My mentor's quite a guy  
His guidance meant and means so much  
For healing lives with loving touch  
Under his leadership and watchful eye.  
My, my, my,  
My mentor's conquered sorrow.  
He's tamed emotions' willful churn,  
Genius exposed to storming spurn,  
Though it will reign tomorrow.  
My, my, my,  
My mentor teaches knowledge  
With skills precisely tactical  
And methods quite more practical  
Than those I learned in college.  
My, my, my,  
My mentor voices class  
With scientific proof to show  
He challenges the status quo,  
Though kissing nothing crass.  
My, my, my,  
My mentor sets the tone,  
With nature's painless restoration  
Sans longwinded explanation  
In person or by phone.  
My, my, my,  
My mentor works with courage,  
Emerging as a pioneer  
In overcoming wrath and fear,  
He leads the new entourage.  
My, my, my,  
My mentor is a model  
For tapping self-sufficiency  
In place of helpless effigy.  
Self-pity he won't coddle.  
My, my, my,  
My mentor's very wise.  
When sharing his experience,  
He graces it with common sense  
And insight that applies.  
My, my, my,  
My mentor meant to understand  
Anxiety that plagues the land.  
Discovering what he never planned,  
He gave the world a helping hand.  
My, my, my,  
My mentor's found a code  
Propounding nature's healing wisdom,  
Founding its therapeutic system  
He's deserving of this ode.  
My, my, my,  
My mentor changed my living.  
Tolerance of suffering dwindles,  
Quest for truth and health rekindles,  
I thank him for his giving.

"More than any other single person in my life, Roger gave me the ability to take care of myself and my loved ones in extenuating circumstances, emotional and physical. This extraordinary gift to me through his discoveries is not only to me but to the world. If Roger was assigned a mission in this life, he fulfilled it! Personally, I am, and will be, eternally grateful."

Joanne, I love that you are doing this! I could always remember Roger's birthday because it is one day after mine.

Warmly.....

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

There are many things that stand out in our minds when we think of Roger. We believe his journey of discovery and the unfaltering way in which he conducted the vast amount of research to provide credibility to his claims was quite outstanding. His sheer determination to promote and expand Thought Field Therapy has inspired us. We are very proud to have been given the opportunity to undertake research into TFT in Uganda and Haiti, and to reduce fear and suffering in these areas of the world where it is most needed. Roger demonstrated honesty, integrity and persistence in all he did. Despite his commitment to his work, he was a loving family man, supportive to his extended TFT family, and always made time for those in need of help.

Phyll & Howard Robson

TFT Foundation UK.

**Roger Callahan  
Brilliant Scientist  
Heart of Gold**

Roger Callahan  
Developed a method  
For changing lives  
Brilliant Scientist.

Roger Callahan  
Always experimenting  
Always perfecting  
Brilliant Scientist.

Roger Callahan  
People no longer  
Need to suffer  
Brilliant Scientist.

Roger Callahan  
People can have  
Renewed lives  
Brilliant Scientist.

Roger Callahan  
People using TFT  
Worldwide  
Brilliant Scientist.

Roger Callahan  
Always encouraging  
Kindhearted  
Heart of Gold.

Roger Callahan  
You will forever be in our hearts  
We have been healed and  
can help others to heal  
Heart of Gold.

--Jenny Edwards, PhD

As a TFT workshop leader and TFT Foundation Board Member, I have admired the efficacy and immediate impact of TFT treatments for many years. I have nothing but the highest respect and admiration for the man who discovered this gift from God, well-hidden for a very long time!

Dr. Bruce Paton, TFT Adv

Dear Joanne

Unfortunately I have not been able to work directly with Roger, but in spite of this he has become a very familiar person in my life. What he has taught us has been a life turning event in my profession and mainly in my everyday life. And at the same time, it has been a touch of light and help to many other people around me, and this not only in Chile (where I live) but also in other countries (through VT and also family/friends).

His deep need to help others that took him to continue researching in all possible fields, his natural curiosity, plus his enormous generosity to pass all his knowledge on to others has made his name and teachings unforgettable and a wonderful tool to help humankind get nearer to peace and harmony.

Also, thanks to you who have been such a wonderful companion, promoter, teacher and therapist during all these years!!!

Warm hug,  
Mariela Prada



First ACEP Sponsored Pre-Conference  
Thought Field Therapy (TFT)  
Algorithm Training and More  
presented by  
Suzanne Connolly, LCSW, LMFT

May 28th and May 29th  
Sheraton Wild Horse Pass Resort  
Chandler, AZ

TFT

- Learn the simple, easy to use, basic TFT algorithm and how to add specific treatment spots for specific problems.
- Learn how to combine TFT in the context of couples therapy, sex therapy, the treatment of negative self-assumptions and dysfunctional beliefs.
- Learn how Polyvagal theory provides the missing link and reinforces our understanding of the treatment of trauma.
- Learn how TFT can work with pre-verbal childhood trauma.

Suzanne has taught thousands of professionals and non-professionals worldwide to use Thought Field Therapy (TFT), a type of acupressure or Energy Psychology (EP) that can relieve many psychological problems quickly and effectively. Her on-going work in Africa, training community leaders to treat victims of genocide and other traumas, has led to several studies, three of which has been published in peer reviewed journals.

Open to all professionals (12 CE's)

- Drug & alcohol counselors
- LMFTs
- Nurses
- Professional counselors
- Psychologists
- Social workers

All attendees will receive:

Free frame-able certificate of completion

Free copy of Thought Filed Therapy

Clinical Applications by Suzanne Connolly

Free set of power point slides

(over 200) available to EP teachers



Suzanne maintains a private practice and is licensed as a  
Clinical Social Worker, Marriage and Family Therapist,  
Independent Substance Abuse Counselor  
and ASSECT Diplomat of Sex Therapy.

# Quality of Life?



As human beings we all seek a better quality of life. I believe the reason we want relief from pain and suffering, desire to find the perfect mate, accumulate more money, etc. is because we believe it will give us a better quality of life – we will be happy then.

One of the single most important effects of TFT is – improved quality of life. This happens for not only the person tapping but for those around them as well. Several of the cases I will share with you, demonstrate this so clearly. And, these are cases sent to me, for the completion of the TFT Algorithm Level certification. They are just beginning to become aware of this powerful tool and the difference they can make in their lives and the lives of others. It is such an honor for me to be able to carry on Roger's work and share it with so many in the world.

Client 3: Hip pain due to myeloma in the marrow... Nancy (Nancy was kind enough to grant me permission to use her name and story on my blog and in any reporting or material).

Age 60's (not sure of exact age).

She has a history of hip pain for approximately 4-6 months due to myeloma in the marrow. She has had 12 injections in hip (pain site). Nancy reported being in remission at the time.

I brought a 2nd person with me (my mom) with

Nancy's permission since it is my understanding and belief that TFT is even more powerful with multiple people tapping together for one cause. 1-10 SUD scale used. Initial SUD...8 (pain).

Knowing the client had injections that were more than likely traumatic both physically and emotionally, we began by using the complex trauma algorithm along with SH to start, I felt compelled to use SH since dealing with cancer even though she stated she was in remission. (SH, EB, E, A, 9g, Sq)

We moved on to the pain algorithm, again, I chose to use the mini PR SH at the beginning as I just felt it would be needed. (SH, G50, CB, 9g) we repeated this a couple times and the pain would go down a few SUD points only to return quickly. So, We tried rubbing SS, again same reaction. At this point, I decided to give CB2 a try, and repeated the pain sq. This worked like a charm!

SUD...2

Completed ER.

SUD still a 2

Nancy completed the pain algorithm on her own a few times over the next few days, and reported the pain was completely gone.

Nancy's comments...very happy surprised look on her face. Couldn't believe it! She has been on pain meds for the cancer & pain and it didn't relieve the pain like this.

**My comments...**The whole TFT session for Nancy was done with Nancy myself and one other person tapping along with us. Each time I talked to Nancy, she reported that the pain had not returned. Unfortunately for her loved ones, the cancer returned full force, and Nancy returned to the non-physical about 6 months after this session. But, I am so happy and feel so privileged to have been blessed with Nancy as a friend in my life and her letting me help her live more comfortably in her last physical days.

I love this process, the more I help others and myself with TFT I learn that I should just trust my instinct.

# Grief for Loss of My Uncle

I just wanted to share an amazing story of only one of my own powerful experiences with TFT algorithms.

My uncle had been sick for quite some time, in and out of hospital and then hospice at the end of his physical life. I didn't realize it would hit me so hard when I heard of his passing.

For some reason, he is one of my uncles that I have held a special place in my heart for, for quite some time and it seemed he felt the same. After hearing that he had passed, I guess I suppressed my emotions until I was in bed (my husband sleeping beside me) and suddenly I began to sob uncontrollably.

I started thinking of times we'd been together (I worked with him and my dad for while a few years ago). All of a sudden a thought came to me; I have access to this amazing thing, TFT!! Not sure if it would work, I tried the pain algorithm along with SH to hurry up & remove this emotional pain (SH, g50, CB, 9g, Sq). I don't think I was even finished with the g50 and I just stopped crying and felt this overwhelming sense of calm and even began to feel happy for him.

He had been suffering emotionally most of his life at the loss of his newborn daughter many, many years ago, which he admittedly, never let go of, and then his health issues for quite a while also). I tested it further and brought back the memories of our time together that moments earlier made me cry uncontrollably, and could not cry. Admittedly, a part of me felt a little strange, and felt like I was supposed to be crying, despite my better understanding of this physical life through Abraham-Hicks teachings. So, I added the guilt algorithm to the mix. What a powerful tool TFT has been in my life and for my family and all those who accept this gift when I share it with them!

I am filled with gratitude for Dr. Roger Callahan for his discovery of TFT and his dedication to this work! I am sitting here, as I write this, sobbing, initially at the thought of his loss, and using the pain algorithm and then sobbing with gratitude for all he has blessed this universe with! What a gift his life was to our world!! Thank you Joanne, for continuing this work and blessings to you and all who have been touched by and affected by Dr. Callahan! Also, my condolences to you and your family and loved ones for his loss here on earth. I can't imagine what my life would be like



without him and all he has done. I wonder if he ever realized the magnitude of his presence here.

I have been using TFT for many years with VT initially through the wonderful, beautiful Mary Cowley and most recently her very intuitive loving daughter Julie when I am in the need for VT. I also use the algorithms regularly and use the DX process through the DX home study course on my own with the knowledge that I received in [N.R. Gairdner's book "Self Test Self Treat"](#) that I obtained through your website. And, I have most recently purchased the toxin package as well.

I have been dreaming of being a practitioner of VT since I met Mary Cowley about 8 years ago or so. I was referred to her directly by Dr. Callahan when I called one day to find out about getting help for my dad with his severe PTSD from Vietnam. I was surprised and impressed that he answered the phone directly! I am so excited to be certified at this level even, this opens up so many doors to help people that may not have been open to the help without my having a certification. I see so much opportunity to help in bringing peace into people's hearts and overall lives!

Can you imagine what this world would be like if everyone used TFT? Wow!

I look forward to helping find even more ways TFT can be used to benefit this world! Between Dr. Callahan's discoveries and Dr. Richard Bartlett's discoveries, I believe that anything is possible! Thank you! Thank you! Thank you!

With sincere gratitude,

Yvette

# Living Better with Your Loved One's Post Traumatic Stress Disorder - How Not to Catch It as You Help Them Heal

by Robert L Bray, PhD, LCSW, TFT-VT

Of course you cannot catch it like the flu or a bacterial infection.

When your loved one is exposed and develops dysfunctional survival and coping reactions, thinking, or behavior, do not just wait for time to heal this injury. Waiting adds to both of your stress levels and makes you more susceptible to developing more symptoms. Traumatic Stress Responses come in many forms. Even if your loved one does not meet enough of the 20 symptoms listed in PTSD criteria, the pain and healing can be just as difficult and they need your help. The closer your relationship, the deeper the love, the more at risk you are for the conditions that could lead to you getting your own dose of post traumatic stress.

Traumatic Stressor events can be any form of violence presenting a threat to life or safety. These events encompass a huge range and could be a one-time high-intense event, such as a car crash or shooting. Or it could be many less intense events over time, such as waiting for the next time a drunken rage ends in a physical fight or having to live in an environment under constant threat of attack. We all have our breaking points and traumatic stress can be a response to war, combat, assaults, childhood abuse, rape, domestic violence, natural disaster, or social indifference.

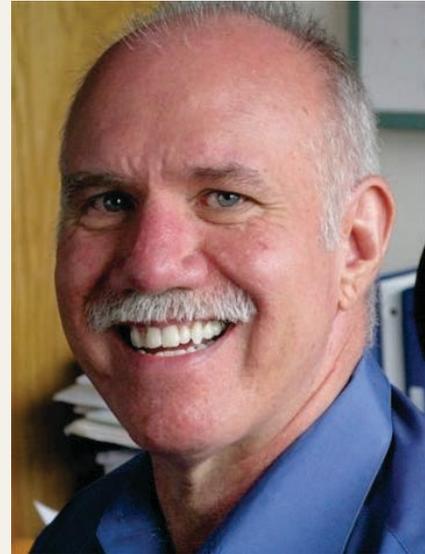
You can be affected by something called vicarious traumatization or secondary trauma, which can happen when you're connected with someone through love and you know that your loved one has been overwhelmed and exposed to traumatic stressor events. This reaction is normal, and while it does not happen in every case and is not a test of your love in any way, you need to be aware of your own responses to knowing what happened to your loved one. You can find yourself with your own intrusive images and sensations about events and your own problems such as sleep, avoidance, or other symptoms causing dysfunctions in your work, relationships, or living a positive life. You must acknowledge and treat your own PTSD to be available fully to help another. There is much to be done to help and you are not alone. Using Thought Field Therapy is the best place to start. When

the overwhelming feelings are addressed, you can think and act in healing ways for you and the ones you love.

When you live with someone with PTSD, the everyday stress in life is increased. Your concern for his or her well being is at the top of a long list of concerns that come with a close relationship. And now, the one you relied on the most is not functioning as before the events. Often PTSD can come with a host of other conditions affecting your loved one: physical injuries that require extensive surgery and treatment, depression with loss of previous functions in lifestyle, hopelessness in finding meaning in life with this new condition, physical pain that does not go away, and fears of being a burden to others.

Do you worry? There is a lot to worry about - from how you find the time to take a shower to the unpredictability of your loved one's condition day to day or month to month. For some, the biggest worry is knowing that sometimes humans with PTSD do commit suicide - both intentionally and unintentionally. More veterans of combat die at their own hands than at the hand of the enemy. People with untreatable pain often turn to suicide as a solution. Tap if this thought overwhelms you so you can hear this next sentence. You are the best medicine in reducing the risk your loved one will turn to this extreme behavior. Through your relationship he or she is not alone and not without hope. There is much to be done to help the healing and there are many people who can help. Although you may feel alone at times with all that now falls on your shoulders, it is a fact, that there are family members, friends, and organizations that do care, and will help.

Starting with self-care including TFT and moving to strategies for making yourself a positive force in your loved one's recovery is more than possible, it is common.



Integrating Thought Field Therapy to keep your emotional pain, anger, fear, and frustration at workable levels allows you to avoid the unnecessary stress interfering with achieving the health possible in your home. By learning what is important in creating a healing environment and having the tools to maintain your own strength and health, your loved one can better work back to the moment in this time that holds hope and connection to what is of value. Taking care of you greatly reduces the likelihood of both you and your loved one being overwhelmed emotionally and acting irrationally at the same time.

The first rule of rescue workers is "Don't become a victim too". A lifeguard does not attempt a rescue for which he/she is not prepared and supported. To act otherwise can result in the lifeguard being overwhelmed and becoming a victim too. Prepare yourself and get the support you need.

- Know the course of healing using the NOW model for complete recovery.
- Recognize the signs and symptoms of vicarious traumatization (also called secondary traumatization).
- Recognize the difference between compassion fatigue and burnout.
- Practice action steps to prevent and/or reduce compassion fatigue and burnout.
- Learn how Thought Field Therapy can help you and your loved one to speed healing.
- Practice TFT techniques together and use this safe, non-invasive, non-drug, fast, effective to end the overwhelming emotions blocking the connections you both need.
- Develop a self-care plan that supports your loved one's healing process.

## The healing of trauma is becoming more and more important – WHY?

Traditionally recognized reasons:

- PTSD and symptoms including fear often develop
- Long-term and chronic health issues – lowered HRV
- Decreased quality of life – nightmares, anxiety, anger
- Overall negative effect on society – cycle of violence

Additional reasons that may be relevant:

- Dramatic rise in trauma around the world
- New – Trauma of Life is PASSED DOWN in SPERM – affects our children and even our grandchildren (see below)

The TFT Foundation's documentary, *From Trauma to Peace*, is in the end stages of post-production. An early version will be premiered at the ACEP Conference in Arizona at the end of this month. Attend and be the first to see this ground breaking work and hear from the many Rwandans whose lives have been transformed. To view our new trailer, go to: [www.TFTFoundation.org](http://www.TFTFoundation.org).

The model it presents is a model for large scale trauma relief that can be implemented anywhere in the world. If we hope to find peace in this world, it is becoming clearer every day that we must begin healing the trauma in our lives. This latest study shows us the health of our future generations depend on this healing.

How the trauma of life is passed down in SPERM, affecting the mental health of future generations:

- The changes are so strong they can even influence a man's grandchildren
- They make the offspring more prone to conditions like bipolar disorder

Read more, article by Emma Innes: <http://www.dailymail.co.uk/health/article-2611317/How-trauma-life-passed-SPERM-affecting-mental-health-future-generations.html#ixzz30fuvtgfb>



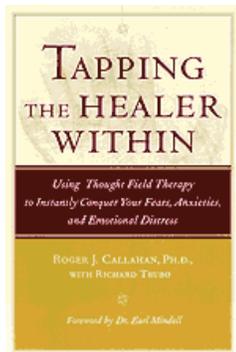
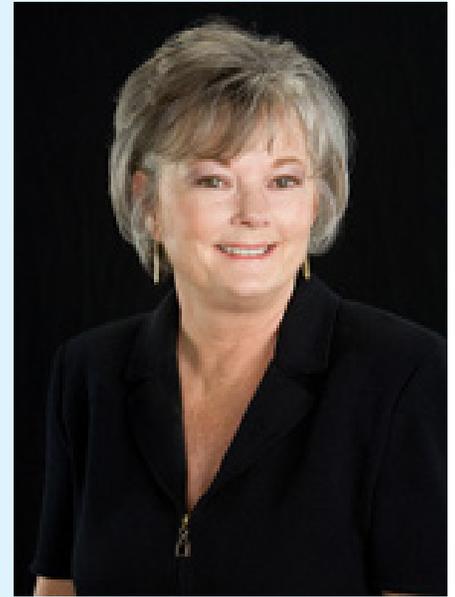
## ADDITIONAL TFT HELP

### 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.](#)



Using Thought Field Therapy® to Instantly Conquer Your Fears, Anxieties, and Emotional Distress.

By Roger J. Callahan, PhD, with Richard Trubo, Forward by Dr. Earl Mindell.

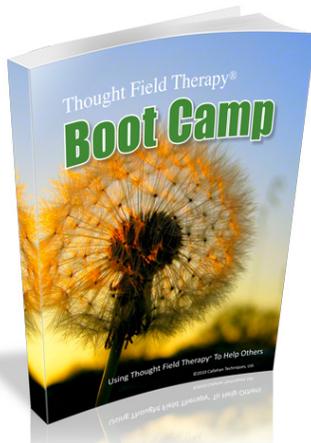
[Purchase "Tapping The Healer Within" Now!](#)



*Tapping for Health*  
**A Special 3-Part Audio-Class:  
Use TFT for Weight Loss  
and to Overcome Addictive  
Behaviors.**

[Learn More](#)

## 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 experience 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 - [click here.](#)

# TFT Stops Excessive Bleeding

## Client: C

I may be breaking the rules, so here it goes. Thanks to the book "Tapping The Healer Within" which I had with me, as Richard & I were on a trip to Yuma, AZ.

Richard was having dental work done (12 extractions). After his procedure, he was bleeding quite strong. I could see that he was going into shock. After what seemed for about forever, we arrived at the hotel and at this point Richard was disoriented, his body shaking. I placed him on the bed and refreshed his face/hands with a hand warm washcloth.

That is when his shaking increased dramatically. I then got the book, chose the COMPLETE TRAUMA WITH GUILT ALGORITHM on page 106 for Richard. Step one I tapped my PR spot since I felt my own heart rate going up rapidly. I then jumped right into step 3 of the Trauma/Guilt Algorithm, performing my way through the steps, tapping on myself and then touching Richard with both of my hands on his cheeks.

Richard was definitely in a state of shock, since he was not responding to his surroundings. After touching his cheeks, in a matter of seconds his shaking stopped. I performed the collarbone breathing treatment while his hand was lying on my thigh. Richard's whole system started to calm down and his breathing was calm and regular.

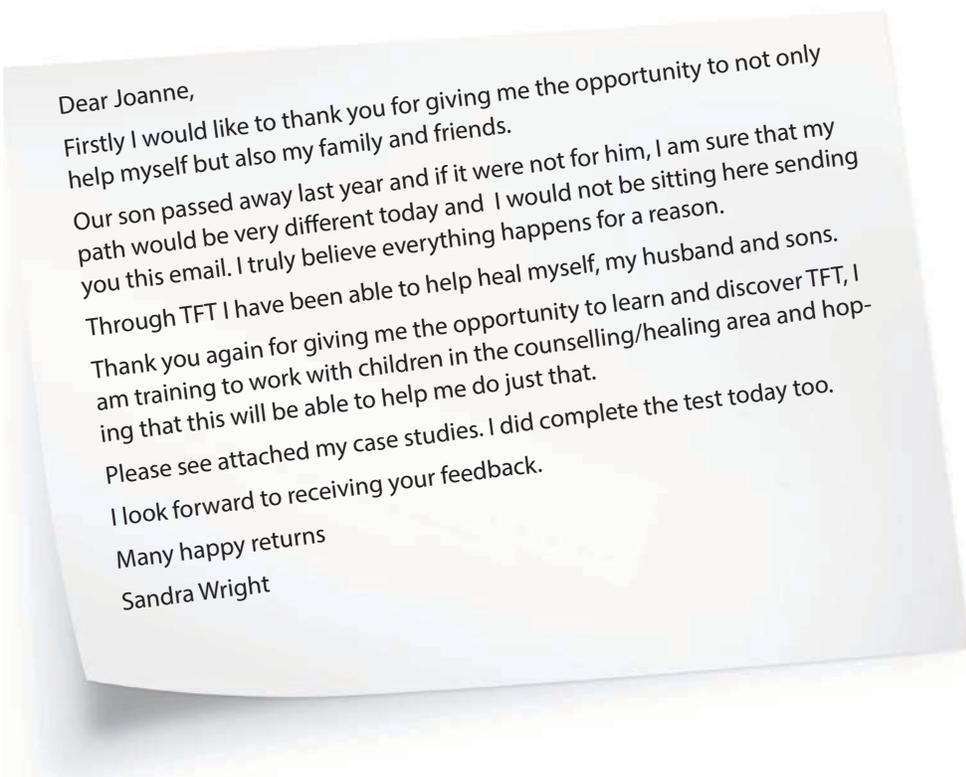
I then darkened the room, kissed Richard on the forehead and whispered in his ear "YOU ARE SAFE NOW, YOU CAN REST SOME, I AM HERE WITH YOU".

The time was about 6:00 pm. Now Mrs. Callahan, believe you me, in-between all of that, I was ready at one time to call 911. I had just started the BOOT CAMP study program and all I had with me was the book. Thanks to Mr. Callahan and your studies I was able to calm myself and help Richard better than anyone or anything in that situation. After being in the Caregiving field for over 25 years.

Checked Richard's bleeding which to my surprise had stopped, and his airway open. I then tapped the 50g-c, algorithm and touched his cheeks again. Around 4:00 am Richard awoke. He was without pain, his skin color fresh and light pink. His first reaction was: is there something to drink.

I send my Love and Gratitude. Because of this experience I am assured to be heading in the right direction. I have decided to become a TFT-VT Practitioner and not only to be good at it, but to become the best I can be as a TFT-VT Practitioner.

Not a day goes by where I don't send my Love & Thankfulness to the both of you. Mr. Callahan may not be physically with us. Just the more Care & Love for Human kind the knowledge through Mr. Callahan is a Legacy for all on Earth.



# Loss of a Child: Case Study TWO

History: Loss of a child

Female in her mid 30's: lost her son at the age of 4 due to a rare genetic disorder less than a year ago. It is coming up on the first anniversary of his death. He was completely dependent on his mother and was not mobile at all. Fed by tube feeding, suction machines and continuous 24/7 care. Diagnosis was given with an undefined outcome of not knowing what each day would hold and the outcome being death.

So her life was a ticking time bomb for 4 years.

Current condition: She was feeling anxiety and fear of not knowing, not knowing how she will cope with the first anniversary. Anger for losing her son in the first place, why did this happen to her??

Algorithms used - Complex trauma with anger and guilt and she went from a 10 to 3.5.

I then corrected for level two reversal and repeated the algorithms. Ending SUD was a ZERO- there was no feeling of anxiety when thinking of the first anniversary or thinking of his death.

We finished off with ER- Floor to ceiling eye roll.

**Comments:** Client B was nervous and found it extremely difficult to hum the tune of Happy Birthday in the beginning. She fought back tears and somewhat choking in her throat. Her SUD dropped steadily and with a great response.

I found that she was humming without a prompt and more ease, without me having to remind her to hum the tune. No evidence of PR or Apex problems and she was extremely open to the treatment and findings.

During the treatment Client was swaying from side to side, she felt at peace, light and carefree.



## BOOT CAMP PLUS – A TFT INTENSIVE

by John Steuernal, TFT-Adv.

I have found that many students want a chance to bond with other students and deepen their understanding of this powerful skill set. For the past two years now I have provided an extra day after Boot Camp for students to stay a day longer, and also provide a chance for former students who cannot come for two days to at least spend a day with others practicing and deepening their understanding of how to use TFT.

The agenda includes about an hour on the Algorithms, about 2 hours demonstrating and discussing the Diagnostic Process in detail. Then they practice for about an hour in groups of three. In the afternoon we deal with difficult cases and I demo/discuss some of my creative way of using TFT.

This past week I showed them how to discover the presence of an unconscious emotion blocking healing, through the use of the eyes, and then using TFT to remove it. We also discussed how to link this with other healing modalities.

Please feel free to share this with the rest of the TFT community and if other trainers have questions I can be reached at [john@mindmending.ca](mailto:john@mindmending.ca).

Mind Mending, a Division of At The Moment Coaching,  
[www.atmcoaching.com](http://www.atmcoaching.com) | [www.mindmending.ca](http://www.mindmending.ca)



Callahan Techniques®  
Thought Field Therapy®  
"The greatest therapy for the 21st century!"

Official TFT Training Center

HOME YOUR TFT ALGORITHM COURSE TFT ALGORITHM TEST SUBMIT CASE STUDIES LOG OUT

# 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.

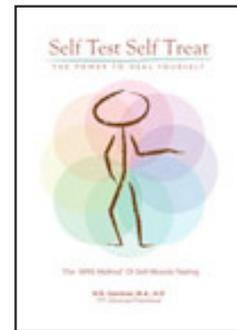
Now you can take the "live" TFT Algorithm training course online! It's an eight part audio-class with workbook, manual and more... **PLUS you can also get certified as a TFT-Algo practitioner.**

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




## 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 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.](#)



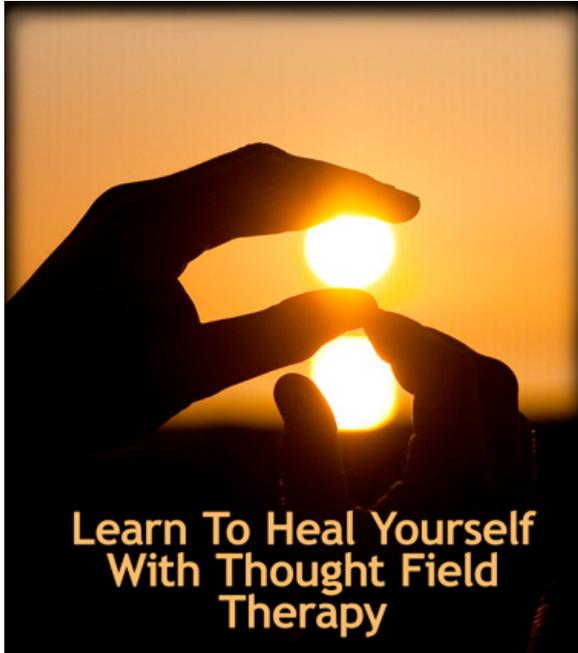
## Join Us for Our Upcoming Optimal Health 3-Day Training Program...

Over three intensive days, you'll learn everything you need to know to assess clients using Voice Technology—and to create a customized TFT tapping sequence, remove blocks to healing and set a course for improved well-being for them. You'll discover how to support your own long-term health using toxin recognition and neutralization techniques. You'll learn TFT sequences that clear the body's energy pathways. And you'll discover new tools for dealing with chronic, debilitating conditions such as cancer, diabetes and heart disease.

This course is fully authorized and approved by Callahan Techniques, Ltd—and recognized by ACEP. After completing this course you will receive the designation TFT-Adv. Not only will you receive permission to mention in your marketing materials that you are trained in Voice Technology techniques, you will be entitled to use the designation TFT-Adv.

[Click Here For Details](#)

# the thought field



## THE THOUGHT FIELD

© 2014 Callahan Techniques, Ltd.  
PO Box 1220  
La Quinta, California 92247

### TFT NEWSLETTER STAFF:

Editor and Publisher: Joanne M. Callahan, MBA

### Contributors:

Mary Cowley, PhD, TFT-VT  
Robert L. Bray, PhD, LCSW, CTS, TFT-VT  
Suzanne Connolly, LCSW, LMFT, LISAC  
Norma Gairdner, H.D., TFT-Adv  
by Mark Steinberg, PhD, TFT-VT  
Lois L. Sugarman, Ph.D., RCT, TFT-Adv  
Phyll & Howard Robson  
Jenny Edwards, PhD  
Dr. Bruce Paton, TFT Adv  
Mariela Prada  
John Steuernol, TFT-Adv

### Submission Information:

We publish the newsletter six times per year. Articles for submission can be sent to:  
Joanne Callahan PO Box 1220 La Quinta, California 92247  
or by email to [info@fttr.com](mailto:info@fttr.com)



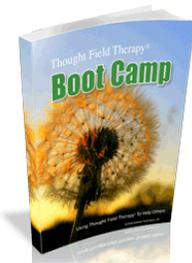
## Thought Field Therapy® **Boot Camp** Callahan Techniques®

**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](http://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