

# the thought field



## TFT Trainer's Share Their Insights, Marketing Successes and Their New Trainee's Accomplishments

We are fortunate to have some very skilled TFT Trainers around the world. They have a diverse set of skills and backgrounds. Often I am asked about becoming a trainer and what one could expect. This issue I am going to share some feedback from some of our trainers around the world, and one of our newer trainer's amazing marketing success.

Leandro Percario, from Sao Paulo, Brazil shares how his TFT Boot Camps went from averaging 8 people to 43. He has been interviewed for one TV show, I did another one with him while recently in Brazil for an Optimal Health course he hosted, and he has two more media shows scheduled. He shares what his marketing plan was with all of us. Click below to hear his story.

Volume 23 Issue 6

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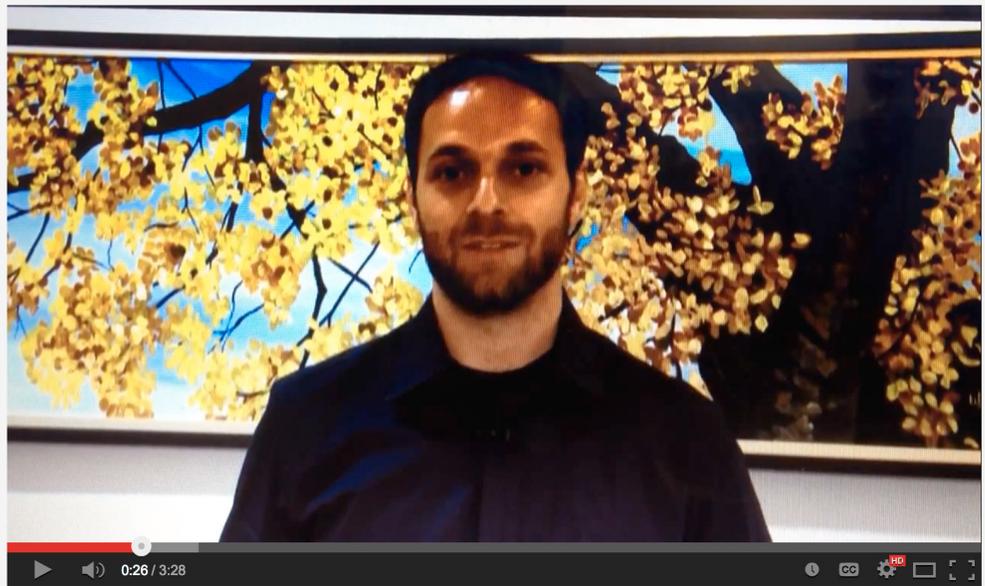
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### New video clips in the Thought Field

This issue begins our new addition of video clips where our trainers and practitioners will share their expertise with others. Each issue will have a brief presentation from our leaders around the world. This issue is from Brazil, watch for the next issue – perhaps it will be from France.



# Why I Love TFT?

*By: John Steuernol - Licensed Trainer TFT,  
CANADA*

Not too long ago, Joanne Callahan invited me to contribute an article about how I use TFT. For me it has become a somewhat addictive process, but one of those addictions that can be good for you.

It was only 6 years ago that I attended my first Boot Camp in Chicago, and Joanne was the instructor. At the time I had no idea how life changing that weekend would be. I had been considering doing some form of energy work for a while, and was undecided about what to do. I looked at EFT twice, but for some reason that I did not understand at the time, it did not resonate with me.

I convinced my friend Andrew to also take the course and so together we drove the 11 hours to Chicago and got trained. I took to this like a duck takes to water, and as soon as I got home, I found three people to work on, submitted my case studies and was eventually approved as a TFT Practitioner at the Diagnostic Level. I was excited to find as many ways as possible to use this, and I did.

My first great success was with my own grandson Spencer, who from the age of six months had a severe skin condition on his legs. It was terrible and he was constantly in a state of discomfort. His mom and dad had taken him to some of the best facilities in Ontario, including the Sick Kids Hospital in Toronto, all to no avail.

I was visiting with my son and his family, and asked if I could treat Spencer with my newfound skills, and they said yes.



Spencer was only two and a half at the time and so I asked him to sit on his mummy's foot while I energy tested his mom. I found the energy pathway for the problem, and tapped it out.

There were also two toxins that were serving as blocks and so they were also cleared. Sometimes energy needs time to change and the protocol suggested that we would need to do some tapping for Spencer for a month. His mom agreed to do this as I was flying home the next day.

Twenty-five days later Spencer woke up to find his leg completely cleared. Needless to say we were all ecstatic about this life changing experience. Previously he was frequently grumpy, and he changed from a grumpy little boy to one who is happy most of the time.

I have gone on from that experience to use it with friends, family, new clients, and frankly anyone willing to give it a go. Some of the things I have used it on and had success with includes a cop with a 25 year issue of rage

which was cleared in 40 minutes.

Think about it for a moment; this police officer had been dealing with these powerful emotions for 25 years, and in less than an hour it was gone. He sent me a note a few days later professing not to understand what took place, and then went on to say he had found a peace he never thought would be possible.

This past weekend I was catching up with one of my friends over the phone. We were having a casual chat and then he happened to mention that his girlfriend had dumped him and that he was having a hard time dealing with it. He was afraid he would be alone for the rest of his life and felt adrift. I took the Optimal Health Course four years ago wherein I learned the Voice Technology method of TFT, and so it is very easy for me to deal with clients anywhere in the world.

The friend I was chatting with was three thousand miles away and all I said to him was “would you like me to help you with some of these feelings you are having?” He said yes, and we began.

I love Voice Technology, because it is fast and efficient. I can do twice as much work with this technique vs the diagnostic one, and so it has become my favorite way for doing TFT. I think it took me all of 20 minutes to clear this issue with my friend. His SUD level was an 8/10 when we began, and 20 minutes later it was down to a 1. He said to me that his head felt clearer, and that he was calm. It was inter-

esting that while we were doing the work he started to yawn a lot, something that I have discovered can be evidence of energy shifts.

A couple of hours after our conversation he sent me a text to thank me again for the help I was able to provide.

Since I took my first Boot Camp with Joanne, I have taken that course again, and have also taken the Optimal Health Course twice. There is a lot of content jammed into a couple of days and I find returning to take the course again is extremely beneficial to help integrate all that you are learning.

In addition to the extensive TFT training I have received, I have also become a Certified Eden Energy Medicine Practitioner and am presently studying Autonomic Response Testing. Energy healing has become a passion of mine and one of my goals is to teach this to as many people as I can.

I moved to the west coast of Canada this summer and now live in a little bit of paradise on Vancouver Island. **On Oct. 4/5 I will be offering the TFT Boot Camp training** on the island and so if you want to learn this amazing skill set, come spend two days with me and I will teach you as much as I can.

John Steuernol CCH, TFT ADV.  
Certified Eden Energy Medicine Practitioner  
Licensed Trainer TFT CANADA



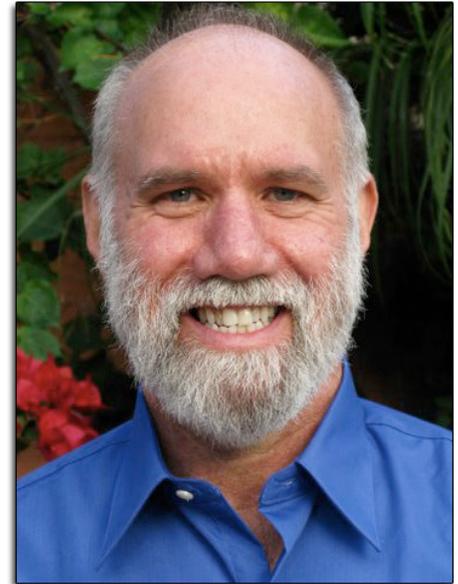
# From a Clinician's Perspective

By Robert L Bray, PhD, TFT-VT, TFT Trainer

I remember Roger Callahan discussing the fact that human beings must make sense out of their experiences as he explained the apex problem so common in those changed by Thought Field Therapy.

The apex problem (attributing change resulting from TFT to other factors) is understandable in those with limited experience with TFT or unwilling to accept a new explanation not fitting their worldview. How do we help others with world views different than our own to accept the power of Thought Field Therapy and integrate it with their way of thinking. This is one of the more challenging problems practitioners face.

I am a psychotherapist in private practice with a specialty in traumatic stress recovery and over 40 years in the business of helping. I have been studying and using Thought Field Therapy since 1996. I am fascinated with understanding how TFT can be used in all approaches to understanding and improving psychological, emotional, spiritual, and physical well-being.



Is Thought Field Therapy a **counteractive technique** and approach or is it a **transformational change** process?

For those of us who attended last year's Association for Comprehensive Energy Psychology conference and or have been exposed to the brilliant working of Bruce Ecker in Therapeutic Reconsolidation Process in Coherence Therapy these are familiar terms. Simply put, the change you seek can come in **incremental and specific changes to thinking, feeling, and behavior** without undoing past implicit memories and their accompanying schemas (meaning making mental structures). Or change can come in a **comprehensive and inclusive shift in your perception and understanding of the world** and your relationship to it. Thought Field Therapy makes the tasks of change faster, easier, and safer.

In post-traumatic response work, the change happening because we have erased the implicit (meaning making) memory associated with an event or have we just blocked the specific reaction to a trigger? The answer to this question matters and informs your next step in helping in larger lifestyle and growth oriented approaches. It also matters in how you explain the mechanism of action to avoid the apex problem and encourage continued use of Thought Field Therapy in other areas of change in those you help.

I think of Thought Field Therapy as transformational change because it becomes impossible to go back to the old ways once you tap and your experience and understanding of past events is changed permanently. This may explain the rapid change in other areas of his/her life we see in those using Thought Field Therapy.

How do you formulate conceptually how we change? And how does Thought Field Therapy fit in your worldview or theoretical model? Join this discussion on our TFT list serve or with articles in the newsletter.

**OR, come take or retake the Boot Camp with me in San Diego in November.**

I have training and experience in many approaches to helping including EMDR, family systems, cognitive therapy, one eye integration, coherence therapy, and many others. Every Boot Camp is a bit different (maybe 5% of content) because the instructors draw on his/her own experience and training in the demonstrations, explanations, applications, and discussions in the workshop. The main objective for all Boot Camps is always the same - you will build the knowledge and skills to use Thought Field Therapy.

Teaching TFT is one of my most favorite things to do, integrating it into theoretical models is just a little extra fun but not necessary to making Thought Field Therapy work for you.

# TFT Boot Camp Training Helps with Family Emergency and Hospitalization

By Mariela Prada, PhD, TFT-Adv, Santiago, Chile

*One of my new graduates from Boot Camp shared a touching story. She wrote as follows:*

"Two months ago I was in Argentina with my husband. All of a sudden my husband started to feel unwell, he could hardly breathe and in general did not feel at all well. He did not want to call or see a doctor as we were returning to Chile next day, and did not want to be hospitalized in Argentina.

I immediately thought this might be a heart attack; I looked up symptoms on the internet but what he had did not match what I read.

As I got desperate, I started tapping directly on him. He was totally sceptical but I kept on doing what I thought might help him. I did complex trauma sequence, the rage, and also g50. He fell asleep in five minutes (and even snored!). A few hours later he woke up again saying he was again not feeling well and that if I could please tap on him again. Five minutes later he fell asleep again.

The next day we came back to Chile. He did not want to go see a doctor although he was still not feeling well. I got anxious and started tapping on myself so as to relax and be able to convince him to see a doctor. I tapped complex trauma; rage and anger. When I went to see him he said to me: "let's go the doctor now".

When we got to the hospital the doctor confirmed that he had had a heart attack and that he was in high risk of having a second one. His heart was functioning at only 35%. He needed triple bypass surgery. There I learned that since my husband is also diabetic, his symptoms are not the same as other people with a heart condition, and that my first intuition had been right.

Before they could perform the operation, the doctor had to treat a lung condition (which took 20 days). During those days, as he often had a hard time breathing I just tapped and tapped when he was not feeling well, when he could not sleep, and when he was in anguish.



He was in a room with 8 other patients who saw what I was doing and slowly started asking me to do the same with them before and after being operated, and when they were in pain or afraid. I also tapped with their wives. They were all grateful for what I did for them, and for the immediate results they experienced.

One man in the room started crying. Doctors had told him that they could not operate on him for some time due to a prior kidney condition. I went to his bed and asked him: "How bad, from one to 10, are you feeling?" "Ten", he said. As I could not diagnose, I used algorithms. In a few minutes he dropped to 6, then to 2 and after 10 minutes he was up in bed laughing.

He told his son this experience, who then came up to me and asked if I could help his mother who had not been able to sleep the last 25 days. So I also did tapping with her.

The next day she came to see me. I almost did not recognize her. All the other days she had been dressed in dark colors, looked unkempt and very tired. Now she had dressed in bright colors, had color in her face and had even been to the hairdresser. She told me that after the tapping she had slept like a baby all night; her son reported that she had even snored.

During the month my husband was in the hospital I kept tapping. One day while I was driving to the hospital to visit him, I noticed I had droopy eyes. I was sure that it was part of all the tension I had experienced during that time. So I decided to tap on myself for that. I did complex trauma, and sure enough, a few minutes later I was ok again.

When my husband came home he could not sleep

well, afraid he might have the same symptoms again at night (which was the same time as the first event in Argentina). So we worked on the trauma of his first heart attack and all other traumas after that, and in the end attacked the “sleeping problem”.

Today, more than a month after his operation, his doctor says that he has had an excellent recovery, and he is sleeping well since our treatment”.

## Brazil is On Fire with TFT

I have just returned from an amazing trip to Brazil for an Optimal Health training, a Boot Camp review and many meetings. As you can see from the photograph, we had much fun and there is much excitement there. Through his amazing new marketing program, Leandro, whom we saw earlier, had TV interviews and much media attention for TFT.

I would like to welcome our two newest Boot Camp trainers, Fr. Sidnei Ferreira from the state of Parana and Eduardo Vasconcellos from the state and city of Rio de Janeiro. Both of these new trainers will also be sharing TFT with the less privileged communities in their areas, carrying on the work our TFT Foundation does around the world.

There are two others about to join the community of trainers from the states of Goias and Mato Grosso and another from the Espirito Santo and Santa Catarina. Brazil will soon have TFT available around the country. I will begin learning Portuguese for my next visit.

Our Paris trainer, Ngub Nding assisted me, as did his fiancé Alexandra Maillet and Keith Rockhill, long-time UK practitioner, also joined us and helped when TV interviews ran over.

We all met and discussed next year’s new programs, one of which will be launched in Brazil, in the beautiful Espaco Terra resort we all enjoyed this year. Set your dates for the first week of October and watch for details.



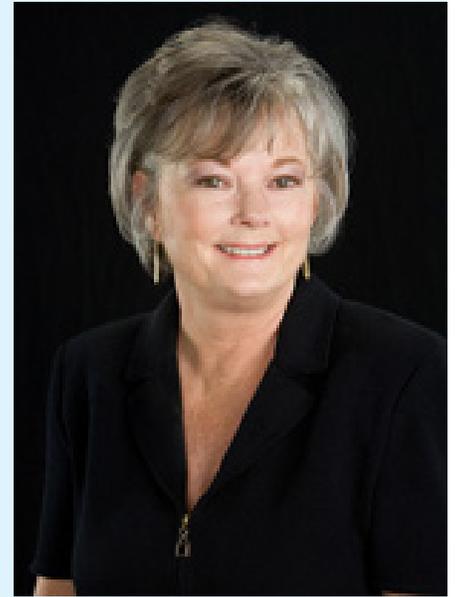
# ADDITIONAL TFT HELP

## 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.](#)



## The 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!](#)

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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:  
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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.

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# TFT TRAINING

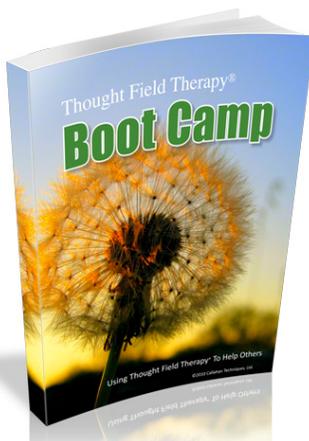
## Boot Camp Home Study - On Sale Now!

**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 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.](#)



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## THE THOUGHT FIELD

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PO Box 1220  
La Quinta, California 92247

## TFT NEWSLETTER STAFF:

Editor and Publisher: Joanne M. Callahan, MBA

## Contributors:

Leandro Percario, TFT-Adv, TFT Trainer Brazil  
John Steurnol, TFT-Adv, TFT Trainer Canada  
Robert L Bray, PhD, TFT-VT, TFT Trainer USA  
Mariela Prada, PhD, TFT-Adv, TFT Trainer Chile

## 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@tfrx.com](mailto:info@tfrx.com)



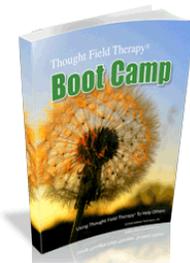
## Thought Field Therapy® **Boot Camp** Callahan Techniques®

**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