

TFT Algorithms

Thought Field Therapy

A = UNDERARM

CB = COLLARBONE

E = UNDEREYE

EB = EYEBROW

GS = GAMUT SPOT

IF = INDEX FINGER

LF = LITTLE FINGER

OE = OUTSIDE EYE

SOCKET SIDE OF HAND = KARATE CHOP POINT

9G = 9 GAMUT SEQUENCE

UN = UNDER NOSE

BN = Below the Nipple

MB = MIDDLE FINGER

Simple Trauma EB, CB, 9G, RPT

Complex Trauma EB, E, A, CB, 9G, RPT

Complex Trauma With Anger EB, E, A, CB, LF, CB 9G, RPT

Complex Trauma With Guilt EB, E, A, CB, IF, CB, 9G, RPT

Simple Anxiety E, A, CB, 9G, RPT

Complex Anxiety/Panic Attack EB, E, A, CB, 9G, RPT

Complex Anxiety/Panic Attack1 E, A, EB, CB, LF, 9G, RPT

Complex Anxiety/Panic Attack2 A, E, EB, CB, LF, 9G, RPT

Complex Anxiety/Panic Attack3 EB, A, E, 9G, RPT

Complex Anxiety/Panic Attack4 E, EB, A, LF, 9G, RPT

Complex Anxiety/Panic Attack5 CB, E, A, 9G, RPT

Urge Reduction Protocol Side of Hand, UN, E, A, CB, 9G, RPT

Addictive Urge – First Use E, A, CB, 9G, RPT

Addictive Urge – Alternative1 CB, E, CB, 9G, RPT

Addictive Urge – Alternative2 A, E, CB, 9G, RPT

Addictive Urge – Alternative3 E, CB, A, CB, 9G, RPT

Most Phobias E, A, CB, 9G, RPT

Fear of Spiders, Claustrophobia and Turbulence A, E, CB, 9G, RPT

Depression Gamut Spot (50 times), CB, 9G, RPT

Anger LF, CB, 9G, RPT

Rage OE, CB, 9G, RPT

Obsession (OCD) CB, E, CB, 9G, RPT

Obsession (OCD) Alternative1 A, E, CB, 9G, RPT

Obsession (OCD) Alternative2 E, A, CB, 9G, RPT

Guilt IF, CB, 9G, RPT

Shame CHIN, 9G, RPT

Embarrassment Upper Lip (below nose)

Jet Lag – West to East E, CB, 9G, RPT

Jet Lag – East to West A, CB, 9G, RPT

Physical Pain Gamut Spot (50 times), CB, 9G, RPT

Love Pain Side of Hand, Under nose, EB, A, CB, LF, IF, CB, 9G, RPT

EFT = EB, OE, E, UN, CHIN, CB, A, BN, THUMB, IF, MF LF, SIDE OF HAND, 9G, RPT

9G = Do 9 gamut sequence (while tapping gamut spot do the following)

1. Eyes Open

2. Eyes Closed

3. Eyes Open

4. Look down to the left

5. Look down to the right

6. Roll eyes one way then other

7. Hum a tune

8. Count to five

9. Hum again

Repeat algorithm tapping sequence

Reversal Methods

a) If first treatment fails, tap 5 times on the side of hand.

b) Rub sore spots.

c) Tap index finger (if caused by toxins).

d) PR Level 2 tap under the nose 15 times.

e) Collarbone Breathing.

Meridians and Emotions

Meridian - Emotion - Tapping Point

Stomach - Obsession - Under Eyes

Spleen - Rejection - Under Arm

Kidney - Fear - Collarbone

Bladder - Panic - Eyebrow

Heart - Forgiveness - Little Finger

Large Intestine - Letting Go - Index Finger

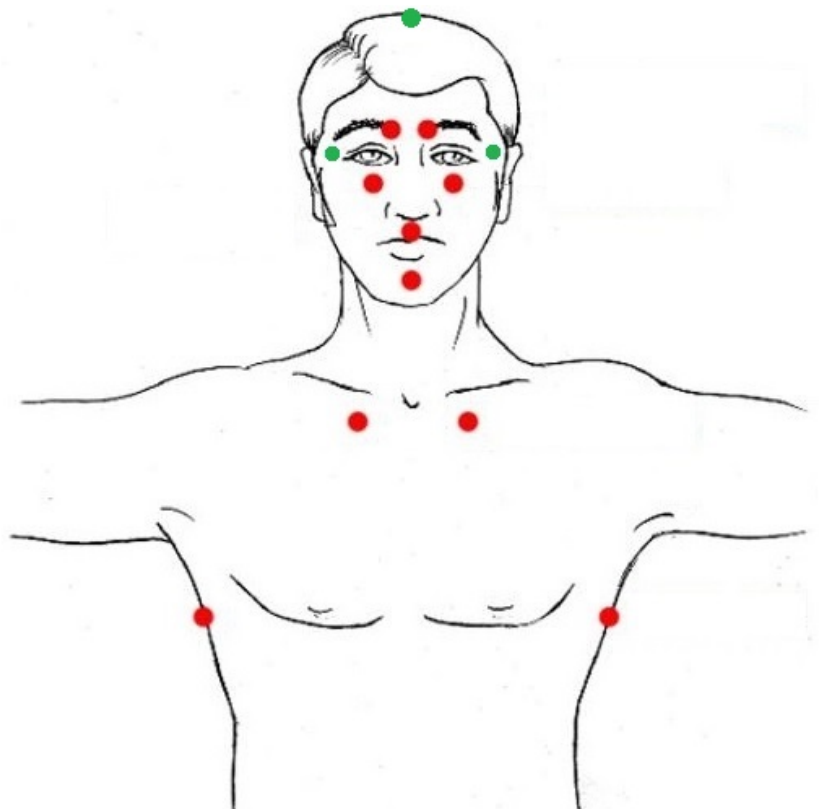
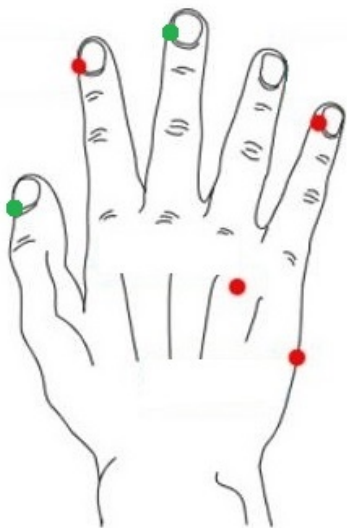
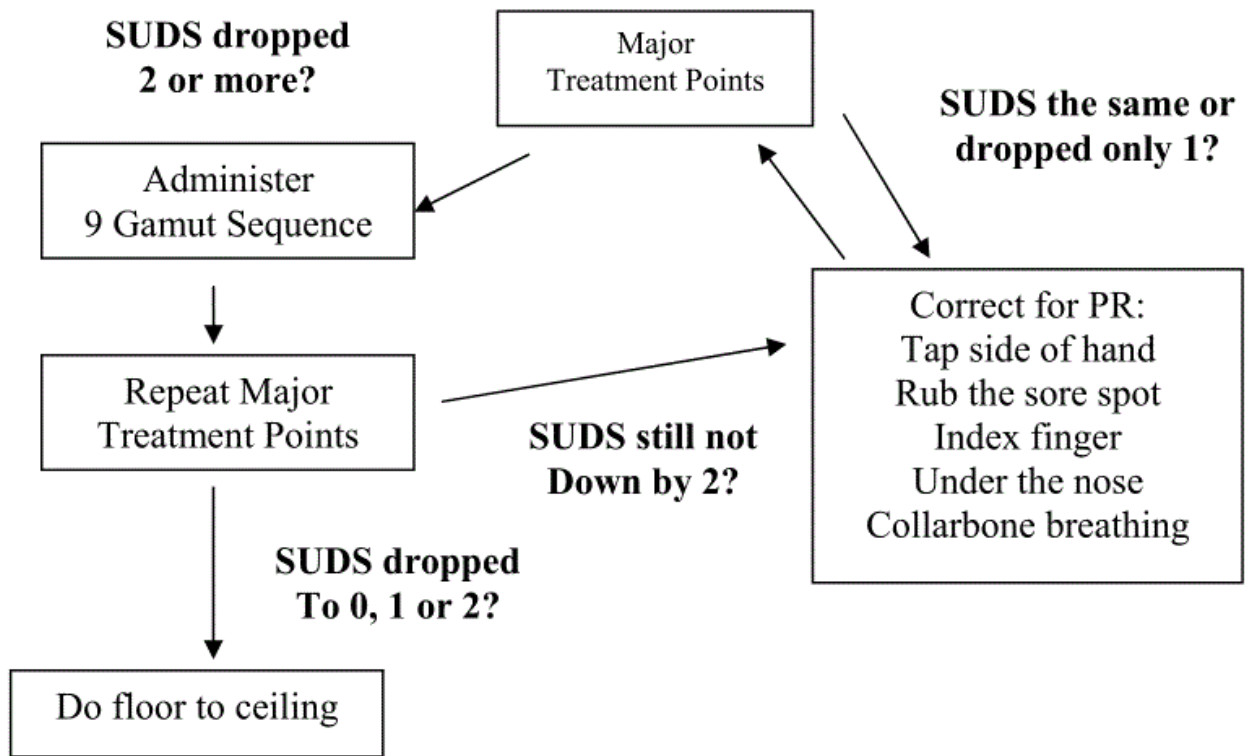
Triple Warmer - Depression - Gamut Spot

Gall Bladder - Pride - Outside Edges of Eyes

Small Intestine - Fear of New Experience - Side of Hand

Central - Shame - Chin

Governing - Embarrassment - Under Nose



What Is TFT?

TFT was discovered and developed by Dr. Roger J. Callahan. Dr. Callahan earned a Ph.D. in clinical psychology at Syracuse University and was Associate Professor and Director of Psychological Services and Research at Eastern Michigan University before entering private practice. He has served as President of the American Academy of Psychologists in Marital and Family Therapy. Although Dr. Callahan's background was in conventional psychotherapy, he explored new approaches to healing that might more effectively help his clients, and was a pioneer in cognitive therapy and clinical hypnotherapy.

Passionate to find an ever more powerful approach, Dr. Callahan continued to explore innovative therapies. It was through this journey that TFT was born.

THOUGHT FIELD THERAPY (by Dr. Roger & Ms. Joanne Callahan, May 2009)

Thought Field Therapy (originally known as the Callahan Techniques) is different from other psychological treatments. The therapeutic process itself is completely unique, as is the scientific foundation on which it is based and the unprecedented results it produces. Since its discovery as the Callahan Techniques 30 years ago, it has spawned numerous offshoots within the field of energy psychology and brief therapies.

TFT is a system that accesses and resolves the essence and the root cause of a problem within the whole human system, be it emotional, mental, physical, and/or spiritual. As a clinical psychologist, Dr. Callahan began working with negative emotions—phobias, anger, guilt, grief, trauma, addictions, depression, etc. These negative feelings are condensed information in energy form, bound in what he calls a “thought field”. The active information in this thought field creates the distress by disrupting the body's internal energy flow, causing upheaval that sabotages your emotional well-being. It has become apparent that the same process also occurs for many physical symptoms.

The key to the treatment is influencing the body's bioenergy field by tapping with your fingers on specific points on the body located along energy meridians, while tuned into the specific thought field. This is a simple, user-friendly process.

Thanks to new research using technology that can monitor the body's autonomic nervous system, we can now scientifically measure and quantify the systemic changes that TFT produces. We use Heart Rate Variability to measure changes in one's overall state of health and monitor efficacy of treatment. Clearly, TFT heals at a most fundamental level, and it happens almost instantaneously.

Thought Field Therapy (TFT) is indeed a highly effective, drug-free and non-invasive method for eliminating fears, anxiety, trauma and stress within minutes.

<https://tfttraumarelief.com/what-is-tft/>