

Thought Field Therapy

Algorithm Level

Training Manual

Thought Field Therapy Algorithm Training

Treatment Spot Locations

The **Eyebrow Spot** is located at the beginning of either eyebrow. An alternative spot is located on the outside of either little toe by the lower outer corner of the toenail. Used in the treatment of past trauma, grief, loss, and sadness.

The **Collarbone Spot** is located about an inch down and 1 inch to either side of the sternal notch in the depression below the clavicle. This spot is used as a general treatment spot to emphasize the effects of the treatment and usually follows at the end of the treatment sequences.

The **Eye Spot** is located directly under the center of either eye on the bony ridge. An alternate spot would be located on the second toe (the one next to the big toe) on the little toe side, near the lower corner of the toenail. Used in the treatment of fear, anxiety, and phobias.

The **Arm Spot** is located on either side of the ribs about 4-5 inches directly under the arm. Used with the eye spot in the treatment of fear, anxiety, and phobias. Used first for claustrophobia, turbulence, and spiders.

The **Tiny finger Spot** is location on the thumb side of either tiny finger near the lower corner of the nail. Used in the treatment of anger

The **Index Finger Spot** is located on the thumb side of either index finger near the lower corner of the nail. Used in the treatment of feelings of guilt.

The **Under the Nose Spot** is located directly under the nose. Used in the treatment of embarrassment, as a treatment for nasal congestion, and as a reversal spot having to do with fear of a problem returning.

The **Chin spot** is located under the lower lip in the cleft of the chin. Used in the treatment of shame.

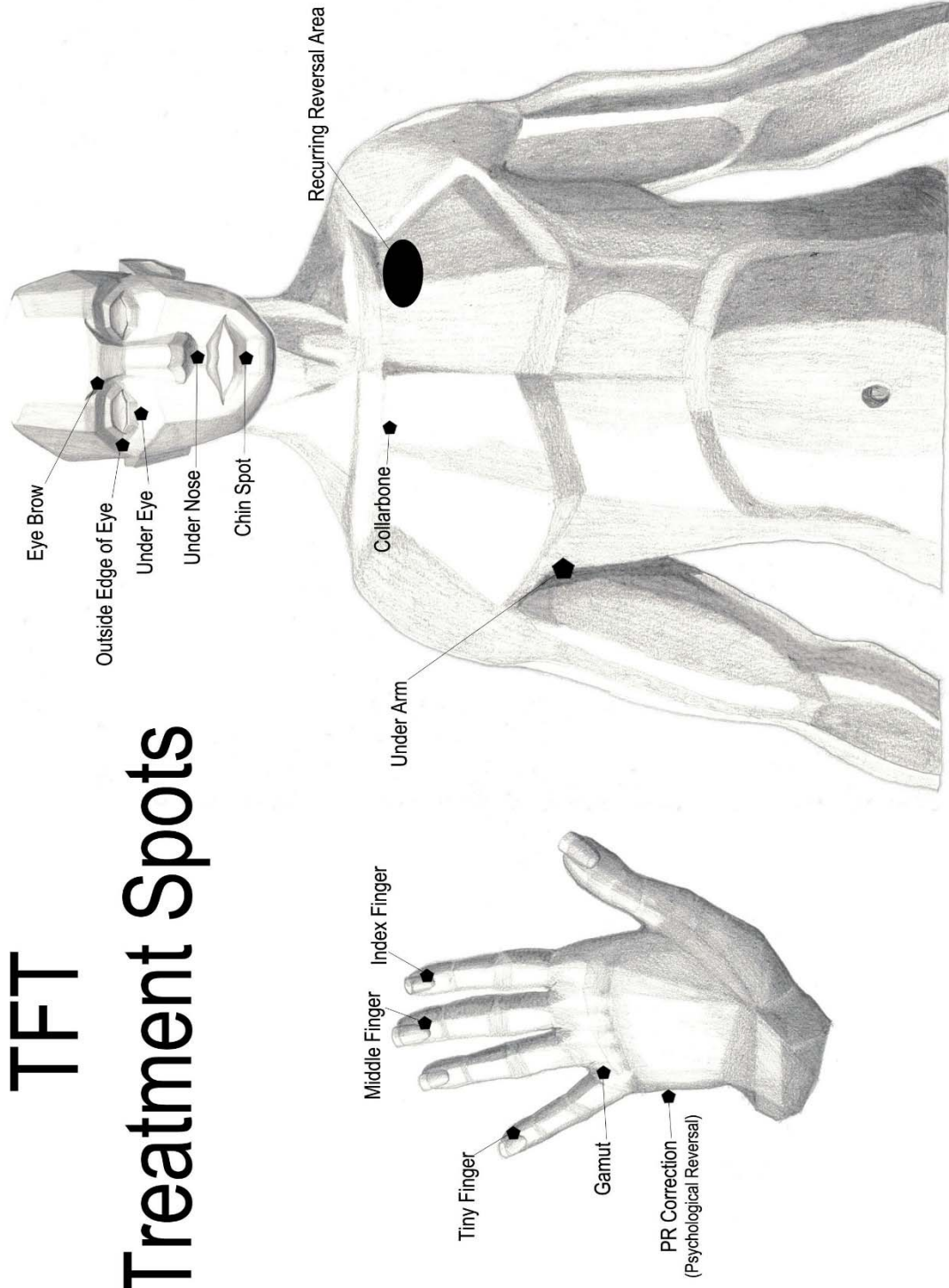
The **Gamut Spot** is located on the back of either hand in the depression below the base joints of the tiny finger and the ring finger. An alternative spot is located on the outside edge of the eyebrow – (the side nearer the ear). It is used in the 9-gamut treatment and in the treatment of physical pain and depression.

The **Outer Eye Spot** is located at the outer edge of the bony eye socket where the upper and lower eyelids meet. Used in the treatment of rage.

Notes: It is possible to rub these spots or hold them rather than tapping, but in most cases to be most effective, tap 5-10 times on each meridian point (tapping spot). Tap hard enough but not hard enough to hurt. Speed of tapping does not matter. You may tap on both sides of body. This was done originally but has been shown over time to not be more effective than tapping only one side. It is okay to switch sides as tapping continues. There are 12 meridians mirrored on each side and two main connecting channels that are used in Thought Field Therapy. These tapping spots are all on, or close to, meridian end points.

TFT

Treatment Spots



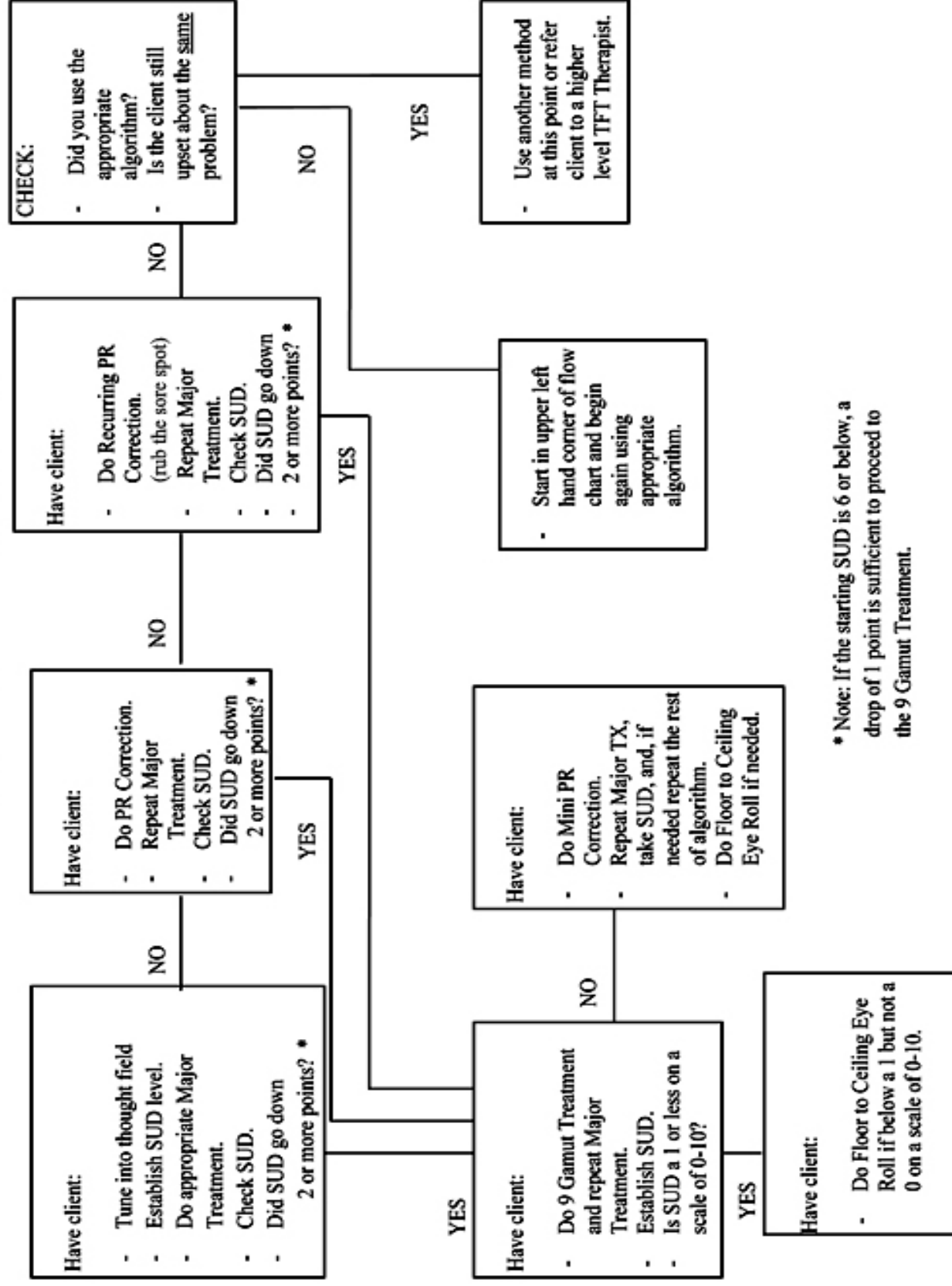
Introduction to Basic TFT Algorithms

Problem	Major Treatment Spots	9 Gamut Treatment	Repeat Tx (abbreviated)
Basic Treatment - Grief Trauma, Sadness, Loss	Eyebrow, Eye, Arm, Collarbone	9-g	eb, e, a, cb
Past Trauma Alone -Grief and Sadness	Eyebrow, Collarbone	9-g	eb, cb
Anxiety Alone	Eye, Arm, Collarbone	9-g	e, a, cb
Spiders, Claustrophobia, and Air Turbulence	Arm, Eye, Collarbone	9-g	a, e, cb
Anger (add to basic if needed)	Little Finger, Collarbone	9-g	If, cb
Rage (add to basic if needed)	Outer Edge of Eye, Collarbone	9-g	oe, cb
Guilt (add to basic if needed)	Index Finger, Collarbone	9-g	if, cb
Depression (add to basic if needed)	Back of Hand /Gamut Spot 50x, Collarbone 5-10x	9-g	g 50X, cb 5-10X
Embarrassment or Jealousy (add to basic if needed)	Under Nose, Collarbone	9-g	un, cb
Shame (add to basic if needed)	Chin, Collarbone	9-g	ch, cb

9 Gamut Treatment

- ~ Eyes open, then closed
- ~ Eyes pointed down in one direction - then the other
- ~ Eyes around in a circle one way - then the other
- ~ Listen to music or hum
- ~ Count to 5
- ~ Listen to music or hum

Thought Field Therapy Flow Chart I



* Note: If the starting SUD is 6 or below, a drop of 1 point is sufficient to proceed to the 9 Gamut Treatment.

Step-By-Step Procedure for Using TFT Algorithms

1. Ask the client to think about the problem.
2. Ask the client to quantify the problem on a scale of 0 to 10 (SUD level).
3. Ask the client to continue thinking about the problem while tapping on the appropriate Major Treatment Spots.
4. Check SUD level.
 - If SUD is a 0, you are finished using TFT on this specific problem.
 - If SUD has not gone down at least 2 points (or, if the starting SUD was 6 or less, it has not gone down 1 point, do the appropriate reversal and begin again with step 3.
 - If SUD has gone down at least 2 points (or, if the starting SUD was 6 or less, it has gone down 1 point, proceed with Step 5 (the 9 Gamut Treatment).
5. 9-Gamut Treatment:
 Client taps Gamut Spot (on back of either hand) while doing the following:
 - Eyes Closed
 - Eyes Open
 - Eyes look down and to the left
 - Eyes look down and to the right
 - Roll eyes in a circle
 - Roll eyes in a circle in the opposite direction
 - Hum a short tune
 - Count to five
 - Hum a short tune
6. Repeat Step 3 (Major Treatment).
7. Check the client's SUD.
 - If SUD is a 0, you are finished using TFT for this specific problem.
 - If SUD is a 1 or below, but not yet a 0, do the Floor-to-Ceiling Eye Roll.
 - If SUD is above a 1, do the Mini Psychological Reversal Correction (See Page 18).
 - Then, begin again with step 3. Proceed to steps 5, 6, and 7.

Psychological Reversal Correction Spots Explained

1, The **Psychological Reversal Correction Spot** is located on the tiny finger side of the outside of either hand (the karate chop spot) midway between the base of the tiny finger and the top of the wrist bones. It is located on the small intestine meridian (SI-3)

When a major treatment (tapping sequence) is not effective, but after tapping the psychological Reversal Correction spot it is effective, that indicates that there was a blockage in the energy system. The blockage is caused by stress. It could be the stress of thinking about the problem; it could be the stress resulting from an ingested food or beverage that is not favorable to that person, or from an inhaled toxin, such as laundry detergent on clothing, perfumes, fragrances, or other chemicals in the air.

A psychological reversal does not indicate a client's reluctance to get over the problem. When Dr. Callahan first encountered reversals in the late 1970's, he developed an affirmation: "I deeply and completely accept myself even though I have this problem." Later, he discovered that the tapping on the side of the hand (or using other reversal spots) was simpler and just as effective without the repetition of the affirmations. The affirmations were then dropped in the late 1990s.

2. The **Recurring Psychological Reversal Spot** is found by going one inch down from the sternal notch and going about four or five inches over to the left. This is not an acupuncture spot, but a neuro-lymphatic reflex point. (Note: neuro-lymphatic reflexes were discovered by Frank Chapman, D.O. in the 1930s.)

This area is rubbed in a circular motion rather than tapped. (The direction of the circle does not matter.) When this intervention is needed, this spot is often, but not always, quite tender, or even painful to rub. If after rubbing this spot and repeating the first major treatment (tapping sequence), the SUD level begins going down, this may indicate that the client has ingested an Individual Energy Toxin or IET (a substance that has a negative effect on their individual and unique-to-them energy system. This may be essential information to share, and proper referrals can be made. For this reason, it is not suggested that you automatically begin the treatment by rubbing this spot. Most clients will not need to rub this spot; however, those who do, need to rub this spot before treatment is effective, will need to have this information about their diet as will you the therapist. Looking at diet is an essential part of all holistic approaches to healthcare.

Psychological Reversal Correction Techniques

If the SUD level is not down *by at least 2 points* after the initial major treatment, (or, if the starting SUD was 6 or less, if it has not gone down 1 point), use:

THE PSYCHOLOGICAL REVERSAL CORRECTION

Procedure: Tap the “PR” spot, which is located on the outside edge of the hand about midway between the wrist and the base of the tiny finger (The “karate chop” spot) for 20 seconds. Then attempt the major treatment again and take a SUD reading.

If the Psychological Reversal Correction above is not adequate to lower the SUD level *by at least 2 points* after doing the major treatment again, it may be that there are ingested toxins involved. Then use:

THE RECURRING PSYCHOLOGICAL REVERSAL CORRECTION

Procedure: Have client locate the tender area of the upper left chest beneath the left collarbone (about 1 inch down and 3-4 inches over to left from sterna notch). Have client rub this area in a circular motion for about 20 seconds. (The direction of rubbing is not an issue). Then, again repeat the major treatment and take a SUD reading.

If, after completing the entire algorithm, the SUD level is down significantly but is still higher than a 1, use: It would always occur after an entire algorithm has been completed.

*THE MINI PSYCHOLOGICAL REVERSAL CORRECTION

This is the same as Psychological Reversal except that it is used later in the treatment process when the SUD is already lower. Again, have the client think about the remaining problem while tapping on the outside edge of the hand (PR spot) or rub the sore spot in the upper left chest (Recurring Psychological Reversal Area) if that was needed earlier in the treatment. Then, repeat the major treatment and take a SUD reading.

FLOOR TO CEILING EYE ROLL

Used when the entire algorithm has been completed and the client reports a SUD level above 0, but not higher than a 1. This technique can be used by itself for the purpose of relaxation.

Have the client tap the gamut spot while holding the head level. While continuing to tap, the client looks down toward the floor and then, gradually, raises the eyes until looking at the ceiling. Note: This can be done twice if necessary. After doing once on one hand; switch to other hand.

Glossary of Terms

Algorithm—A sequential treatment pattern including a Major Treatment the 9-Gamut treatment and a repeat of the Major Treatment. Algorithms are patterns that were developed by Dr. Callahan to be successful a vast majority of the time for specific psychological problems.

Apex Problem—Refers to the tendency of people who have been successfully treated with TFT to attribute the success of the treatment to something else such as “distraction,” “placebo” or “it comes and it goes anyway”, or “it really helped to talk about it.”

Major Treatment—A part of the TFT treatment process involving a sequence of tapping on specific meridian points in a particular order, used at the beginning and the end of an algorithm.

Nine Gamut Treatment—An entire range (the “whole gamut”) of 9 activities that are performed while continually tapping on the gamut spot, which is located on the back of the hand just below and between the knuckles of the tiny finger and the ring finger.

Perturbation—A disturbance in the Thought Field or other system. Dr. Callahan suggested that negative emotions are caused by Perturbations in the Thought Field.

Psychological Reversal—A block in the energy system that must be cleared before healing can take place. Usually corrected by tapping the side of the hand.

Recurring Psychological Reversal—A psychological reversal that is repetitive, usually due to toxins, and is corrected by rubbing the neuro-lymphatic reflex point located on the upper left side of the chest, the “sore spot”.

Mini Psychological Reversal—A psychological reversal that occurs later in the treatment, after an algorithm has been completed with only partial success. The person being treated focuses on the REMAINING problem. The mini psychological reversal can be treated by tapping the side of the hand, or if the person already needed to rub the “sore spot” earlier in the treatment, you would treat the mini reversal by rubbing the “sore spot”.

Thought Field—An invisible field, which is paired with a particular thought, which influences the emotions of the individual. The client needs to tune in to the Thought Field (thinking about the problem) to treat a problem using Thought Field Therapy.

Treating Self-Esteem and Dysfunctional Beliefs with Thought Field Therapy

*The greatest discovery of my
generation is that a human
being can alter his life by
altering his attitudes
of mind.*

*~ William James ~
1842-1910*

Reframing Negative Self-Assumptions

The famous hypnotherapist Milton Erickson often used the technique of “reframing” to find a way to work with a problem. Reframing issues of low-self-esteem or negative self-assumptions can easily be “reframed” into fears or anxieties around self-worth. They can then be treated easily using TFT. Some examples of reframes that can be helpful follow:

- Fear of not being good enough
- Fear of not being perfect
- Fear of being inadequate
- Fear of not being enough
- Fear of being incapable
- Fear of being unlovable
- Fear of being undeserving
- Fear of being unworthy
- Fear of being unacceptable
- Fear of being unattractive

Common Dysfunctional Beliefs

Listening to our clients we can often find ways to find core dysfunctional beliefs such as those developed by psychologist Albert Ellis and then treat these beliefs using TFT. Some examples are below.

- I need to be perfect in everything I say and do.
- People should always behave the way I think they should behave.
- Life is supposed to be fair.
- It is not okay to make a mistake.
- Conflict is bad, and I need to avoid it at all costs.
- Other people’s needs are more important than mine.
- It is awful when things do not go the way I think they should.
- I need to be loved by everybody all the time.

TFT Procedure for Negative Self Assumptions

1. Think of the negative self-assumption(s) and choose a number between 0 and 10 that best represents the intensity of your discomfort, with 10 being the highest and 0 being the lowest.
2. Tapping Sequence:
 - Tap at the beginning of your EYEBROW.
 - Next tap just below either EYE (on the bony ridge).
 - Then tap under either ARM, approximately 4 inches below the pit of the arm.
 - Tap under your COLLARBONE, one inch down and one inch over to the right or left.
 - Tap under your NOSE.
 - Tap under your CHIN – center of chin
 - And then tap again just below the COLLARBONE.
3. Re-evaluate your feelings again and choose a number between 0 and 10 that best represents the intensity. If the intensity of your feelings is now at least 2 numbers lower than initially, go to Step 4. If not, follow this procedure: Psychological Reversal Correction. Tap the tiny finger side of either hand (the part we use for a “karate chop”) for 20 seconds (or locate the tender area of the upper left chest beneath the left collarbone, press down with your fingers, and rub this area in a circular motion for about 20 seconds). Then, repeat Step 2 before going on to Step 4.
4. 9 Gamut Treatment: Next is a sequence of activities that are done while tapping at a spot on the back of either hand. The spot is just below and between the knuckle of the tiny finger and the knuckle of the ring finger. With the hand flat, tap this spot continually while doing the following activities (about 5 taps for each of the 9 activities).
 - Eyes Closed, Eyes Open,
 - Eyes look down left, and then right (with Head still),
 - Roll eyes clockwise in circle and then counter-clockwise,
 - Hum a tune, Count to five, Hum,
 - Repeat Step 2 before going on to Step 5.
5. As you did before, re-evaluate your feeling about the problem again and choose a number between 0 and 10 that best represents the intensity. If it is still above a 1, repeat the Psychological Reversal Correction followed by the Tapping Sequence (Step 2), the 9 Gamut Treatment (Step 4), and a repeat of the Tapping Sequence (Step 2).
6. Floor to Ceiling Eye roll: If the SUD level is at a 1 but not a 0, tap the gamut spot on the back of your hand. Holding your head still, look down toward the floor, and then, gradually, raise your eyes vertically until looking at the ceiling.

TFT Procedure for Dysfunctional Beliefs

- 1 Think of the dysfunctional belief and choose a number between 0 and 10 that best represents the intensity of your belief, with 10 being the highest and 0 being the lowest.

- 2 Tapping Sequence
 - Tap at the beginning of your EYEBROW.
 - Next, tap just below either EYE (on the bony ridge.)
 - Then, tap under either ARM, approximately 4 inches below the pit of the arm.
 - Tap under your COLLARBONE, one inch down and one inch over to the left or right.
 - Add additional spots as needed.

- 3 Re-evaluate your feelings again and choose a number between 0 and 10 that best represents the intensity. If the intensity of your feelings is now at least 2 numbers lower than initially, go to Step 4. If not, follow this procedure: Psychological Reversal Correction: Tap the tiny finger side of either hand (the part we use for a “karate chop”) for 20 seconds (or locate the tender area of the upper left chest beneath the left collarbone, press down with your fingers, and rub this area in a circular motion for about 20 seconds). Then, repeat Step 2 before going on to Step 4.

- 9 Gamut Treatment: Next is a sequence of activities that are done while tapping at a spot on the back of either hand. The spot is just below and between the knuckle of the tiny finger and the knuckle of the ring finger. Tap this spot continually while doing the following activities (about 5 taps for each of the 9 activities).
 - Eyes Closed, Eyes Open,
 - Eyes look down left, and then right (With Head still) ,
 - Roll eyes clockwise in circle and then counter-clockwise,
 - Hum a tune, Count to five, Hum
 - Repeat Step 2 before going on to Step 5

- 5 As you did before, re-evaluate your feelings about the problem again and choose a number between 0 and 10 that best represents the intensity. If it is still above a 1, repeat the Psychological Reversal Correction followed by the Tapping Sequence (Step 2), the 9 Gamut Treatment (Step 4), and a repeat of the Tapping Sequence (Step 2).

- 6 Floor to Ceiling Eye roll: When the level is at a 1 but not a 0 tap the gamut spot on the back of your hand. Holding your head still, look down toward the floor, and then, gradually, vertically raise your eyes until looking at the ceiling.

Peak Performance Installation

Callahan Techniques - Thought Field Therapy

Assess level of confidence on a 0 – 10 scale. Ten is MOST confident.

Recall or picture the performance of the task, as you would do it in perfect execution.

Feel kinesthetic experience in detail.

See visual experience in detail.

Hear auditory experience in detail.

Include taste and smell, if appropriate.

Tap under arm

Tap under collarbone

9-Gamut

Close eyes

Open eyes

Look down to one side

Look down to the other side

Roll eyes in a circle in one direction

Roll eyes in a circle in the other direction

Hum a tune

Count 1 – 5

Hum a tune

Tap arm

Tap under collarbone

Check level of confidence. Do psychological reversals or unblocking (side of hand/karate point) and repeat the above treatment for peak performance mental recreation. Continue with other reversal treatments as and if needed (recurring psychological reversal spot, deep level reversal correction spot, toxin correction spot) until goes to the highest level the individual can attain. Stop anytime highest level is attained and do floor to ceiling eye roll while tapping gamut spot.

The Classroom TFT Exercise

This is our time to begin thinking about things that are bothering us and get in the way of our learning and get in the way of our being happy. Please think about something that is troubling for you the entire time we do this tapping exercise. We are going to begin by rubbing the tender spot on both sides. Then, continuing to think about what is bothering you,

Tap on the beginning of your eyebrow
 Then tap under your eye
 Then tap under your arm
 And under your collarbone

Everyone tap along on the little finger for those who are feeling angry this is really an important place to tap so everyone, tap along.
 And then tap again under your collarbone

Then tap under your nose
 And then on your chin
 And on your pointer finger
 And again, under your collarbone

And some people might be feeling sad or really unhappy so lets all tap on the back of our hand

And then the collarbone

Do the 9_Gamut treatment
 and do the tapping treatment above again.

Start it again with rubbing the tender spots and use similar word.
 Continue for ten-minutes. (Remember to take your time tapping on each spot and an extra-long time tapping on the back of the hand.