



The Benefits of Thought Field Therapy

Thought Field Therapy is a branch of Energy Psychology that focuses on the body mechanics associated with its energy system. TFT has been found to have a 80% success rate with addictive habits, depression, anxiety, anger issues, self-esteem issues, PTSD and many other psychological distresses. It has also proven to be very effective in lessening physical pain. The therapy involves rhythmic tapping of a particular spot of the patient's body in order to manipulate the flow of energy that all bodies possess. The technique works much like acupuncture without the use of needles. It is important to note that the clients tap on themselves while the therapist acts as a mirror demonstrating the appropriate tapping points.

How Does Thought Field Therapy Work?

There are 14 main body energy meridians; meridians being the pathways (or energy channels) in which the body's energy (known as Chi/Qi) flows through to properly circulate throughout the body. This life energy must be evenly distributed throughout the body or the body will experience imbalances on a biochemical level. The energy becomes unevenly dispersed when a certain meridian becomes deprived of or blocked up with this energy. This energy is believed to be made up of coded information patterns, much like our DNA, and provide instructions for the mind and body to generate any emotional experience involved in any external stimulation or event. This is why we may feel as though we have similar feelings for very different occurrences. Through TFT the appropriate energy meridian is manipulated by tapping that area of the body in a particular sequence that is compatible with the energy algorithm, blocks associated with that meridian would be collapsed. While this does quell the negative emotional feelings involved in the event, it does not work like hypnosis, as the memory of the event will still last within the patient's mind.

Why does Thought Field Therapy Work?

That last detail may have caused doubt among several scholars and patients alike. So the question is, is there an exact science involved to back these claims? We can attribute the validity of over 80% success rate among patients to the basics of quantum physics. In the world of quantum physics, the world exists as a bio-electrical or vibrational energy phenomenon. The basics of quantum physics states that our mass is equivalent to energy. Energy vibrates at varying frequencies that can actually be measured in Hertz. The key to understanding how this applies to emotions is the basic concept that the material world does not exist without consciousness, that is, quantum particles respond to the observer's mind. This is also why we feel different feelings associated with different external stimulations compared to others. We essentially attract our own energy based on how we perceive. We can manipulate these waves of vibration emitted by these emotions by responding to their frequency with the Thought Field Therapy tapping technique.

If you suffer from irrational fears, burdensome stress or guilt, depression, or life-altering addictions, it's worth trying to take a different approach. The answer to the reason as to why you feel the way you feel consistently may lie in an imbalance of your life energy. When Thought Field Therapy is used in conjunction with traditional talk therapy the results are faster than when using talk therapy alone. Koritz Counseling & Coaching offers services based on the individual needs of the client. Contact Beth Koritz, M.Ed., PLPC, NCC today to discuss how Thought Field Therapy can benefit you. 314.266.8526 or Beth@KoritzCC.com