



What is Thought Field Therapy?

Thought Field Therapy is a unique mind-body therapy that capitalizes on the power of the body's energy system to relieve the emotional distress associated with most psychological problems.

According to psychologist, Roger J. Callahan, Ph.D., founder and developer of TFT, "Thought Field Therapy is the study of the structure of thought fields and the body's energy system as they pertain to the diagnosis and treatment of psychological problems." According to TFT, neither a traumatic event nor the person's thoughts about that event are the fundamental cause of negative emotions. Instead, perturbations (disturbances) in the thought field contain active information, which triggers the neurological, chemical, hormonal, and cognitive changes in the person which result in the experience of negative emotions. These perturbations exert their influence by causing imbalances in the body's energy system. This is the same energy system used in acupuncture but without the needles.

With TFT, permanent improvements (and oftentimes cures) occur almost immediately by working with this subtle energy meridian system, and without addressing the neural, chemical/hormonal, and cognitive subsystems. This strongly supports the notion that the energy system is primary in the formation and treatment of negative emotions. Dr. Callahan's position is that all psychological transformation occurs at the energy level, although it may also be enhanced by changes in the subsystems.

A trained TFT practitioner is able to quickly diagnose which of the energy meridians are out of balance. Once diagnosed, the treatment involves having the client tap on certain locations on their body in a specific order, while focusing on the psychological problem. Mentally tuning into the problem is vital during both diagnosis and treatment. The tapping, which occurs at the endpoints of different energy meridians, provides the additional energy needed to promote the healthy flow of electromagnetic energy throughout the system.

The treatment, which doesn't require any touching of the client, is usually completed within minutes, and renders the perturbations in the thought field inactive. Even in most complicated cases, treatment may take only a few sessions. Clients are delighted to be relieved of their emotional problems so quickly, especially because the process is painless and long-lasting.

TFT is Quick and Effective

Although TFT doesn't work for every problem in every person, two recent studies have shown treatment success rates of well over 90% for a wide variety of psychological problems -- **anxiety, panic, physical pain, fears of all types, simple and complex traumas, painful memories, grief, addictive urges, and depression**, just to name a few.

On a deeper level, TFT challenges our concepts of human change and suffering. Almost everyone expects change to be painfully slow and inconsistent. Yet with TFT, change is non-linear and occurs in quantum leaps. Moreover, the ease and effectiveness of TFT in promoting psychological freedom have profound implications for the understanding and treatment of emotional suffering.

As a therapist trained in several other treatment modalities, I find TFT to be compatible and easy to integrate with other approaches. The treatments are specific and powerful, and do not interfere with the goals of other therapies.