



# Carole Bryant

## Naturopath

0428 449 326

### **THOUGHT FIELD THERAPY**

Thought Field Therapy (TFT) was developed in 1981 by clinical psychologist, Roger Callahan in response to difficulties clearing trauma and phobias from his patients. A Thought Field is defined as a blockage in a meridian caused by a negative thought or emotion which in turn affects the person's physical or emotional well-being. TFT clears the blockage and rebalances the affected meridian by tapping on specific acupressure points using a set protocol according to the emotion experienced by the client.

At the start of the TFT session, the severity of the problem is given a rating out of 10 for severity by the client. It's not uncommon for a client to start a session severely stressed, rating a problem as 9 or 10 out of 10, and finish the session feeling calm and relaxed rating their problem as insignificant - maybe 1/10 at most. Results are immediate and usually permanent.

TFT is painless, doesn't require the person to discuss the problem in detail, nor does it require the person to believe in the treatment for it to work.

TFT can also be done long distance via a phone consultation and can also be used with animals (with the animal's guardian acting as surrogate).

The principles behind TFT are so simple that my clients often express amazement that it can work but after using this therapy for about 10 years in my practice, I must say it is one of the simplest and most effective therapies for clearing a whole range of negative emotions associated with a wide variety of problems.

- Carole Bryant ©