

Emotional Healing with Thought Field Therapy™

You may be aware that there are different ways or approaches to deal with psychological or emotional problems. Most common today is to work with the thoughts which trigger the emotional upset. By stopping thoughts, correcting thoughts, changing thoughts or adding more complex thoughts, or changing thinking in general, the upset is diminished. This is cognitive therapy.

Another approach that is used is to work directly with the emotions, through expressing feelings, working through the experience, transforming the emotions over time the upset can be managed or changed. This approach is called psycho dynamic therapy.

Medications are also used to control or deal with strong disturbances. This approach changes levels of neuro transmitters, hormone levels and or brain function in numerous ways by chemical means. What's happens is by the use of the drug (legal and prescription) the painful psychological symptoms can be masked so that the person can better tolerate pain and upset, sometimes the bio-chemical corrections end the source of the problem.

A new approach to dealing with emotional disturbances uses the energy system of the individual. For over 6,000 years Eastern medicine has been aware of this energy and has used it to treat various physical problems. Western medicine has now at last recognised the value of this approach and we are most familiar with this treatment by the use of acupuncture (needles).

When a person thinks about or is exposed to a situation or person the energy fields are aligned in a particular way or pattern. For some people pain or disturbances (eg. pain, upset, anxiety, anger) Using a system of precise diagnostic tools and procedures the problem meridians and disturbances can be corrected. By tapping on the various points of the meridians (energy path ways) in specific sequence the disturbed patterns are changes and the discomfort is reversed. **This technique is called Thought Field Therapy™.**

The **technique or procedure takes only a few minutes** and because the work is with the energy system results are experienced immediately. There is very rarely a waiting period of response. The individual does not have to "relive" the experience as with psycho dynamic work and cognitive desensitisation. The person's beliefs, values or thinking is not challenged as with other forms of cognitive therapy. **Thought Field Therapy™ has been successful for thousands of people without negative side effects.** Because this is not a "talking" therapy the person only reveals whatever he/she wants.

TFT™ takes only a few minutes, results are experienced immediately

TFT™ is applicable for:

Anxiety, Panic Attacks, Depression, Phobias, Physical Pain, Addictions (smoking, substances), Trauma, Guilt, Anger, Rage, Obsessions, Embarrassment, Shame & Jet Lag.

Suitable for: Adults, Children & Animals.