

# USING THOUGHT FIELD THERAPY®



Callahan Techniques, LTD

## Daily Stress Busting Program

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Today's world is chaotic, filled with trauma and stress, from natural disasters, war, terrorists and economic crises. This constant stress on our minds and bodies takes its toll. Studies continually tell us stress depresses our immune system, increases risk of heart disease and aggravates weight and addictive behaviors. Most of us find these stresses inescapable, but, there is something you can do, quickly and simply, to reduce that stress on your system.

Thought Field Therapy® has some proven yet simple, self-help procedures (based on the body's meridian system) that will decrease the stress that we experience daily. These protocols are explained, in detail, in Dr. Roger Callahan's book, *Tapping the Healer Within*.

This simple, **Daily Stress Busting Program**, based on procedures from the book, and proven in relief work in areas such as Kosovo, Rwanda, New Orleans, can offer significant relief from your hectic, unpredictable world.

Please follow the basic tapping instructions given below, and found in *Tapping the Healer Within*, in Chapter 4. Five firm taps at each location is adequate. Remember to tap firmly but not hard enough to hurt.

Tuning into your fear or worry is important during the tapping exercises. If you have several areas of concern you may need to repeat the procedures while tuning into each concern separately.

If something stressful happens during the day, immediately repeat the morning exercise.

If you experience a traumatic event during the day, follow the Simple Trauma exercises (pg 98) of the *Tapping the Healer Within*, as soon after the event as possible. You can also go to [www.rogercallahan.com/trauma.php](http://www.rogercallahan.com/trauma.php) for a free download of the complete trauma procedure, from the book, *Stop the Nightmares of Trauma*.

The exercises, as given below, can be completed in less than five minutes. Practice them so you can do them quickly and without thinking and they will become an important tool to maintaining balance in your daily life.

## **Mornings**

1. Correct Psychological Reversal – by tapping the side of the hand, on the side where you would do a karate chop, 10 firm taps (pg 84)
2. Anxiety and stress reducing exercise
  - tap under eye
  - tap under arm
  - tap collarbone spot
  - nine gamut series – (pg 80)
  - tap under eye
  - tap under arm
  - tap collarbone spot
3. Floor to ceiling eyeroll – (pg 83 in Tapping the Healer Within)

## **Midday**

1. Anxiety and stress reducing exercise
  - tap under eye
  - tap under arm
  - tap collarbone spot
  - nine gamut exercises
  - tap under eye
  - tap under arm
  - tap collarbone spot
2. Floor to ceiling eyeroll

## **Evenings – before going to bed**

1. Correct Psychological Reversal – tapping the side of the hand
2. Anxiety and stress reducing exercise
  - tap under eye
  - tap under arm
  - tap collarbone spot
  - nine gamut exercises
  - tap under eye
  - tap under arm
  - tap collarbone spot
3. Floor to ceiling eyeroll

\*If you find that your worries and stress are only somewhat reduced, you may repeat the exercises more often throughout the day. Some days the exercises may be needed more frequently than other days.

Also, the Collarbone breathing exercise – printed below (pg 86) is an extremely powerful – three minute procedure – very effective for anxiety disorders and chronic high stress. This can be done morning and evenings.

It may be helpful to initially list your worries or fears separately. Then repeat the morning exercises for each individual concern.

As you use these exercises on a regular basis, you will help to balance your autonomic nervous system and strengthen and increase your capacity for daily stress.

## **Collarbone Breathing Treatment (CB<sup>2</sup>)**



Collarbone breathing (CB<sup>2</sup>) is a treatment developed by Roger Callahan that will often allow a very resistant problem to respond better.

David Walther (1988) had developed a treatment that he called “Cross-K27.” Dr. Walther used it for what he called “neurological disorganization,” and it proved to be useful in the treatment of schizophrenics and dyslexics.

Walther’s (1988) treatment used cranial manipulation, which required special training. If not done correctly, cranial manipulation can cause harm. Dr. Callahan said the following about his discovery of the Collarbone Breathing treatment:

*I discovered that rather than doing cranial manipulation, tapping the ubiquitous gamut spot would give the same result. It was a very thrilling discovery, for it meant that people were now able to do this important correction easily. I hence re-named the treatment in a descriptive way, and now, we all do Collarbone Breathing. It never could have been the common and very helpful treatment it is now, were it not for my discovery of the simple way to apply it. I never would have been able to make this discovery, were it not for Walther's prior discovery, with which I am still impressed.*

When doing Collarbone Breathing in the context of a TFT treatment for a particular problem, the client must be tuned into the thought field of the issue being addressed.

Dr. Callahan recommends that people working on addictions do CB<sup>2</sup> at least three times a day, in addition to correcting their PR 15-20 times a day (side of hand, sore spot, and under nose). He also finds that clients with Anxiety and Panic Disorders and Obsessive/Compulsive Disorders (OCD) need to do Collarbone Breathing three times a day and correct their PR 15-20 times a day (side of hand, sore spot, and under nose) on a regular basis.

CB<sup>2</sup> is also often useful in the treatment of Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Learning Disabilities (LD), Dyslexia, Stuttering, Tourette's Syndrome, and Schizophrenia.

In the Collarbone Breathing treatment below, when the knuckles touch the body, only they should touch the body. They are a negative polarity, and the palm of the hand, the thumb, and the elbow are a positive polarity. If anything other than the knuckles were to touch the body during this phase of the treatment, the treatment would not work. When a negative or neutral polarity touches the body at the same time as a positive polarity, it will short circuit the treatment.

### **Indications that Collarbone Breathing may be needed:**

- TFT and / or PR Corrections won't work or won't hold.
- SUD is going down very slowly, i.e. 8, 7, 6, 5, 4, etc.
- Co-ordination is off, and the person is awkward.
- Person has unbalanced gait—arms don't swing evenly and smoothly when person walks (4% of people walk with one arm curtailed, and 2% of people walk with both arms curtailed).
- Person chronically reverses actions, concepts, and thoughts.
- Person is declining in performance and / or competence.
- Timing is off, and person is confused.
- Reading makes person yawn / feel sleepy.
- Person is hyperactive.



# THE COLLARBONE BREATHING EXERCISE

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What I call the “collarbone points” are located in the following way:

Go to the base of the throat, about where a man might knot his tie. From that point, feel for the notch in the center of the collarbone. Go straight down about one inch, and the collarbone points are about one inch to the right and left of center (see treatment point diagram).

## BREATHING POSITIONS

There are five breathing positions in this exercise:

1. Take a deep breath in fully and hold it.
2. Let half of that breath out and hold it.
3. Let it all out and hold it.
4. Take a half breath in and hold it.
5. Breathe normally.

## THE TOUCHING POSITIONS

1. Take two fingertips and touch one of the collarbone points and tap the gamut spot on the back of that hand while going through the 5 breathing positions. Tap rapidly with about 5 good taps for each of the five breathing positions.
2. Move the same two fingertips to the other collarbone point and repeat above.
3. Now, bend the same two fingers in half and touch the knuckles to the collarbone point while tapping and going through the five breathing positions. Either tuck the thumb in or keep it in the air. Make sure that the elbows are in the air when you are touching the knuckles to the body so that only the knuckles are touching the body. The back of the hand is a negative polarity, so the treatment would not work if the thumb or elbow (positive polarities) were to touch the body.
4. Move knuckles to the other collarbone point and tap while going through the five breathing positions. Make sure that only the knuckles are touching the body.
5. Now, take fingertips of OTHER hand and repeat steps 1 and 2 above.
6. Now, take knuckles of that hand and repeat steps 3 and 4 above, making sure that only the knuckles are touching the body.

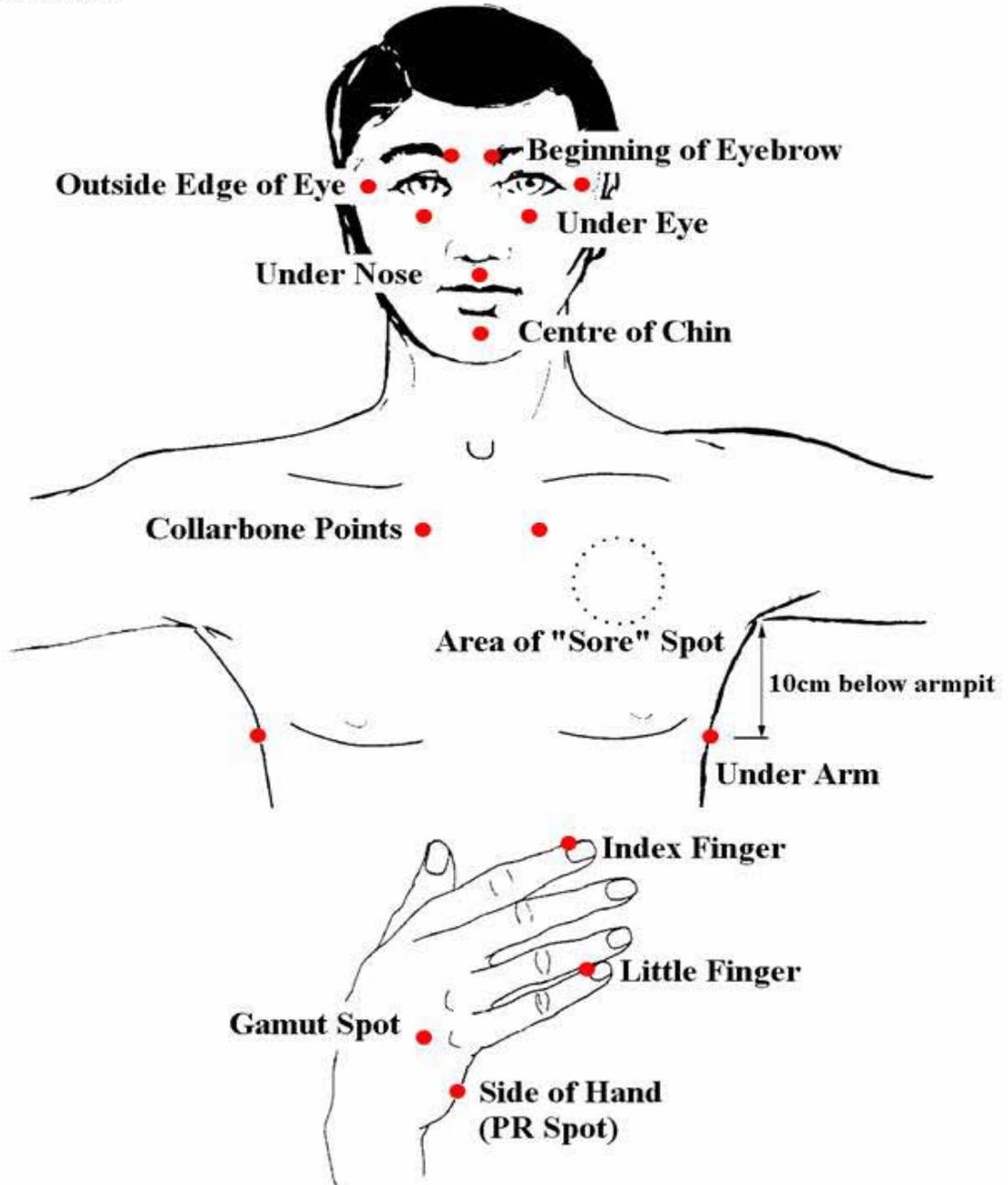
You have just done the 40 breathing and tapping exercises—20 with the fingertips, and 20 with the knuckles. You have done five breathing positions on eight touching positions. Please learn to do these well so that you are able to do them automatically.

For further information on anxiety and stress relief please visit our web site at <http://www.rogercallahan.com/specials.php> or call our office at 760 564-1008.

# THE CALLAHAN TECHNIQUES®

## Treatment Points

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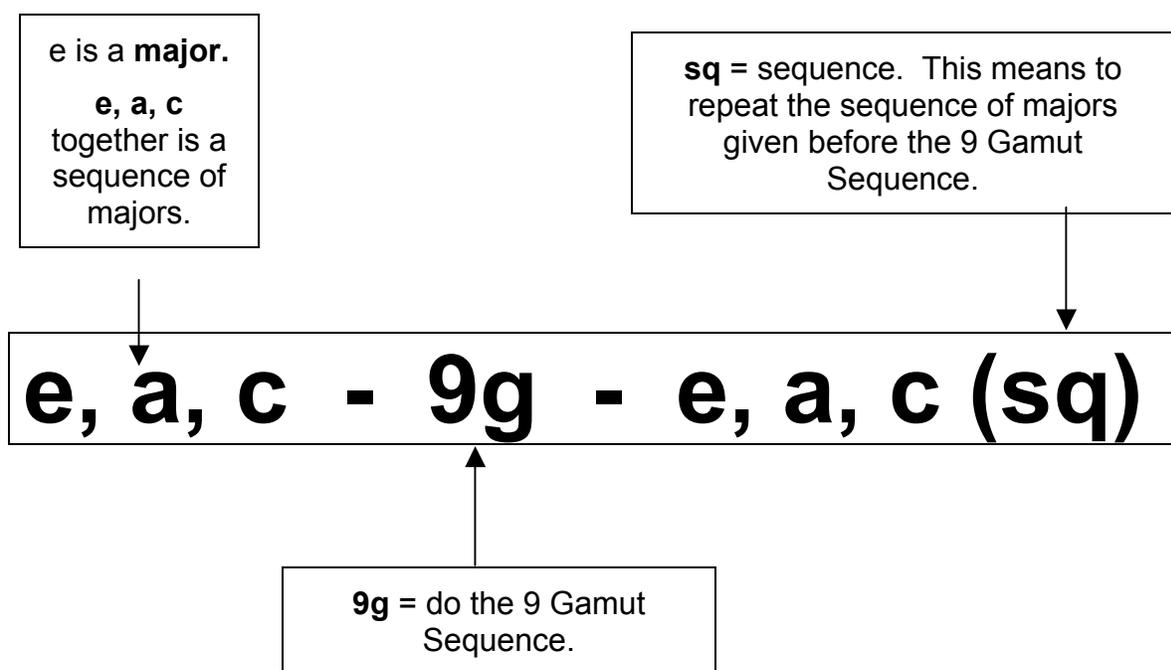
# The Components of TFT Algorithms

## The Architecture of TFT

### Holons

Algorithms follow a standard pattern. By completing each step strictly in the order that they are prescribed, you will be performing effective TFT in the most efficient manner possible.

There is one standard protocol for all Algorithms, and it conforms to the architecture commonly present in TFT. To illustrate this, the TFT protocol for the treatment of a simple phobia is shown below:



In an abbreviated form, it can be written: **e, a, c, 9g, sq.**

The complete treatment sequence is known as a **holon**.

Each holon is a “**9 gamut sandwich**,” including majors (top bun), 9g (meat or vegetables), and majors (bottom bun).

The collarbone point often ends a sequence of majors, acting something like an exclamation point.

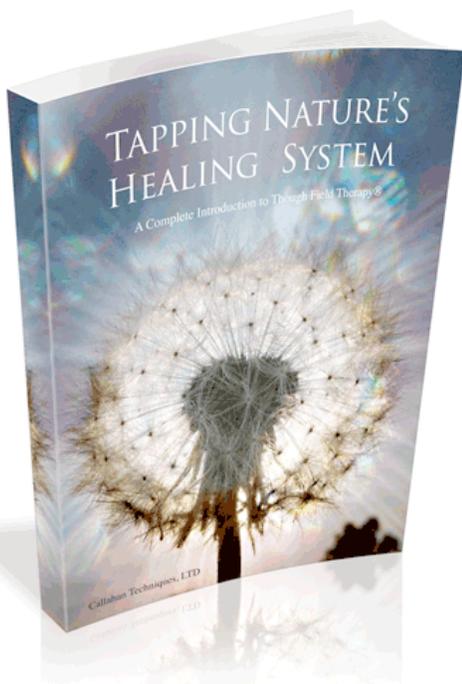
## **The Nine Gamut Sequence (9g)**

While continuously tapping the Gamut Spot (allowing about 5 taps for each step), do the following:

- 1. Close the eyes**
- 2. Open the eyes**
- 3. Move the eyes down and to one side**
- 4. Move the eyes down and to the other side**
- 5. Roll the eyes in a circle in one direction**
- 6. Roll the eyes in a circle in the opposite direction**
- 7. Hum a tune (about five notes) out loud, with mouth closed**
- 8. Count out loud from one to five**
- 9. Hum a tune again aloud, with mouth closed**

### **NOTE:**

- Steps 1 to 6 of the Nine Gamut Sequence can be performed in any order (i.e., eyes down left first or eyes down right first; eyes in a circle to the left first or eyes in a circle to the right first).



## “Introduction to Thought Field Therapy” Self-Study Course

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Online access to the audio recordings, and the Guide to  
Thought Field Therapy® in PDF format.

*For best experience, a high speed Internet connection is required.*

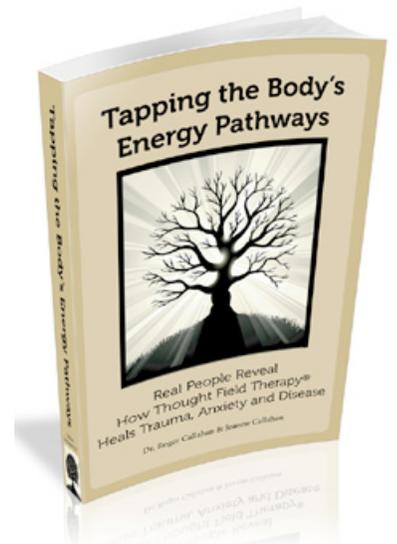
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### ***Our New Book:***

## Tapping the Body’s Energy Pathways... Real People Reveal How Thought Field Therapy Heals Trauma, Anxiety and Disease.

This book spans 30 years of healing with TFT, from those who have been healed, those that have facilitated the healing, and shared TFT with their clients, family and friends.

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