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Tapping the healer

Last spring while in Germany, I was introduced to Thought Field Therapy (TFT) that is used by many German physicians. Subsequently, I learned this was an American discovered therapy applied more abroad than here. TFT was developed over 22 ago by Roger Callahan, Ph.D., a clinical psychologist from Syracuse University. It has been used to treat emotional distress syndromes including anxiety, addictions, depression, phobias, anger, obsessions, guilt and physical pain.

The treatment is quite different from the psychotherapeutic tradition that emphasizes psychoanalysis, talk therapy and medications. Each disease process is treated with its own recipe with a series of tapping maneuvers in a specific sequence. This is done with the abnormality (i.e. addiction, depression, pain) intentionally thought about with all the emotion it produces. In addition to tapping four or five times at a given point, the eyes are open and closed and rolled at various times of the sequence. Sometimes, the patient is asked to hum and count.

I have been interested in measuring the heart rate variability, which Dr. Callahan also uses to test the effectiveness of Thought Field Therapy. The heart rate variability measures the balance of the autonomic nervous system. This is made up of both the sympathetic that prepares one for fight or flight as well as that of parasympathetic, which is relaxing and a healing energy. In well over 1,000 cases, it was found that TFT balances the auto-

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nomous nervous system, producing a profound psychological and physiologic change.

The points that are tapped are the energy meridians that have been chosen to aid a particular emotional response. These meridians are very similar to what has been used for over 5,000 years from the ancient Chinese and still used today with modern acupuncture techniques. These channels have been documented by Robert Becker, M.D., an orthopedic surgeon, who first used electromagnetic energy fields to stimulate the healing of broken bones. His celebrated book, "The Body Electric" in the mid 1990s was an eye opener for the medical community in that it documents the Chinese meridian theories. It is tapping on these meridians that unlocks and/or decreases the stagnation in these channels. This is similar to the application of needles or micro-electricity to the specific circuits that run from the seat of emotion to the various organs. For more information on this technique, I recommend the book, "Tapping the Healer Within" for \$14.95, or online at Amazon.com.