

HEALING TRAUMATIC STRESS NOW ASSESSMENT GUIDE





ABOUT ROBERT L. BRAY

In my formative years, news headlines centered on JFK, Martin Luther King, Jr., Watergate, and Vietnam. Riots, corruption, and needless killing were topics of everyday conversations. It was clear to me early in life that justice and peace could only be found if people learned how to break free from the entrapment of fear, anger, and violence-the three emotions that were the driving force behind the evil that seemed to control American culture. That's why I started volunteering at the campus help center at S.D.S.U. It was a place where scared, lonely, addicted and suicidal students sought refuge. It was here that I got my feet wet using many of the skills I use in my practice and teach in my workshops today -more than 30 years later.

For more than 20 years I was a high-functioning addict. Even though I knew plenty about addiction treatment and substance abuse, I couldn't seem to quench my personal addiction-even though I desperately wanted to, and I tried many, many times. Against my wife's wishes, I attended a four-day seminar (that we really couldn't afford at the time), to learn more about TFT from its founder, Dr. Roger Callahan and how I could integrate it into my work. It was when I tried TFT on myself that I realized it was a game-changer. I lost the urge to get high and kicked my 20-year addiction in four days and I knew I had to share this powerful emotional healing practice with the world. I spent the next several years training directly under Dr. Callahan, eating up every ounce of wisdom he shared. I served as his assistant and eventually, a trainer in his organization.

I love to learn. Perhaps that explains why I earned my Master's in Social Work and my Doctorate in Psychology. It also explains why I can never earn enough certifications. I'm certified by the Association for Comprehensive Energy Psychology (ACEP) as a Diplomate, the Certified Trauma Treatment Specialist (CTTS) by the Association of Traumatic Stress Specialists (ATSS.) Clearly, I love what I do.

I've had the privilege of playing a part in the healing of thousands of people from all around the world using TFT. I wrote a book on it. I released an app for it. I got TFT recognized by the NREEP (the National Registry of Evidence Based Practice.) And I've taught thousands of first responders, clergy, health and wellness practitioners and more how to integrate it into their daily work and give a voice to those who don't have one.

Robert L. Bray
Editor-in-chief

P.2

The Essence of
Post Traumatic
Stress



P.3

Complete Recovery
Checklist



P.4

The NOW test of
Post Traumatic
Recovery



P.5

The NOW Test



P.6

Considering Your
Results

P.8

Traumatic Stress
Recovery Model
Summary



P.10

Collarbone
Breathing



P.11

Tools



P.12

The Differences



P.13

Thought-Field Crisis
Therapy

THE ESSENCE OF POST-TRAUMATIC STRESS

The **essence** of post-traumatic stress problems lay in a mental, physical, spiritual inability to discern the difference between the ‘there and then’ — when the event happened and you were unsafe — and the ‘**here and now**’ — where you currently exist safe and sound. If your body and mind cannot tell the difference between the ‘there and then’ and the ‘here and now’ it will react as though the event is happening again. When that happens, all the neurochemical flooding that comes with traumatic event responses will trigger physiological activity in the body and perpetuate the over-activation of your coping mechanisms. And you will feel as if you are reliving — or constantly living in — your traumatic stressor event. You will do everything possible to avoid similar situations and conditions that trigger this reactivity.

Learn and Use Thought Field Therapy to be Safe Here and NOW. You can skip below to the section **Thought Field Therapy Crisis Tapping** at any time. Assessing your state of recovery may trigger you – tap as soon as you feel the upset- there is no value in you suffering any further.

ASSESSING RECOVERY

Full recovery from traumatic stress is more than the absence of the 17 symptoms of PTSD. It is the ability to go on with your life safely, understanding what has happened to you, and living in accordance with your values. The Complete Recovery Checklist standard for complete recovery is based on a model of traumatic stress recovery offered by Mary Harvey in an article published in the Journal of Traumatic Stress in 1996.

Written using the terms in “Heal Traumatic Stress NOW” it leads you through a variety of recovery steps beginning with regaining control of memories and ending with the making of value-based choices. The NOW test for post-traumatic stress recovery can be used to assess your current recovery from all the events by telling everything from day one to the current moment or to assess the impact of a specific part of the events you went through. It is best to start with a limited part of the events and see how that goes before taking on all the events.

COMPLETE RECOVERY CHECKLIST



By reviewing the list you can check off how many of these items you have completed. When you check **usually** for all nine statements your recovery is currently complete. If the items are checked Some Times and Rarely indicates some work needs to be done. Start by tapping for any overwhelming thoughts and feelings. Hold open the possibility that you and your life may actually have improved since the traumatic stressor events occurred. Consider that during the recovery process you got the chance to — or still have the chance to — reset your standards and work at building a better life for yourself. And remember, the very fabric of your being has been altered both for good and for bad by the traumatic stressor event that you experienced.

However, how you have changed — for better or for worse — and how much you have changed depends to a great extent on how you see the world around you and your place in it. Even if you cannot make complete sense out of what happened to you and how you responded to those events, even if you can't fully answer all the questions in each part of the NOW recovery process about your traumatic stressor event, you are still alive. What you do with the life you have left becomes a critical element in the quality of your life and the life of those you love.

1. I am in control of my memories — I can recollect the experiences of my past and I choose when and what I recollect.

2. Other reminders of past experiences like images, sound, smells, situations or places do not trigger responses that take me out of the here and now.

3. I have current thoughts, opinions, and emotions about what has happened to me and to others in the past with no confusion about where I am in time and place.

4. I have stopped self-destructive coping behaviors I may have used in the past. (substance abuse, over eating, risk taking)

5. I accept myself and possess genuine feelings of concern, care and love for myself. (Negative judgments about myself are limited)

6. I connect with other people in a trusting and loving way as well or better than before the traumatic event.

7. My life now has purpose, meaning, and a sense of fulfillment as well or better than before the traumatic event.

8. I am able to be honest with myself and others as well or better than before the event.

9. I am moving forward unimpaired emotionally, feeling complete as a person, and with a strong, clear sense of my personal values as well or better than before the traumatic event.



THE NOW TEST OF TRAUMATIC STRESS RECOVERY

You can do a quick read on your level of impairment simply by telling the story of your traumatic experience from beginning to end. I call this the NOW Test for evaluating your state of traumatic stress recovery. If you can tell the whole story with appropriate affect then, in all likelihood, you have recovered from the event or are well on the road to recovery. To discern the level of impairment of someone you love or know, ask them to retell the story of their traumatic experience and notice if they do so with appropriate affect. A video discuss this is available at www.HealTraumaticStressNOW.com

Appropriate affect means expressing sadness when telling a sad part of the story. You might even cry if the story is really sad, but melting down into a puddle of tears and being unable to continue constitutes inappropriate affect.

If you find yourself unable to continue with the retelling because you have become filled with anger or rage, that also constitutes inappropriate affect. Appropriate affect means laughing when something is funny, although you might need to allow some flexibility in evaluating what is funny.

Laughing when the story is not funny even to those with seasoned sick senses of humor constitutes a bad sign, as does being emotionally shut down while telling the story. The telling of the story from the head only—without any connection to feelings, emotions, or body expressions—suggests incomplete recovery as well. Notice if you tell the story as if the events are, indeed, a memory of something that happened in another time and place with all thoughts and feeling available as recollections. At the same time, while you are telling the story, you should have all your current thoughts and feelings about what happened accessible.

After you complete the story, you also should be able to allow the listener to respond and not feel the need to run away. Leaving immediately or needing to hide in drugs or alcohol use or other dangerous behaviors to avoid people and their responses to your story after recounting the traumatic event does not indicate that you are healed or healing. Instead, it indicates someone with open wounds in need of healing.

THE NOW TEST

When you are ready to begin telling your story, read and heed these precautions first:

- ✓ **DO NOT DO THIS TEST ALONE! Telling your story to others provides immediate feedback on how you appear to someone else as you recount the traumatic stressor event you experienced.**
- ✓ **Know the Thought Field Therapy traumatic stress protocol and be able to use it.**
- ✓ **Do not allow the telling of your story to become harmful to you or to your listener in anyway. Be sure to stop and tap at any point if you feel the need.**
- ✓ **Stay aware of your responses, and if any part of you tells you to stop, then stop and take care of yourself.**
- ✓ **Do this with someone you trust to take care of you and themselves as you tell the story.**

This is your story so you tell it your way. The following is an outline just to get you started. Decide how much time you will spend telling this story this time you tell it.

1. Pick one event, and start from the beginning (just before the event began) of the story.
 - a. How did you come to be in that place?
 - b. Who was with you?
 - c. What were you expecting?
2. Go through the event as it occurred in time.
 - d. What was the first thing you noticed that was different than what you expected?
 - e. Once it started, how long did it last?
 - f. Go step by step through each thing that you or others there did and the physical and emotional reactions you and those around you had as it happened.
 - g. In each part of the story, share what you sensed in your body, the thoughts in your mind, and the emotions you felt.
3. Find the ending of the story.
 - h. When did you know the event had ended? What was the last action or response?
 - i. What title do you give this story?
 - j. How do you make sense of out of your responses? Can you see a reason for your actions?
 - k. What is unfinished in this story? What feelings remain to be expressed? What injustice remains to be addressed? What gratitude is yet to be shown? What honors still need to be recognized?
4. Find the meaning the story gave your life.
 - l. What memories from this event and the aftermath do you value and want to carry forward?
 - m. What life lesson do you take from this event for yourself, for you loved ones, for those who will experience this type of event? What do you want others who may face a similar event to know?
 - n. Who do you want to share this part of yourself with?
 - o. How do you want to change the world you live in and will pass on to the next generation?

CONSIDERING YOUR TEST RESULTS

By definition, traumatic stressor events cause damage to those who experience them. Most of the time human healing mechanisms protect and repair this damage, closing the open wounds, allowing each person to heal and to return to his or her previous level of functioning. *As you told your story, did you notice any open wounds?* These become apparent in the places where you, or another story teller (if someone else was telling their story to you), slip out of the here and now and into there and then. You can also find them in any parts you left out of the story because it was “just too hard to say or hear” or any segments you told without a sense of connection to the emotion. Did any of the memories or thoughts about the place, time, and other people in the story trigger inappropriate or dysfunctional responses as you told the story? These indicate open wounds as well. Thought Field Therapy can help you eliminate triggers and remove traumatic stress responses. This leaves you able to tell your story with appropriate affectation because you will have healed your open wounds.

WHEN ARE YOU OUT OF CONTROL?

Yes No

Is your eating out of control?

- _____ _____ Are you using eating as an activity to fill up the empty feeling inside?
 _____ _____ Are you eating when you are not hungry?
 _____ _____ Are you gaining or losing weight unintentionally?

Is your drinking alcohol or taking drugs out of control?

- _____ _____ Compared to how much you used before the traumatic stressor events, are you using these substances more often or in larger amounts?
 _____ _____ Are you numbing out the bad feelings with alcohol or other drugs?
 _____ _____ Do the calories from alcohol make up one third or more of your daily energy source?

Is your sexual activity out of control?

- _____ _____ Are you engaging in unsafe sex, risking disease, or pregnancy?
 _____ _____ Are you using sex as a way to avoid emotional intimacy?
 _____ _____ Are you unable or unwilling to perform sexually as fits your values?
 _____ _____ Are you unable to have sex?

Is your sleep and rest out of control?

- _____ _____ Do you get less than a good seven to eight hours of sleep every 24 hours?
 _____ _____ Do you avoid going bed for fear of bad dreams?
 _____ _____ Do you wake up feeling as tired as when you went to bed?

Yes No

Is your driving out of control?

- _____ _____ Do you ever drive after having used alcohol or other drugs?
 _____ _____ Do you every drive faster than law enforcement says is safe?
 _____ _____ Do feel like you are pushing the limits on the road in anyway?
 _____ _____ Is your anger set off by other drivers?
 _____ _____ Does your driving scare the people who care about you?
 _____ _____ Is your anger set off by other drivers?

Can you balance your work and home life?

- _____ _____ Do you use work to avoid being home?
 _____ _____ Do you use your home life to avoid pursuing meaningful work?
 _____ _____ Do you use relationships at home or work as excuses for your failures?

Do you act in any ways that are unhealthy or self-destructive?

- _____ _____ Are you afraid to seek help for a physical, mental, or spiritual problem, because you will have
 _____ _____ to confront the reality of your out of control behaviors?

If you checked "Yes" to one or more of these questions, you need to make some new, healthier, safer choices about your actions and behaviors. If you don't know how to do that — and you probably don't know how or you would have made better choices already — don't worry. Tap for any upset around approaching these issues if you need to do so and engage in the processes of complete traumatic stress recovery. Be honest with yourself in answering the questions above. Remember, you want to achieve a life with integrity. You want to heal the wounds from your traumatic stressor event completely and finish the NOW process so you function each day without impairments and with an adherence to a set of values. If you are out of control in one part of your life, you are likely attempting to regain control in some other part of your life. That means something hasn't healed; this causes you to make choices that aren't based on your true values and to move forward in an impaired fashion. When you do so, you also remain out of touch with yourself, and, therefore, remain incomplete as a person. The goal of NOW involves not only helping you make choices with integrity and move forward unimpaired but also feel complete.



NOW TRAUMATIC STRESS RECOVERY MODEL SUMMARY

Key Elements:

- Healing constitutes an active process in which you must participate.
- Terrifying and horrifying events require extraordinary human responses and set in motion powerful protective mechanisms throughout the whole person.
- Extreme or prolonged reactions to traumatic events can cause you to deal with ordinary life in a dysfunctional manner.
- The inability of the mind, body, and soul to discern the difference between the past — the unsafe there and then of the traumatic event — and the safety of current moment — the here and now — represents the source of continuing pains and fears.
- Thought Field Therapy closes open traumatic stress wounds, thus ending the overwhelming pain and fear you feel and allowing your natural healing systems to repair the injury and regain function. Individual identity, history, and values must be included in addressing issues arising from how you chose to adapt to traumatic events.
- Human beings' normal way of functioning necessitates making sense of themselves and the world around them.
- A calm mind and a relaxed body are indications of a health.
- Conscious choices that line up with your values and beliefs leads to a life lived with integrity.

Recovery requires the knowledge and skills necessary to:

Navigate the common symptoms of traumatic stress that stop you.

Observe and understand what has happened to you.

Work your life choices with integrity.

Navigating thoughts or behaviors that interfere with your daily functioning and block your progress towards fulfilling your life plan requires identifying, avoiding, or eliminating inappropriate reactions to traumatic stress triggers. Answers to the following questions assess your current ability to stay in the safe here and now and no longer be triggered into the there and then.

- > *Can you see in all directions around yourself?*
- > *Can you hear subtle and beautiful sounds as well as loud and scary ones?*
- > *Can you be patient and let things in the moment unfold as they will, or do you have to force some action?*
- > *Are you engaged with the people around you or are you just keeping an eye on them?*
- > *Are you involved in risky behaviors just to avoid feeling anything but the rush necessary to know you are alive?*
- > *In this moment are you avoiding people, places, or things, because they set off negative sensations, feelings, memories, or thoughts?*

Being able to complete the NOW test offers a way in which to challenge your readiness to go deeper into the recovery process. Thought Field Therapy is used whenever overwhelming emotional responses interfere with being present and being able to face the past.

Observing and Understanding involves making sense out of your past traumatic experience. Once in the here and now, you can incorporate your past experience as part of your overall body of knowledge and wisdom. You can embrace it, learn from it, and use it to help you move forward safely, joyfully, and successfully. Answering the following questions demands that you make sense of your experience.

- > Are you able to describe to your satisfaction what happened around you during the traumatic event you experienced?
- > Can you recall your responses to the event in a step-by-step manner?
- > Where these responses reactions or decisions?
- > Can you see the difference between making choices and reacting in this situation?
- > Are you able to understand your reasons for each action?
- > Do you know what others say represents “reasonable expected behavior” in this situation?

If in your heart and mind you have complete and satisfactory answers to these questions, then you are well on your way through the Observing and Understanding part of the recovery process. As you search for additional relevant information to make sense of your past traumatic history and experiences, use Thought Field Therapy to resolve pains and fears if new aspects of the events surface and, subsequently, bring up emotional, psychological, or physical responses.

Working your life choices with integrity means you have stop reacting to symptoms created by your traumatic experiences and, instead, begin making conscious choices and taking positive steps forward. The final test of your recovery is measured by the degree to which you have stopped running away from your past pains and fears of the future and now are moving forward by consciously choosing your actions in a manner congruent with your values and beliefs.

As you live your life, are you:

- > choosing your job or career?
- > choosing the people with whom you live?
- > choosing the individuals you love?
- > choosing how you spend you precious time and energy?
- > choosing your words and actions in all aspects of your life to satisfy your values?

You may have more choices and you may make them more in line with your individual nature after recovery than you did before the traumatic stressor events. You can get rid of troubles with your physical or emotional health and any remaining trigger responses by using Thought Field Therapy.

At the end of your life you own:

- > Your memories from the traumatic event(s) you have experienced and its aftermath and the choices about how you use them to serve your values.
- > The life’s lesson this event taught you, which you can share as you like with your loved ones, those who will experience this type of event, or children who may some day face a similar event. Or you may choose not to share what you have learned with anyone at all.
- > The choices you make that change the world in which you live and which you pass on.

COLLARBONE BREATHING

Collarbone Breathing is correction for neurological disorganization. The entire system is out of alignment, impacting the effectiveness of other treatments.

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.).
- Coordination is off and the person is awkward.
- Person has an unbalanced gait—arms don't swing evenly and smoothly when a 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 a person is confused.
- Reading makes the person yawn/feel sleepy.
- Person is hyperactive.

Touching Positions

1. Take two finger tips 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, 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 5 breathing positions.
4. Move knuckles to other collarbone point and tap while going through the 5 breathing positions.
5. Now, take fingertips of other hand and repeat above.
6. Now, take knuckles of that hand and repeat above.

Please learn to do these well so that in emergencies, you are able to do them without having to think about it.

If you do this exercise and you don't need to, it won't hurt; it will either help or do nothing. Sometimes, Collarbone Breathing needs to be done in the middle of a treatment. When the treatment is taking more than a few minutes, it is likely that Collarbone Breathing is needed.

You will find that if you ingest or are exposed to a toxin or an extremely stressful situation, you may need to do this in addition to an Algorithm treatment.

The Collarbone Breathing Exercise ♥ 1993 by Roger J. Callahan, PhD

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. The points are about one inch to the right of center and one inch to the left of center.

Breathing Positions

There are five breathing positions in this exercise:

1. Take a full deep breath in and hold it.
2. Let half 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.

1

**ELIMINATE
EMOTIONAL UPSET**

Thought Field Therapy® (TFT) is a revolutionary, highly effective, drug-free tool used to reduce or eliminate all common psychological and physical problems in moments; Simple to learn, easy to do; and producing immediate and long-lasting results. The National Registry of Evidence Based Programs and Practices rated TFT as effective for Trauma and Stressor-related Disorders, Personal Resilience/Self-concept, and Self-regulation.

Go to <http://bit.ly/TFTEvidence> for the report. Thought Field Therapy is safe and effective for all ages and populations and can dramatically accelerate the change process! Please visit our event calendar on the website <http://rlbray.com/events/>

2

**TRY IT NOW!
FREE MOBILE APP AVAILABLE**

An innovative tool for the application of TFT is NOW available for the world! From www.rlbray.com, follow the link to the Apple Store. Click the Red Cross after downloading for the Free Crisis Tapping Pattern.



3

**LIVE WORKSHOPS &
ONLINE TRAINING**

Use Thought Field Therapy Basic training to help oneself and others in overcoming anxiety, depression, pain, OCD, phobias, addictions, weight loss, as well as the all of the traumatic events that life can throw at us. It's completely safe and can work on anyone – even infants and pets. Focus on learning and practicing of all the standard TFT elements central to achieving rapid and lasting change. Be ready to make change and help others. Disclose of events and past is not required. Consistently conquer the emotional “stuff” that's holding you back from living the life of your dreams. Please visit our event calendar on the website to learn about upcoming workshops in your area.” <http://rlbray.com/events/>

COMPREHENSIVE HEALING USING PRECISE TREATMENTS PROTOCOLS!!! THOUGHT FIELD THERAPY INTERMEDIATE (CAUSAL DIAGNOSTIC) WORKSHOP

LEARN AND PRACTICE THE DISCOVERIES OF DR. CALLAHAN

In using Kinesiology Muscle Testing to develop precise treatment protocols for all conditions. TFT Diagnostic Training Program teaches how to determine the precise sequence of tapping required to quickly alleviate psychological problems and stresses.

THIS COURSE INCLUDES:

Hands-on training, practice, and live demonstrations with the participants. Included in this level of training are skills and knowledge to identify and neutralize individual energy toxins (IET's) often associated chronic and recurring problems.

OBJECTIVES OF WORKSHOP INCLUDE:

A comprehensive understanding of the history, theory, and application of CT-TFT Causal Diagnostics. Disclose and talking is not required – Be fearless in addressing any issue. Thought Field Therapy Algorithms are only briefly discussed - You must have completed an approved Basic (Algorithm) training live or online prior to the workshop. Dr. Bray's Online Basic trg is included in the cost of this workshop.

WORKSHOP DATES:

View our workshop calendar <http://rlbray.com/events/>



THE DIFFERENCES BETWEEN THE BASIC AND INTERMEDIATE LEVELS OF TFT TRAINING TREATMENT

The Basic approach using standard tapping patterns (Algorithms) and Causal Diagnostics (DX) taught in the Intermediate Level workshops both heal fast and safely. The distinction is like doing the scheduled maintenance on your car or having a complete evaluation including using a computer plugged into the engine. Another way to think of it is like matching a color to repair your home- you could take a paint chip and eyeball it to one of the hundreds of the printed samples, or using a spectrophotometer analysis create the perfect color formula. This makes the point – one will usually get the job done but the other will get it done right the first time-saving time and effort. Once you begin to study Callahan Techniques® Thought Field Therapy the difference is easily seen. A more technical response to the question of the difference between Basic and Intermediate training and treatment is in the following table.

Component Of TFT	Basic (Alg)	Intermediate (DX)
Subjective Units of Distress (SUD) Use	Needed to Direct treatment Protocol	Not Required
Subjective Units of Distress (SUD) measured by	Felt Sense expressed as numbers, words, or size.	Same and/or by kinesiology muscle test
SUD	-10 to 0	Negative 10 TO Positive 10
Psychological Reversal (PR) presences & type	Types know by occurrence in Alg treatment Protocol	Specified by kinesiology Muscle Test
PR levels	Two- PR and PR2	Three- PR, PR2, and Alignment PR
PR Correction procedure	Found by trial in treatment Protocol	Found by Kinesiology Muscle Test
Perturbation (the cause of problems) presence:	Known by physical/emotional manifestation with SUD	Found by Muscle Test even without SUD
Healing codes- Tapping Patterns	14 Standard patterns currently	Unlimited Patterns-Precise to problem in the immediate moment and time with Causal Diagnostic Protocols
9- Gamut Series	Built into Alg protocol	Need identified by Kinesiology Muscle Test
Neurological disorganization correction (CB2) need	Identified by trial in Alg Protocol	Identified by specific Kinesiology Muscle Test
Floor to ceiling Eye Roll	Need known by SUD	Need shown by specific Kinesiology Muscle Test
Individual Energy Toxins (IET's)	Identified by trial, heart rate, change in SUD, or by return of problem	Specific substances found by precise Kinesiology Muscle Tests
Neutralizing IES	Quick Fix in Alg Protocol, Avoiding or eliminating exposer	Specific Kinesiology Muscle Test and Seven Second Treatment (7ST) Protocol
Surrogate Work	Used for treatment only	Used for Causal Diagnosis and Treatment
Heart Rate Variability (HRV)	Demonstration	Pre and Post treatment HRV testing

THOUGHT FIELD THERAPY CRISIS TAPPING

This section offers you a simple, easy-to-follow, and comprehensive approach to doing Callahan Techniques© Thought Field Therapy for a limited range of traumatic stress recovery issues. You will find a free video leading through this Tapping Pattern at www.RLBray.com/therapy - click on Try TFT

BASIC STEPS FOR TRAUMATIC STRESS

Step One

As you focus on the problem, determine your Subjective Units of Distress (SUD) by rating the upset on a 1 to 10 Scale (1= no upset, 10=worst).

Step Two

Using your fingertips tap about ten times each:

1 Side of Hand	3 Under Eye	7 Little Finger
2 Under Nose	4 Under Arm	8 Under Collarbone
3 Beginning of Eyebrow	5 Under Collarbone	9 Index Finger

Step Three

Do the 9 Gamut Series. While continuously tapping the gamut spot:

1 Close eyes	4 With your eyes look down and right	7 Hum a couple bars of any tune
2 Open eyes	5 Whirl your eyes in a complete circle in one direction	8 Count to five
3 With your eyes look down and left	6 Whirl your eyes in a complete circle in the other direction	9 Hum again.

Step Four

Using your fingertips tap about ten times each:

1 Side of Hand	3 Under Eye	7 Little Finger
2 Under Nose	4 Under Arm	8 Under Collarbone
3 Beginning of Eyebrow	5 Under Collarbone	9 Index Finger

Step Five

Think about the problem in the same way again, rate your upset 1-10 as in step one.

Repeat steps Two through Five until: Your SUD rating is a 1 or 2, then go to Step six. If your SUD rating stops changing – or did not Change at all- it means that you need a more advanced technique. This tapping pattern is the most basic one used- there are lots more things to do. You may need the next steps or specialized pattern for your current condition.

Step Six

While continuously tapping the gamut spot and holding your head level, roll your eyes on a vertical line from the floor to the ceiling over 6-7 seconds.

LOCATION OF TAPPING POINTS

Under Arm: On the ribcage about four inches down from the arm pit (at the bra line for women)

Collarbone: One inch down from the V of the neck and 1 inch over, either left or right

Chin Under: In the cleft between the chin and lower lip

Eye: In line with the pupil, just below the rim of the eye socket bone)

Eyebrow: Inside eyebrow (where the eyebrow begins above the bridge of the nose)

Index Finger: Between the bed of the fingernail and the first knuckle towards the thumb.

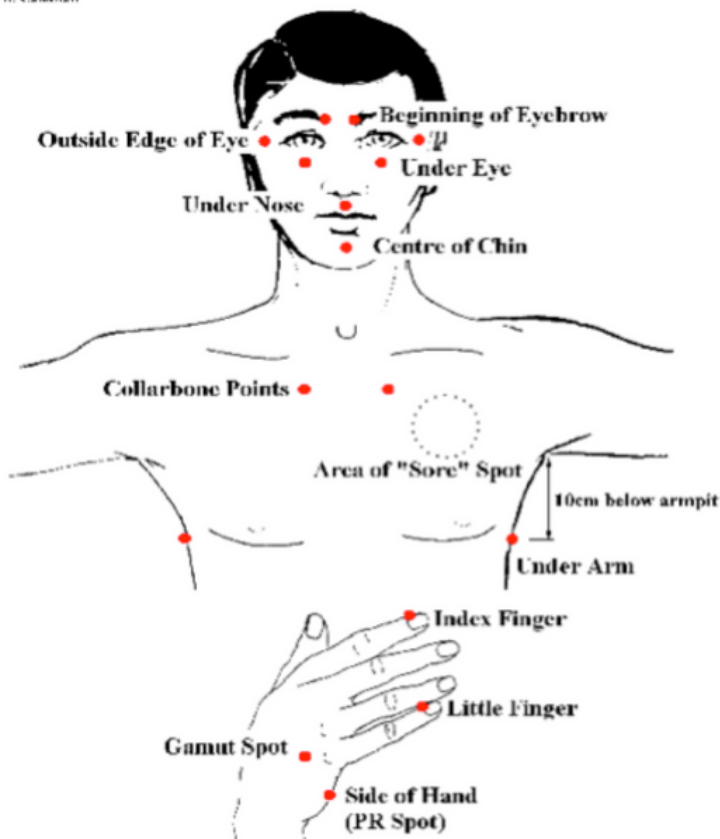
Gamut Spot: Between the knuckles of the little and ring fingers, and about 1/2 inch toward the wrist.

Outside of eye: About 1/2 inch from the corner of the eye, on the edge of the eye socket bone

Side of Hand: About 1 inch below the little finger

Under Nose: Midway between the bottom of the nose and the upper lip.

Treatment Points
© 1994 Roger J. Callahan



REMEMBER YOU ARE NOT ALONE! THERE ARE THINGS THAT CAN BE DONE!

More Information at RLBRAY.COM Resources:

www.rlbray.com www.RogerCallahan.com

www.LifeTraumaSolutions.com

For the App go to my website and click the app store button or go to the App store and search for Dr. Robert L Bray: Thought Field Therapy TFT Guide App available in Android by end of 2017.