



More Than Just Positive Thinking, Positive Results!

Thought Field Therapy® (TFT) is a cutting edge procedure that you can use to conquer emotional distress and many of life's concerns. It is a drug-free method of literally tapping into the body's energy with information to allow healing - - without using acupuncture needles, drugs, or any other invasive means.

TFT can provide emotional renewal quickly and safely with no side effects and without having to go through years of therapy. When working with a TFT therapist, you'll find the tools you need to use this powerful yet simple method and discover how TFT can change your life for the better.

TFT offers dynamic results in a very short time and is incredibly effective in helping **FEARS, PHOBIAS, ANXIETY, TRAUMA, POST TRAUMATIC STRESS DISORDER (PTSD), OCD, ADDICTIVE URGES, PHYSICAL PAIN** and many other problems that can be life-limiting, stifle happiness and personal performance, and act as barriers to happiness and health!

Questions & Answers about TFT

Q: What happens during a TFT session?

A: The therapist instructs the client to tap with their fingertips on a series of pre-determined points on the body in a precise order. This is done while the client thinks of the problem. Typically, a significant reduction of the problem results.

Q: How effective is TFT?

A: Thought Field Therapy® has proven itself over and over again to be the most effective help for emotions ever discovered or devised. TFT offers real, measurable, and permanent relief from a wide variety of problems. It has been called "**The Power Therapy of the 21st Century**" because of its high degree of effectiveness. **Many common phobias and fears can be completely eliminated during a single session!**

Q: Is TFT related in any way to hypnosis?

A: No! There is no relationship or similarity between hypnosis and TFT. With TFT, your belief is NOT necessary for the therapy to work. TFT has repeatedly surprised dubious skeptics who did not "believe in" TFT. They found that TFT **worked** without their personal belief in it - - just as antibiotics do not depend upon the belief of the person taking them in order to be effective. With TFT, belief does not enter into the equation

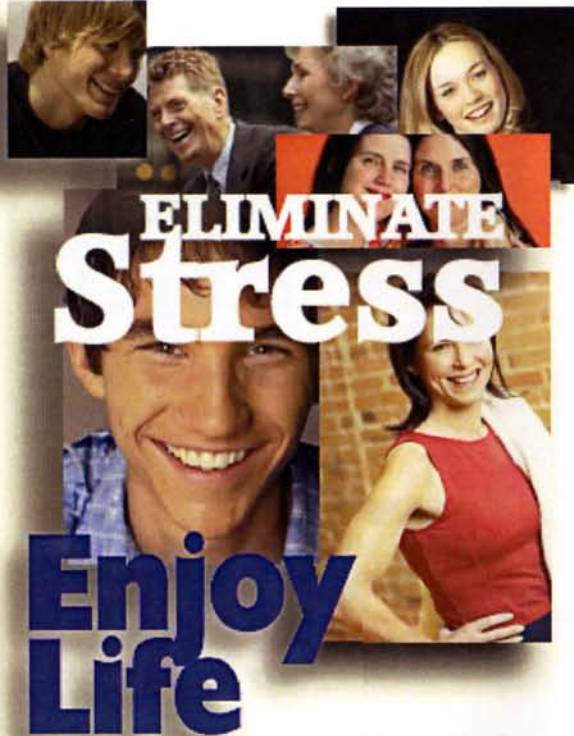
Q: Is TFT safe?

A: Yes, absolutely! It is safe for everyone including children, infants and the elderly.



If you answer YES to any of the questions below, TFT can help you!

1. Are you having difficulty "getting over" some traumatic past event or experience?
2. Are you stuck in negative emotions that act as obstacles to progressing with your life?
3. Is stress affecting your life or health?
4. Are personal problems you are unable to discuss with others getting the better of you?
5. Are anxieties or past traumas limiting your performance or happiness?
6. Do you sabotage yourself every time you get close to success or happiness?
7. Do you have a fear you know is irrational that you simply can't control?
8. Have you already tried everything else and still have your problem?

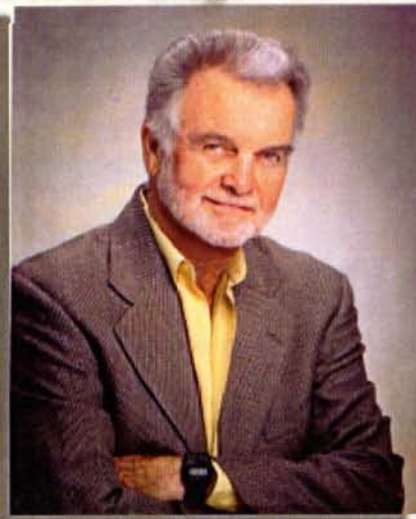


If you're one of the millions of people on Earth who can't enjoy their life because of irrational fears, negative feelings you just can't escape, or feel overwhelmed by stress and anxiety, Thought Field Therapy® can help you! TFT is a highly specialized technique that brings almost instantaneous relief from all types of stress and anxiety issues.

Whatever your quest -- freedom from negative emotions, stress, anxiety or self-sabotage, or maximizing your potential for personal achievement -- you will be surprised at how quickly you start experiencing the positive benefits you'll derive from working with your Thought Field Therapy® practitioner.

The best part is the almost immediate relief you'll experience. The effect of TFT treatment is virtually instantaneous and happens without years of expensive therapy visits or drugs that simply mask the problem.

Meet Dr. Roger Callahan



Founder and Developer of Thought Field Therapy®

Thought Field Therapy® was discovered and developed by Clinical Psychologist Dr. Roger Callahan. Dr. Callahan has demonstrated Callahan Techniques® Thought Field Therapy® on Radio and Television shows all over the country. Dr. Callahan heads the Thought Field Therapy® Training Center in La Quinta, California (near Palm Springs). The TFT Training Center offers courses in Callahan Techniques® TFT and publishes a quarterly newsletter, "The Thought Field." Dr. Callahan is Chairman of the Board of the Association for Thought Field Therapy, the worldwide professional organization for TFT practitioners.

The TFT practitioner presenting this informational pamphlet is a member in good standing ATFT. For more information or inquiries, please call (866) 396-1365 or write to: ATFT, PO Box 1220, La Quinta, CA 92247.



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What you need to know about Thought Field Therapy®

(TFT)



Stress Healing Center

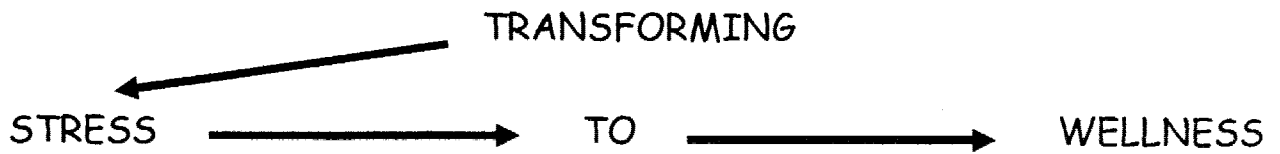
Specializing in Transforming Stress

Tom McDermott, NCC, LMHC, TFT Dx
Director

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THE STRESS HEALING PROCESS



Its effects/how we know it.	Through Stress Healing Resources	Its effects/how we know it.
Off course	Counseling	On course
Out of sync	Thought Field Therapy™(TFT)	In sync
Illness	Journaling	Healthy
Negative emotions	HeartMath® Techniques	Positive emotions
Overly tired, fatigued	Mindfulness Meditation	Balance
Nervousness	Meaningful Purpose	Coherent
Sleep problems	Yoga	High Performance
Repeated headaches	Tai Chi	Clarity
Minor aches and pains	Laughter	Focused
Incoherent	Play	High energy
Out of balance	Creativity	See beauty
Poor performance	Spirituality	Laugh a lot
Lack of clarity	Healing	Play often
Can't focus	Beauty	Love life
Time pressured	Service	Compassionate
Fight a lot	Relaxation & Stress Reduction WK. BK	Peaceful
See the worse		Optimistic about life
Pessimistic about life		Serves others

Individualized Stress Healing Course

***"Set your course in life to be free
from the negative effects of stress."***

The stress healing course will utilize new and innovative approaches to eliminate stress as well as traditional stress transforming resources.

The primary objective of the stress healing course is to teach you lifelong stress transforming skills that will serve you now and in the future to transform stressful challenges and free you from the negative effects of stress in your life.

Your individualized stress healing course will be a private one-to-one meeting(s) with a stress healing counselor. The number and frequency of your counseling sessions will be designed to meet your needs.

STRESS HEALING COUNSELOR:

Tom McDermott, a New York State Licensed Mental Health Counselor and a National Certified Counselor, has worked in the counseling field for over four decades, specializing in Transforming Stress. As the founder and director of the Stress Healing Center, he is committed to helping individuals learn how to activate their own inner healing resources to transform stress to wellness.

Tom is a diagnostically trained TFT practitioner. He received his training in TFT causal diagnosis from Dr. Roger Callahan and is a member of the Association for Thought Field Therapy.

To make an appointment or for further information please call:
Tom McDermott at (716) 807-8487.

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