

Thought Field Therapy by Dr. Roger Callahan

*Instructions for the **Complex Trauma** algorithm*

This algorithm is the most common algorithm that I use in my practice because it covers a multitude of emotions including sadness, grief, anxiety, anger, guilt and shame. Using the algorithm will bring down the discomfort associated with recalling traumatic memories. It will also help “erase” disturbing images, such as those recalled from seeing a movie or a newspaper photograph that you “can’t get out of your head”.

What makes the algorithm work is to THINK about the trauma, memory or image. Rate the degree of disturbance you feel on a scale of 0 to 10, where 10 is the worst upset possible and 0 is no upset at all. This is referred to as the SUDs (Subjective Units of Distress). Then tap the following **TFT Complex Trauma algorithm**:

a) **Tapping Sequence**: Use your fingers to lightly tap the following about 10 times each:

Side of hand (karate chop point)

Beginning of eyebrow (towards the nose)

Under eye (at top of cheekbone)

Under arm (4 inches below arm pit)

Collarbone point (find it by running fingers down the neck to the V-notch in the top of the collarbone, then go down 1 inch and over to either side 1 inch)

Little finger (inner tip towards thumb)

Collarbone point

Index finger (inner tip towards thumb)

Collarbone point

Chin (indentation half way between the bone and the bottom lip)

b) **9-Gamut**: While tapping the gamut spot on the hand, do the following 9 procedures (remember to tap through all 9 steps). Find the gamut spot by making a fist with one hand—the gamut spot is in the valley between the fourth and fifth finger knuckles, about one inch back towards the wrist.

Eyes open

Eyes closed

Open eyes and look down to the left

Look down to the right

Circle eyes in one direction

Circle eyes in opposite direction

Hum a few notes (more than one note, try Happy Birthday)

Count from one to five

Hum a few notes again

c) Focus back on the image, memory or trauma for a brief moment

d) Repeat the **tapping sequence**. Tap:

Side of hand (karate chop point)

Beginning of eyebrow (towards the nose)

Under eye (at top of cheekbone)

Under arm (4 inches below arm pit)

Collarbone point (find it by running fingers down the neck to the V-notch in the top of the collarbone, then go down 1 inch and over to either side 1 inch)

Little finger (inner tip towards thumb)

Collarbone point

Index finger (inner tip towards thumb)

Collarbone point

Chin (indentation half way between the bone and the bottom lip)

THEN ... focus back on the image, memory or trauma and see if the SUDs score has gone up, down or stayed about the same.

If your SUDs score went down to 0 (no distress at all), 1 or 2, finish with **Floor to Ceiling Eye Roll**:

while tapping the gamut spot on the back of your hand and keeping your head level, look down and slowly and steadily raise your eyes all the way up (taking about 10 seconds).

If your SUDs score went down, but not to 2 or below:

- a) Find the sore spot (find the v in the collarbone, move down an inch and then to the left about four inches. For women this is usually all the way to the bra strap). You will know you've hit it as it feels tender as you rub it. This is purportedly where the neuro-lymphatic fluid drains from the brain and is a place where a lot of emotional tension can get caught up.
- b) Rub the sore spot gently while thinking about your life globally (the day, the kids, the husband, work, what you're doing this weekend, etc)
- c) Keep on rubbing and slowly bring your thoughts in to focus on the image, memory or trauma that is the focus of this session. Rub a few times more, and then repeat the entire algorithm again.

Keep going until your SUDs level is under a 2 or stops changing.

