

# TAP AWAY *your* *troubles*

**I**n a quiet room, a woman sits staring at the floor, shoulders trembling as she sobs. Sitting opposite her is Janet Thomson, a Thought Field Therapy (TFT) practitioner. The woman tells Janet that she's been in an abusive relationship, and even though she has now split from the man, the consequent trauma has left her housebound and agoraphobic.

Janet asks her to focus on her fear and rate it on a scale of 1-10, with 10 being the worst. It's a 10. Janet then starts tapping certain points on

**'Tapping energy points can free you from discomfort or trauma**

**surrounding a pain'**

the woman's body and the woman stops crying and shaking. After 10 minutes, Janet asks her how she's feeling. The woman looks around the room like she's searching for the feeling of fear, then says: 'It's gone!'

Recognised for its quick effects, TFT involves tapping the energy points (or meridians) that run through the body, in order to free you from discomfort or trauma surrounding an emotion or physical pain. For example, if you're waiting for a knee operation, you can use tapping to cope with the discomfort.

TFT was developed 30 years ago by American clinical psychologist, Dr Roger Callahan, who discovered