

Thought- Field Therapy: A Best Natural Technique for Psychotherapy

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ABSTRACT

Thought Field Therapy is an integrated, meridian-based, mind body energy-based psychotherapy. It can heal various mental and physical ailments through specialized "tapping" with the fingers at meridian points on the upper body and hands. Perturbations are the fundamental cause of all negative emotions. The TFT helps remove these perturbations so that built-up energy can be released, removing the cause of symptoms. There is less evidence in demonstrating the validity of TFT, so it is important to do more research to document the importance of thought field therapy.

Keywords: Tapping, Thought Field, Algorithms, perturbations

(Paper received – 28th June 2022, Peer review completed – 15th July 2022, Accepted – 24th July 2022)

INTRODUCTION

Psychiatrists are specially trained, who care for the psychological and physical well-being of people with mental health conditions or behavioural problems. They care for people of all ages experiencing mental illnesses and distress. They work in different environments, depending on the position and their role. They have to perform psychological therapy to deal with the challenging behaviour related to mental health conditions of the patients [1].

The Holistic health care system is referred to as integrative health and medicine, which is getting a greater scope due to the increase in lifestyle-related disorders, especially chronic and non-communicable diseases [2]. Holistic health approaches ensure that support and comfort are provided to the individual, family, and community. It was universally accepted that a single health care system is not sufficient to fulfil all the health demands of an advanced society. Apparently new and integrated health care system is required to promote health policies and programs in the future [3].

Complementary and alternative medicine is increasingly included within mainstream integrative healthcare services. It enhances the holistic capacity of their service by filling therapeutic gaps in existing healthcare practices, treating the whole person, and increasing healthcare choices [4].

Thought-Field therapy (TFT) was developed by an American psychologist, Roger Callahan, for rapid treatment of psychological problems within minutes [5]. It can heal a variety of mental and physical ailments through specialized "tapping" with the fingers at meridian points on the upper body, and hands [6]. It is a unique form of energy psychology that includes only natural ways to eliminate the cause of negative emotions; it was very effective in decreasing the feelings that are irrational or irrationally intense.

It combines principles of Western and Eastern healing methods, using energy points in the body to release emotional distress. It consists of imaginal exposure combined with acupressure, i.e., tapping at acupoints [7]. The TFT is now used for effective treatment in various conditions like post-traumatic stress disorder, phobias, panic attacks, fear, anxiety, anger, chronic pain, obsessive behaviour and addictions [8]. The goal of TFT is to release the energy in a hands-on manner by focusing on tapping and cognitive diagnosis to

release the patient from the trauma and negative energy [9]. Thought field therapy is used for many psychiatric conditions, and studies have shown that cognitive-behavioural therapy and thought field therapy showed better results [10].

Thought Field Therapy

It is defined as an integrated, meridian-based, mind body energy-based psychotherapy. It includes the diagnostic and treatment procedures performed while the patient is thinking about their problem [11].

Tapping Pattern: TFT is an alternative therapy that is derived from applied kinesiology that instructs the patient to finger tap on a series of acupressure points while being directed to focus on a psychological or physical problem being addressed. TFT involves tapping on nine acupressure points of our body. While tapping, you don't need to exert any strong force, be easy and tap very lightly. If the patients experience any pain, leave that point and continue on another one (Table 1).

Table 1: Acupressure points and their connected meridians [12]

Acupressure points	Connection of meridian
Karate chop (KC)	Small intestine
Top of head (TH)	Governing vessel
Eyebrow (EB)	Bladder
Side of the eye (SE)	Gallbladder
Under the eye (UE)	Stomach
Under the nose (UN)	Governing vessel
Chin (Ch)	Central vessel
Beginning of the collarbone (CB)	Kidney
Under the arm (UA)	Spleen

The sequence of Tapping: The tapping should be continued seven times, moving from top to bottom in the above order; after teaching the end at underarm, repeat the sequence again to reach the top of the head point. While doing the tapping, recite your problematic phrase three times. Tapping acupressure points break the energetic link between the feelings and the memory of traumatic events that helps for immediate relief of anxiety, phobias, pain, stress, hyperactivity, and confusion. In TFT, the negative emotions are alleviated through gentle activation of designated acupuncture points, which neutralizes or eliminates the experienced problem's emotions [11].

Core Concepts in Thought Field Therapy

The thought field is the main concept followed by other core concepts, which include perturbations, algorithms, casual diagnosis, and psychological reversal.

- a) **Thought Fields and Perturbations:** TFT is a method of separating negative thoughts from physical and emotional disturbances. TFT sees thought as energy, the energy flows throughout each thought field, but the pathway can become blocked, resulting in energy build-ups or perturbations. The perturbations are the main cause of negative emotions. When perturbations are present, they initiate the physiological, biochemical, and cognitive events that result in distressing and disturbing emotional experiences [8, 12-13]. The TFT helps in reverse negative wiring, the steps include. (Figure 1)

Figure 1: Thought Field therapy reverse negative wiring working method [8]



- b) **The Thought is the starting point:** the search activates the mind to search for the memory, the memory creates the perturbation/trigger, and next, it activates the mind & body connection, leading to total mind and body response [8,12]. Perturbations are the fundamental cause for all negative emotions. The TFT helps to remove these perturbations so that built-up energy can be released, removing the cause of symptoms.
- c) **Algorithms (the sequence of points tapped):** Callahan developed several algorithms after observing that certain sequences proved effective for a large percentage of people experiencing the same condition. Perturbations correspond to certain meridian points. The specific issues present in our body (anxiety, phobias, pain) can be resolved by tapping the meridian points, and the tapping sequence is called an algorithm [8].
- d) **Causal Diagnosis:** It is a process to determine the correct tapping sequence for an individual. This order of perturbations helps for exact treatment for efficient outcomes. The causal diagnostic procedure includes: tune the thought field in clients by thinking about their problem, testing them for psychological reversal, and diagnosing for which treatment points are needed for tapping [12].
- e) **Psychological Reversal:** It is defined as a state that forbids people from responding to an effective treatment. The psychological reversal is characterized by negative thinking and a tendency to self-sabotage [13].

Uses Of Thought Field Therapy

- The Thought Field therapy is used in patients who suffer from trauma and those who have already attempted other methods for negative thoughts and energy.
- In patients who are constantly worrying, stressed, and anxious.
- To get rid of an addiction (smoking)
- It helps to relieve depression without using any medication.
- For patients who need mental and emotional freedom.

CONCLUSION

The TFT will be the effective natural method to reduce many traumatic symptoms. This does not provide any harm. There is only less evidence in demonstrating the validity of TFT, so it is essential to do more research works to document the importance of thought field therapy.

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Acknowledgements – Nil

Conflict of Interest – Nil

Funding – Nil