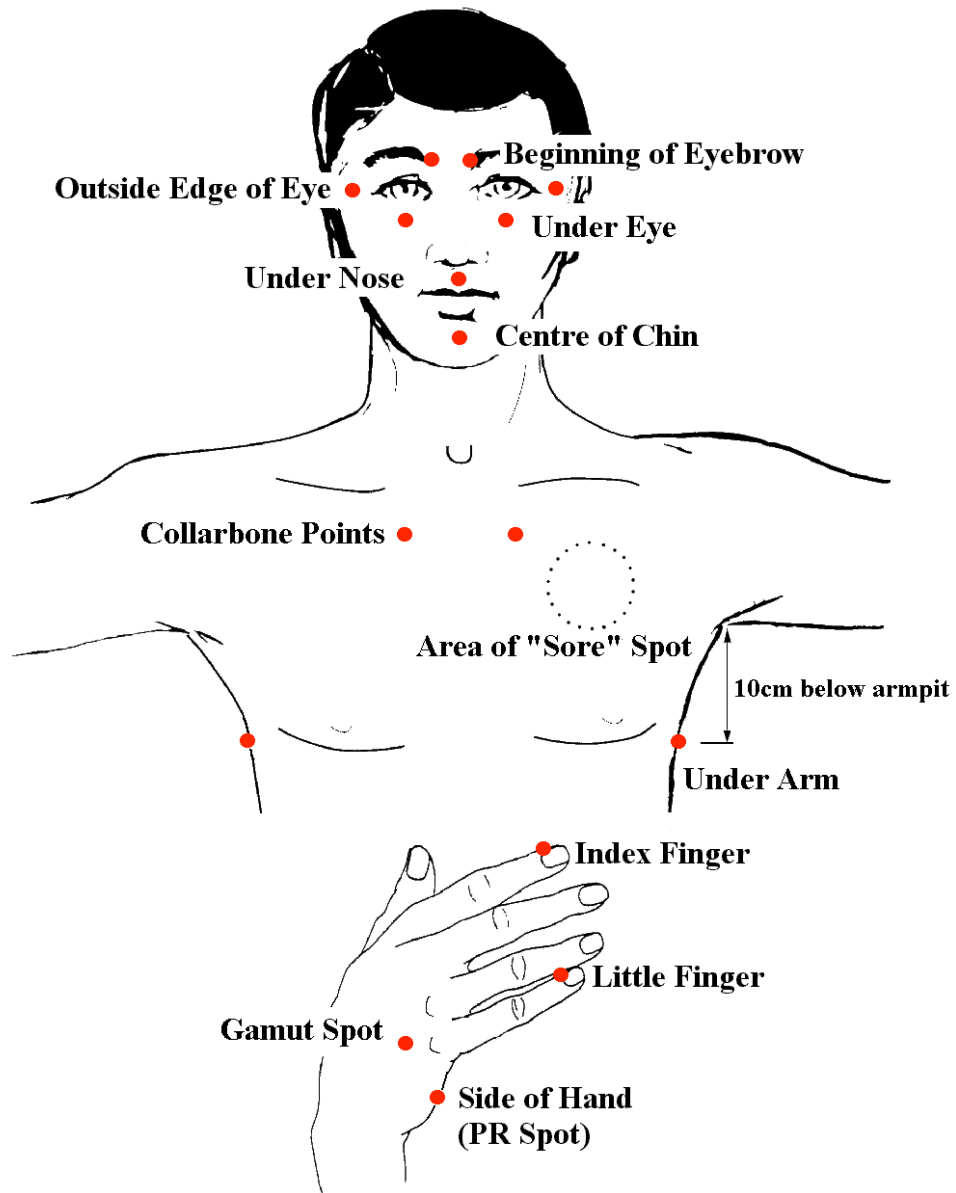


Chart of Tapping Points

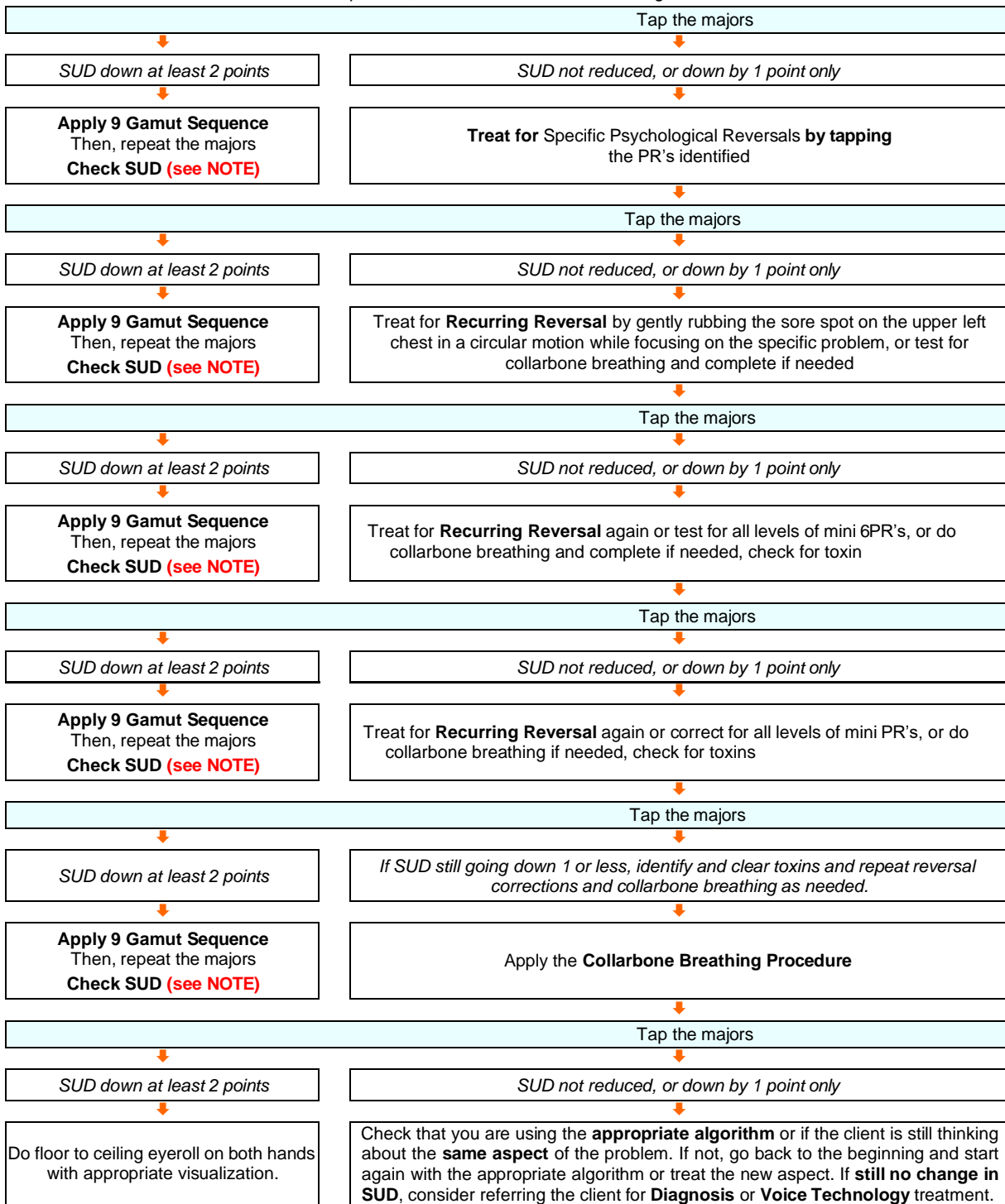
THE CALLAHAN TECHNIQUES®

Treatment Points
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Step-by-Step TFT Algorithm Procedure

1. Use collarbone breathing to align the client to their desired goal or state of being.
2. Identify, by listening to client, and correct the most appropriate 6 PR's.
3. Ask the client to think of the problem and then have him/her give it a SUD rating from 0 (or 1) to 10 (with 10 being the highest). While he/she continues to think about the problem, have the client do the following:



NOTE: If SUD is not 2 or less after the 9 Gamut Sequence and the majors, correct for Mini-PR. Begin again applying the reversal corrections on the right side of the flowchart. Check for the need for additional holons or algorithms. When SUD is 2 or less, do floor-to-ceiling eye roll.

Clumsiness or awkwardness, alignment with goal		1	CB ²
Addictive Urge		2	e - a - c
		3	c - e - c
		4	a - e - c
		5	e - c - a - c
Anger		6	tf - c
Complex Trauma / Rejection / Love Pain / Grief		7	eb - e - a - c
Complex Trauma with Anger	 	8	eb - e - a - c - tf - c
Complex Trauma with Guilt	 	9	eb - e - a - c - if - c
Complex Trauma with Anger and Guilt	  	10	eb - e - a - c - tf - c - if - c
Depression, sadness,		11	g50 - c
Embarrassment		12	Un - c
Environmental Toxin Correction	 	13	if-repeat PR corr. (side of hand 15x)
General Anxiety / Stress		14	e - a - c
Guilt		15	if - c
Jet Lag (East - West)		16	a - c
(West - East)		17	e - c
Obsession / OCD		18	c - e - c
		19	a - e - c
		20	e - a - c
Panic / Anxiety Disorder		21	eb - e - a - c
		22	e - a - eb - c
		23	a - e - eb - c - tf
		24	eb - a - e
		25	e - eb - a - tf
		26	c - e - a
Physical Pain		27	g50 - c
Rage		28	oe - c
Reversal of concepts, words or behavior Self sabotage / Negativistic behavior		29	Correct for PR at appropriate level (PR / RPR / MPR / PR2 / CB2)
Shame		30	Ch - c
Simple Phobias / Fear		31	e - a - c
Simple Trauma / Rejection / Love Pain / Grief	 	32	eb - c
Spiders / Claustrophobia / Turbulence	  	33	a - e - c
SUD report of 2 or less / Rapid Relaxation		34	Floor-to-Ceiling Eye Roll (er)
Visualization for overcoming addictions or achieving peak performance		35	a - c
Integration sequence		36	e - mf - tf
Forgiveness		37	tf - if - c

The Nine Gamut Sequence (9g)

While continuously tapping the Gamut Spot (allowing about 5 taps for each step), do the following:

- 1. Close the eyes**
- 2. Open the eyes**
- 3. Move the eyes down and to one side**
- 4. Move the eyes down and to the other side**
- 5. Roll the eyes in a circle in one direction**
- 6. Roll the eyes in a circle in the opposite direction**
- 7. Hum a tune (about five notes) out loud, with mouth closed**
- 8. Count out loud from one to five**
- 9. Hum a tune again aloud, with mouth closed**

NOTE:

- Steps 1 to 6 of the Nine Gamut Sequence can be performed in any order (i.e., eyes down left first or eyes down right first; eyes in a circle to the left first or eyes in a circle to the right first).

Thought Field Therapy Flow Chart

