

A 2 - day workshop on
Thought Field Therapy (TFT)
presented by

Christopher Semmens

MAppPsych; BSc; BPsych
Clinical Psychologist

***Elegant and efficient implementation
of Trauma-Informed Care & Practice
(TICP):
Thought Field Therapy (TFT)***

Melbourne: Sun 4th & Mon 5th
October 2015

The Treacy Centre
126 The Avenue
PARKVILLE, VIC

Perth: Sun 1st & Mon 2nd
November 2015

Tradewinds Hotel
59 Canning Highway
EAST FREMANTLE, WA

9 am to 5 pm

*Satisfies Aust Psych Board requirements for
active PD*

Christopher Semmens MAppPsych

Christopher Semmens is a Clinical Psychologist who has worked in a private practice setting for twenty years. He is a partner in the multidisciplinary pain management centre, Cambridge Pain Management. Other areas of clinical focus for Chris are traumatic stress, anxiety disorders and addictive behaviours.

Over many years Chris has sought out professional development opportunities from the leading clinicians in his particular fields of interest. He has attended numerous international congresses and workshops, training with most of the prominent exponents of cognitive behaviour therapy (CBT) including: Ellis; Beck, Tim and Judith; Freeman; Mahoney; Young; Clark; Salkovskis; Foa; Barlow; Seligman; Turk; Padesky; and Jon Kabat-Zinn.

Among his professional association memberships are the Australian Psychological Society and the Australian Pain Society. He is one of fifteen Australian members of the International Association for Cognitive Psychotherapy and is also a member of the International Society for Traumatic Stress Studies. Chris has undertaken extensive specialised training in rational emotive behaviour therapy (REBT) and he is one of six Australians on the International Referral List published by the Albert Ellis Institute in New York.

Since 1997 Chris has incorporated one of the new generation of psychological interventions, thought field therapy (TFT), into his treatment armamentarium. He is a foundation and life member of the Association for Thought Field Therapy (ATFT) and has been a member of the board of directors of the ATFT Foundation.

In addition to CBT, REBT and TFT Chris has trained in clinical hypnotherapy and he has also completed two years of training in Gestalt Therapy.

Incorporating TFT into his practice has allowed Chris to adopt a trauma-informed approach to practice where the clinical question becomes “What has happened to you?” instead of “What is wrong with you?” - a focus on unresolved life issues of trauma, loss and disruption rather than a primary focus on presenting symptoms.

Workshop Description

Cognitive Beh Therapy arose from the initial efforts of Dr Albert Ellis to improve his effectiveness as a clinical psychologist. He found himself hampered in his pursuit of efficiency by the psychoanalysis he practiced that required an average of 100 sessions to achieve change. In 1955 he commenced practicing what is now known as Rational Emotive Behaviour Therapy (REBT) that greatly improved his outcomes.

In the late 1950's Dr Roger Callahan, at that time an Associate Professor, was also pursuing the goals of efficiency and effectiveness in therapy. He was impressed by Ellis' work, became a close associate, and was asked by Ellis to read the manuscript of *Reason and Emotion in Psychotherapy* (1962). Callahan was driven to discover even greater efficiencies in psychotherapy which led him to investigate the Chinese energy meridian system (acupuncture) in a search for clues that could contribute to a more efficient approach to the resolution of emotional distress and disturbance.

A gentle action technique of tapping on acupuncture points that Callahan called thought field therapy (TFT) arose from these investigations.

This workshop traces the history of psychotherapy, the developments that led to Callahan's discoveries and elaborations, and the theory that Callahan constructed about TFT's mechanisms. Targeted techniques for dealing with a broad range of emotional problems including anxiety, fear, addictive behaviours, traumatic stress, grief and loss, anger and guilt will be covered in detail.

Trauma-informed care & practice (TICP) is a model of service delivery for which TFT is perfectly suited. Issues related to this match are highlighted. The practicalities of dealing with complex and difficult cases and the nuances of clinical assessment and therapy delivery are important areas to be covered in the workshop.

There will be numerous live demonstrations of the techniques and ample opportunity for supervised practice of the various skills as they are introduced.

Issues of traumatic stress and the psychosomatic process in psychotherapy will receive detailed consideration.

Workshop Programme

DAY 1

Introduction

What is Thought Field Therapy (TFT)?

Practical demonstration of a bioenergetic circuit

The Chinese energy meridian system

Introduction of participants

What is psychotherapy?

Brief history of psychotherapy

- Freud
- Ellis
- Callahan

Having a good life and the reality of frustration & adversity - navigating these

The tram track model of negative emotions

Live demonstration of TFT with traumatic stress or grief / loss

Introduction to Dr Roger Callahan (via video)

Second Session

Trauma-informed care & practice: The emergence of a new paradigm of service delivery

The TFT treatment points

Psychological reversal - a major discovery

Live demonstration of TFT - traumatic stress or grief

The architecture of TFT

A TFT treatment protocol

The TFT flowchart

Group practice in 3's using the protocol and flowchart

TFT theory - thought fields, perturbations etc

Third Session

Treating addictive urges and behaviours with TFT

- tension reduction behaviours (TRBs)

Live demonstration

Group practice in pairs

The collarbone breathing exercise (cb2)

Assessment issues:

- What's happened to you cf what's wrong with you
- psychosocial history
- the four questions plus one
- the psychosomatic history questionnaire
- Jeffrey Young's Early Maladaptive Schemas - EMS

Relationship issues - comfortable approximation

Traumatic stress

- the (short) history of trauma in psychotherapy
- the epidemiology of traumatic stress
- treating trauma with TFT

Fourth Session

Understanding anxiety

- the discovery of the mechanisms behind panic - the Barlow & Craske model
- treating anxiety and panic attacks by breaking the experience down to its component parts and applying TFT

Phylogenetic aspects of the anxiety response

Jeffrey Schwartz's "glitch" model of OCD

DAY 2

First Session

Treating family of origin issues

Grief and loss; love pain

The "gap" treatment in TFT

Live demonstration of family of origin issues

Group practice in pairs focussing on family of origin, grief, loss and love pain issues

Self esteem as a damaging notion

The philosophy of self acceptance - Ellis' USA

Treating issues of self with TFT

Second Session

Heart rate variability (HRV) as a promising objective measure of psychotherapy effectiveness

HRV demonstration - before and after live demonstration of treatment

Depression - what makes for a diagnosis of depression

Treating depression with TFT - isolate the aspects and treat them separately - Beck's cognitive triad

Complex cases - layered and interwoven thought fields

Third Session

Cure and time - the role of individual energy toxins

The treatment of chronic pain - fear/avoidance issues

The psychosomatic process

Introducing the concept of the psychosomatic process to clients and outlining a rationale for dealing with the issues

Live demonstration

Group practice

Fourth Session

The art of delivery for TFT

- introducing TFT to clients
- formulating a treatment approach from the clients presentation and psychosocial history
- what to do if TFT doesn't work

Case examples of complex cases where TFT can be incorporated into other models of working

Fourth Session (cont)

Live demonstration

Group practice

Research in TFT

- what it is that comprises “gold standard” research in psychology
- the 3 Feinstein reviews published in APA journals
- the 3 Rwanda TFT studies

Workshop Objectives and Benefits

- to provide participants with a clear understanding of the context of the discovery and development of thought field therapy (TFT)
- for participants to understand the fundamentals of trauma-informed care & practice (TICP) model of service delivery with sufficient clarity to enable them to implement it in their own service setting
- for participants to acquire a knowledge and understanding of the issues of traumatic stress and the psychosomatic process and their relevance to a comprehensive approach to assisting clients
- for participants to be able to assess a client presenting for psychotherapy in a way that is likely to lead to the successful implementation of a TFT intervention within the TICP model
- for participants to be able to competently implement a TFT intervention
- to introduce participants to some of the important issues regarding research and TFT

Christopher Semmens

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Thought Field Therapy (TFT)
Workshop

Melbourne : 4th & 5th Oct **OR**
Perth: 1st & 2nd Nov
(circle which venue)

Registration Form

Name: _____
Organisational Title: _____
Company: _____
Address: _____

Tele: _____
Fax: _____
Mobile: _____
Email: _____
Your reference or purchase order number:

***Please find enclosed my payment of \$495.00
inclusive of GST.***

Method of payment: Credit card / Cheque
Credit card type:
Visa / Mastercard

Card No: - - - - -

Expiry Date: - - / - -

Card holder's name: _____

I understand that due to limited numbers there is a nil
cancellation policy and that a tax invoice/receipt will
be forwarded to me by return.

Signature: _____
Date: _____

*Please **fax** this completed form to:*
Christopher Semmens: 08 9389 9745
or email: cscondor@aol.com
or post to:

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PO Box 3389, Broadway
NEDLANDS WA 6009