



AgileKata
CULTIVATING AGILE LEADERSHIP

Thought Field Therapy (TFT) “Tapping” for Coaches

April 1, 2024

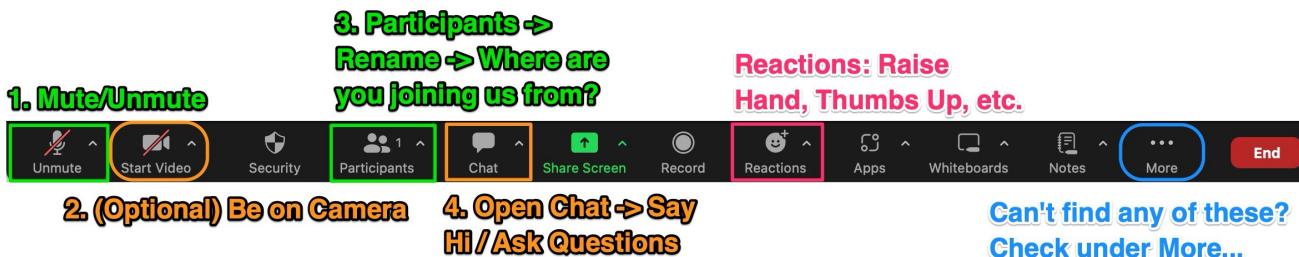
Welcome Coaches!

While we give folks a moment to join Zoom and get settled, please...

- Take a couple **deep breaths** to shift from “getting here to *being* here, with all of us”
- In Zoom: rename yourself to “Name | Where you are joining us from”
- Say hello in the chat! Feel free to share your LinkedIn, or where we might find you outside this space
- In a moment, while he introduces himself and Bob, John will pop-up a Zoom poll which will help us better understand the Coaches who are here today

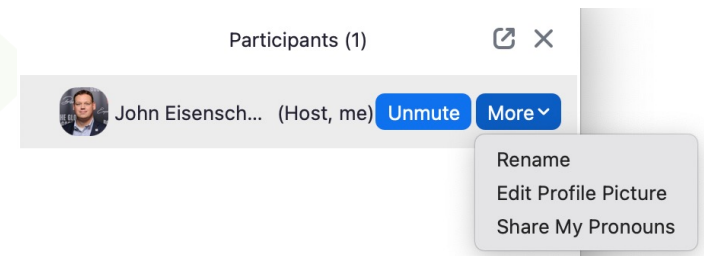
To Keep our Commitment of **45-minutes or less** today, our proposed **Designed Alliance** is:

- Please post any questions in the chat, John will moderate, Bob’s focus will be on content
- Please mute, or we may mute you, until you are invites to unmute
- If you wish to interrupt, please use the “Raise Hand” reaction and give us a moment to call on you



The image shows the Zoom meeting toolbar with several icons highlighted by colored boxes and text annotations:

- 1. Mute/Unmute**: Points to the Mute/Unmute icon (a microphone with a slash).
- 2. (Optional) Be on Camera**: Points to the Start Video icon (a camera with a slash).
- 3. Participants -> Rename -> Where are you joining us from?**: Points to the Participants icon (a group of people).
- 4. Open Chat -> Say Hi / Ask Questions**: Points to the Chat icon (a speech bubble).
- Reactions: Raise Hand, Thumbs Up, etc.**: Points to the Reactions icon (a smiley face with a plus sign).
- Can't find any of these? Check under More...**: Points to the More icon (three dots).



The image shows a Zoom participants list and a profile menu:

- Participants (1)**: A header for the participants list.
- John Eisensch... (Host, me)**: A participant entry with a profile picture and a name.
- Unmute**: A button to unmute the participant.
- More**: A button to open a menu of options.
- Profile Menu**: A dropdown menu with options: **Rename**, **Edit Profile Picture**, and **Share My Pronouns**.



John Eisenschmidt

ICF PCC & Mentor Coach, SISC, ORSC, TFT-DX

John is a full-time Coach and Business Agility Consultant in private practice. He is an ICF certified PCC and Mentor Coach, Strozzi Institute certified Somatic Coach, trained with Doug Silsbee and Bebe Hansen in Presence-Based Coaching, is an ORSC practitioner, and trained with Dr. Bray to become certified in Callahan Techniques Thought Field Therapy – Causal Diagnosis (TFT-DX).

LinkedIn: [linkedin.com/in/johneisenschmidt](https://www.linkedin.com/in/johneisenschmidt)

Website: agilekata.com



Dr. Robert (Bob) Bray

PhD, LCSW, TFT-VT, DCEP, CTSS

Using and Teaching Thought Field Therapy since 1996, Currently Board member Association for Comprehensive Energy Psychology, 2020 Lifetime Achievement Award by the California Chapter of NASW, Author of Heal Traumatic Stress NOW (2009) Past president of Association for Traumatic Stress Specialist, Past president Association for Thought Field Therapy, Core Instructor for International Critical Incident Stress Foundation, past adjunct faculty School of Social Work at San Diego State University, Disaster Service responder with American Red Cross, NDMS CA-2 DMAT, and other community crisis response services.

Private Practice specializing in traumatic stress recovery from child abuse, domestic violence, natural and man-made disasters, crime and war.

More at www.rlbray.com



Thought Field Therapy™
CENTER

THOUGHT FIELD THERAPY "TAPPING" FOR COACHES

SELF-HELP TOOLS FOR
KEEPING CLIENTS IN THE MOMENT
AND
IN THE PROCESS



WHAT IS STOPPING YOU FROM TAPPING?

- Please add to the chat with comments and questions throughout the presentation
- The word therapy
- It requires specialize training
- Requires exploring personal history



TAPPING IS LIKE:

- Taking a breath with someone. Structured or free form
- Suggesting a moment of internal focus. Going to a power place in the mind or engaging a known meditation practice
- Encouraging locating a more comfortable external focus. Holding attention on a visual point or a specific sound or odor as you consider the issue.
- Taking a moment to move the body in ways that create a new more energized state. Some stretches, walking, different chair, or taking a power posture
- visualizing positive outcomes



WHAT IS NOT REQUIRED FOR TAPPING

- Discussion of the history of the issue or feelings
- Understanding of the source of the experienced reported or observed upset or block
- Expectations of Changes beyond the immediate moment
- Continuing beyond what is comfortable -tapping does not cause harm - you can stop at any point-



USING THE TECHNIQUE IS NOT DOING THERAPY

- “Thought Field Therapy” is an Energy Psychology approach developed by Roger Callahan, PhD over 30 years ago.
- Original call “Callahan Techniques”. Now known as “Tapping” in EFT, BSFF, and more. You can call it whatever you like.
- The tapping is used here to eliminate overwhelming emotional distress stopping optimal performance within the situation and time.



WHAT WE DO

- Tapping or pressure with their own fingertips on points on the body in a specific sequence
- Guided by reported level of upset - anxiety, avoidance, distraction, body tension, ease of breath
- Or guided by observed behaviors related to the blocks - physical indicators (changes in eye contact, breathing patterns, flushing, movements) like tells in poker or other clues.
- Tap a standard pattern
- Notice changes in reported or observed level of upset.
- Tap more if needed or get back to business



COMMON TAPPING

- Notice what is being felt in the moment as you are working
- Identify the way you are aware of the upset- locked into an image in your mind, tightness in your shoulders, knot in your stomach, being distracted by other thoughts
- Rate the upset
 - Zero means no upset or block at all
 - 10 means the worst possible

TAPPING POINTS

- Side of Hand
- Under Nose
- Eyebrow
- Under Eye
- Under Arm
- Under Collar Bone
- Little Finger
- Under Collar Bone
- Index Finger
- Under Collar Bone

9 - GAMUT SERIES

WHILE CONTINUOUSLY TAPPING THE GAMUT SPOT:

- 1. Close eyes
- 2. Open eyes
- 3. With your eyes look down and left
- 4. With your eyes look down and right
- 5. Whirl your eyes in a complete circle in one direction
- 6. Whirl your eyes in a circle in the other direction
- 7. Hum a couple bars of any tune
- 8. Count to five
- 9. Hum again

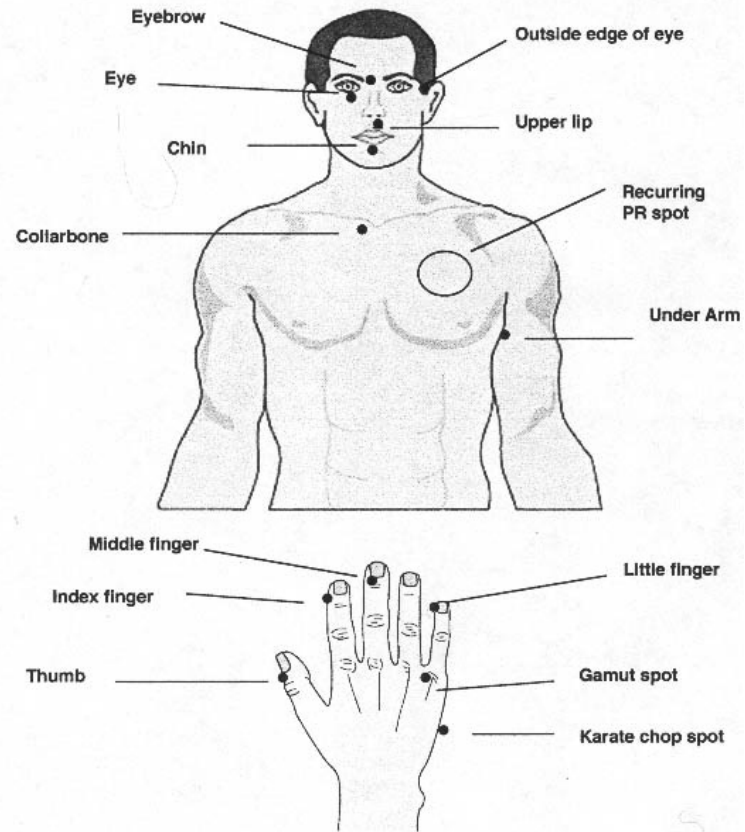
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CHECK - IN ON THE TASK AT HAND

- Go back to what you started with
- Notice what has changed
 - How has the picture or images changed
 - What sensation are you experiencing now
 - How is whatever you focused on before changed
- Rate the Upset
- If the SUD is changing -repeat until at a one or two-

Thought Field Therapy Treatment Points



- The connection between the ability to communicate and the ability to succeed is clear.
- Tapping is the best way to clear blocks to making your self seen and heard



Engaging Clients Fearlessly: In-Depth Thought Field Therapy Training
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Paraprofessionals with Robert Bray, Ph.D., LCSW

April 11-14, 2024

Thursday, Friday, Saturday from 9am-4:30pm and Sunday from 9am-3pm

Sometimes words are not enough when it comes to negative emotions. Is talk therapy making a minimal impact on recovery and overcoming negative emotions when you know you should be empowering others to eliminate and manage overwhelming emotions blocking healing and recovery? Overwhelming emotions block healing and recovery, but what if there was a way to stop or avoid a shutdown to continue therapeutic work?

[Learn More](#)





Thought Field Therapy™ CENTER

- www.rlbray.com
- YouTube video demonstration <https://www.youtube.com/watch?v=6lzsjuymPoE&t=1s>
- <https://rlbray.com/services/thought-field-therapy/>



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— Melinda Moats,
MEd, LMHC

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