

## TFT as a treatment for fear of dogs

by Nora. J. Baladerian, Ph.D.

In 1999 or 2000, I took my first training course in Thought Field Therapy. It was quite different from anything I had experienced before, yet right up my alley as I am quite familiar with the meridian system as I used to have regular acupuncture treatments. But in this TFT training, the focus was on psychological matters not just on physical well-being.

I learned that although I was watching practitioners “whiz through” treatments, that the speed or expertise of the practitioner was of no importance in terms of the job getting done. When I returned home from the course, I asked my secretary to administer a treatment on me. I showed her my manual from the training, and asked her to treat me for my lifelong terror of dogs.

Dr. Roger Callahan had explained that phobias are irrational fears, so that any logical treatment was useless, and that exposure to the feared object or situation was equally useless. Well, I knew that from years of having forced exposure to dogs, which only worsened the fear.

So, my secretary simply read out the steps to me, one by one until the treatment was done. At the end, I could not find any mental discomfort. Of course, the real test would come when I found a dog to encounter!

It took about nine months before my first personal encounter with a dog. I went to someone’s house. She had forgotten to put the dog in the backyard before my arrival, and I had forgotten to ask her to do so.

I entered the living room, and the dog bounded in, and jumped up on me with his toenails clacking on my teeth. I was surprised and irritated at his bad

manners. I told him to get down and thought, “these people have not trained their dog very well.” As I later left and returned to my car, it suddenly hit me: I had not been afraid! I had not even experienced an inkling of fear. So, I thought, that’s what it feels like to be completely freed of the fear of dogs that had been present my entire life.

Soon after that encounter I had a new friend who had two dogs. I was a

little worried but when I met her two dogs, I enjoyed them, I petted them, and one in particular I just fell in love with. Now I have been around many dogs, and enjoy them. It is so great to be free of the fear.

I am so grateful to Dr. Callahan for discovering TFT and teaching it to me. And, just think, my secretary’s treatment took a full five minutes -- to cure a lifetime phobia. Amazing.

