

APA approves CEUs for Thought Field Therapy

An announcement on Page 7 of *The National Psychologist* in the March/April 2013 edition drew attention to APA's reversal of a 1999 decision prohibiting CEU credit for training in Thought Field Therapy (TFT). The announcement mirrors the 1999 announcement in the *APA Monitor* that had caught my attention. Why would the APA go to the trouble to announce that approval was withheld? My curiosity was piqued!

I immediately called the Thought Field Therapy Center to learn more. Roger Callahan, Ph.D., the psychologist who had discovered the therapy, answered the phone. He described the foundations and effect of TFT. It is based upon the energy meridians used in acupuncture/acupressure, thus is founded in a 5,000-plus-year-old science in Eastern medicine. I registered for the upcoming weekend training. My life was changed.

I planned to delay using TFT with my clients until I became more adept in administering it, but was caught off-guard by my first patient on Monday

morning. A woman and her husband had just been excommunicated from the woman's family because they had dared to support their daughter who had been sexually abused by her uncle. The feelings were anger, rage, betrayal, hurt, abandonment, shame, embarrassment and helplessness. I administered the TFT. I could not believe my eyes. In both, facial color normalized, breathing normalized, they were calm. No sobbing. They could no longer access negative feelings that 10 minutes prior had been overwhelming. It works!

It changed my life and that of my patients. I have now trained hundreds of clinicians to administer TFT and led three TFT therapy teams into New Orleans post-Katrina.

I am glad APA has reversed its decision. But I would never let the availability of CEU's stop me from learning any new therapy discovery.

Nora J. Baladerian, Ph.D.
Los Angeles, Calif.