



I learned Thought Field Therapy (TFT) a few years ago when I took a class from Dr. Nora Baladerian.

I am a voice coach, helping people with performance, vocal production, singing and public speaking, among other related specialties.

Since I learned TFT, I have been able to help my students by using TFT for tuning, when they are singing flat or sharp. A few taps on the side of the hand (the psychological reversal spot) usually gets them singing right on pitch!

Another use of TFT is for those who are experiencing stage fright. I have found that TFT helps my students in memorization of their song or speech, or for actors, their role.

Personally I have used TFT for mood management, pain treatment, blood pressure management, anxiety, and to promote relaxation.

I've had such good success with TFT that it has become an accepted part of my practice.

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