

## TRAUMA AND PTSD - EXCERPT

### 4. Treating Traumatic Stress

So how do we tackle this problem with TFT? First and foremost the client does not have to talk in detail about their traumatic experience! As we know it is necessary only for the person to be thinking about the problem to be able to treat it with TFT. This will tune the thought field and the perturbations in that thought field will be active at that time. Remember we are addressing only the perturbations in the thought field and removing them from activity. This means that the memory of the trauma is not touched – only the emotional upset has gone. All is the same except for the upset.

After treatment, most people find that their recall of the past event is even better than it was before. This is because, often for the first time, the person is able to relate their memory of the event without going through a fog of painful emotion. He begins to remember details that were previously denied because of their negative impact on his emotional well-being.

Although this is far better than having to talk at length about the past event, for many people even thinking about it is enough to cause immediate upset. If the upset causes the person to break down and cry then you have a situation where the troubled person needs urgent help – and as a TFT therapist you are in a better position than anyone else to give that help – fast! You will have cases where the person will suddenly break down without warning and you have no idea why. But the joy of TFT is that you don't need to know why and still be able to give effective treatment!

Lets look at what you know. First, under these circumstances you can be virtually 100% certain that your client is reliving a past trauma which has suddenly slipped out from its place under the carpet! Secondly it is not only obvious that the person is thinking about the problem but also that the starting SUD is 10 (or maybe nearer 20 on our 1 – 10 scale)! Thirdly your client is temporarily in no condition to be able to follow your instructions to carry out the treatment.