

JANET THOMSON MSc

Thought Field Therapy Fact Sheet



Janet was a guest on the Chris Evans Drive Time show on Radio 2 this week, going "Tap Happy" with Chris and the team. The subject was eliminating cravings, and Janet was certainly put to the test, she "cured" Chris's friend Marky Mark of his addiction to kebabs over the telephone in just 5 minutes, as well as Sally Traffic for her craving for a cigarette! Janet chatted to Chris about the benefits of TFT and off air even helped in to tap away his blocked up nose!!!

TFT was developed by the brilliant Dr Roger Callahan, who Janet has been lucky enough to train with personally, and works on eliminating negative emotions and feelings by tapping on specific points in the body's meridians. The meridian system has been used for thousands of years in Chinese medicine and forms the basis for acupuncture. Our thoughts, or the information contained in our thoughts, is transported around the body throughout the meridians. That's why when you have a certain thought you get a certain feeling in a part of your body other than your brain, for example butterflies in the tummy, or going weak at the knees. Unexplained pain is often a cause of stored up negative thoughts and emotions and can be cleared with TFT. See the TV clip of "John" on Janet's website www.powertochange.me.uk to see proof of this in action.

Without doubt TFT is the most powerful, fastest and effective therapy Janet uses, but she is also qualified in clinical hypnosis, Neuro Linguistic Programming, and is a trained Life coach, as well as holding a Masters degree in Nutrition and Exercise Science. She combines this unique and eclectic mix of skills and treatments to ensure you get the best possible results.

The following conditions can often be completely eliminated using these unique treatments:
Anxiety • Depression • Phobias • Weight loss • Addictions/cravings • Low self esteem • Confidence and enhanced performance.

Even before Janet refined her skills as a therapist she was an accomplished author with 2 best selling diet books and a number one fitness DVD "Fat To Flat" and has appeared on television and radio many times, including a two week slot on GMTV. She now combines this knowledge and experience, with a whole new set of skills to make her one of the UK's most in demand coaches. Janet's clients get used to success and... to feeling good ... for no reason whatsoever!

If you would like Janet to help you, you have several options:

WEIGHT LOSS IN MIND – COMPLETE WEIGHT LOSS SYSTEM is a brand new concept in weight loss, Janet's philosophy is "fix the head first, then the body" This system comprises of a book, with information and techniques to change how you think and feel about food, with a clearly explained nutrition section so you can choose what you eat, and 2 audio hypnosis CD's, there's even an optional 2 week detox for those who want a quick start, watch this space as there are 2 more CDs being added to the system very soon. If you want to use Janet's experience and guidance, but without a consultation, then this is the best system for you. You can order this now from the website homepage www.powertochange.me.uk

ONE TO ONE SESSIONS OVER THE TELEPHONE

Thought field therapy (TFT) can be used effectively over the telephone; often even extreme cases can be treated in this way, whether its anxiety or phobia or a similar negative emotion that's been holding

you back. Ideally this is done over a system such as Skype, with a webcam so you can watch the techniques and copy the tapping sequences, but can also be done over a standard hands free land line or mobile. Sessions are normally 60 minutes. Audio hypnosis CDs are available to support this work. Price £100 per session.

VOICE TECHNOLOGY TFT OVER THE TELEPHONE (VT-TFT)

In some very complex cases, especially those involving many physical symptoms as well as emotional anxiety, a higher level of TFT is sometimes necessary. There are 4 levels of TFT, 1. basic Algorithm level, 2. Diagnostic (Dx), 3. TFT Trainers, and 4. Voice Technology Therapists. Janet is a TFT Trainer and has trained many therapists in this wonderful technique. There are only 12 certified Voice Technology Therapists in the world, and the only one in England is Sean Quigley, who is Janet's Partner. If Janet thinks VT will be a preferred treatment for you she will advise you and refer you to Sean who works exclusively over the telephone using a form of voice analysis. £300 per session. You can contact Sean directly on 07899 818905.

ONE TO ONE SESSIONS IN PERSON

If your problem is more complex and you may need a combination of some of the other techniques such as NLP or hypnosis, Janet will see you in person and combine these skills with TFT to give you the best possible outcome. Clinics are in Leicester, and in Highgate London. Sessions are approximately 90 minutes long. Audio CD's are available to support this work and you will be taught TFT techniques to use for yourself as a skill for life. Individual sessions are £200 in Leicester and £250 in London.

WEIGHT LOSS COURSES

WEIGHT LOSS IN MIND is Janet's unique system combining the latest cutting edge psychological techniques with a sound nutrition plan that is NOT A DIET! These life changing days are a MUST if you really want to lose weight for good. Visit www.powertochange.me.uk and click on the WLIM section to download full details.

Day One – Change Your Mind to Change Your Body – put in practice the psychological techniques and change the way you think and feel about food for good.

Day Two – create your very own food plan with only one rule; if you don't like it... don't eat it!

Next weight loss course in London May 9th – 10th, book now as places are strictly limited.

Special Offer (2 days Normally £500)

Prices: £200 for 1 day £350 for both days, includes WEIGHT LOSS IN MIND book and 2 audio CD's

THOUGHT FIELD THERAPY TRAINING COURSES

You can learn how to use TFT in this introduction level training course which is accredited by Dr Roger Callahan and certifies you as an "accredited Algorithm Thought Field Therapist". Whether you are already in the field of holistic medicine or fitness, and you want to add to the skills you can offer your clients, or you are a budding enthusiast looking for a change of direction, or just want to help yourself and your family and friends, then this 2 day course taught personally by Janet, who is regarded as one of the best TFT trainers in the world, is just what you need. For more details visit www.powertochange.me.uk and go to the "seminars and trainings" link on the homepage.

SELF TREATMENT GUIDELINES

TFT can be used effectively and quickly for minor problems without the need for a therapist, although if you are suffering from anxiety, depression or a chronic phobia it is advisable to seek professional help.

Below there is the protocol for using a standard TFT Algorithm or sequence to eliminate cravings. Each tapping point is clearly illustrated on the following page with a photograph and the technique explained.

If you are treating yourself, always begin by tapping the side of your hand about 20 times and then under your nose 20 times before commencing the sequence.

For Cravings there are 3 algorithms or sequences that are effective. Hold the desire and try each sequence to find which one works best for you

Craving 1	Craving 2	Craving 3
Side hand (karate spot)	Side hand (karate spot)	Side hand (karate spot)
Under nose	Under nose	Under nose
Collar bones (both simultaneously)	Under eye	Under arm
Under eyes (both simultaneously)	Collar bone	Under eye
Collar bones (both simultaneously)	Under arm	Collar bone
9 gamut	Collar bone	9 gamut
Repeat sequence	9 gamut	Repeat sequence
	Repeat sequence	



THOUGHT FIELD THERAPY TECHNIQUES AND PROCEDURES

6 EASY STEPS:

1. FOCUS ON "THE PROBLEM" AND TAKE A SUD (RATE 1—10, 10, BEING THE WORST)
2. TAP EACH POINT IN THE SEQUENCE, JUST FIRMLY ENOUGH TO PUT ENERGY INTO THE SYSTEM
3. DO THE 9GAMUT SEQUENCE (see below)
4. REPEAT PRESCRIBED TAPPING SEQUENCE.
5. TAKE A SUD. IF GOING DOWN REPEAT PROCEEDURE UNTIL SUD IS 1 OR 2 , IF NOT REDUCING CHECK FOR PR
6. WHEN SUD IS 1 OR 2 DO THE EYE ROLL (see below)



EYEBROW (eb)



OUTSIDE EYE (oe)



UNDER EYE (e)



UNDER NOSE (un) or PR2



UNDER LIP (ul)



UNDER ARM (a)



COLLAR BONE ©



INDEX FINGER (if)



MIDDLE FINGER (mf)



TINY FINGER (tf)



GAMUT (g)



SIDE HAND (sh) or PR1

9g: Continually tap the gamut spot and keeping head still, close, then open your eyes: look down to right corner, then back to centre, down to left corner, then a full circle round one way, then circle the other way. Continue tapping and hum out loud, count out loud, hum out loud.

EYE ROLL: continually tap the gamut spot, and keeping the head still, look down into the cheek bones and SLOWLY roll the eyes upwards as far as possible.