

The Callahan Techniques™

A Good Way to Spread the Word about the Power of Touch for Health Procedures

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Abstract

The Callahan Techniques™ and the Topping's Defusing Stuck Emotions approaches to meridian tapping for specific phobias, compulsions, stuck emotions and addictions are simple and fast with results that are powerful, reliable and immediate. They provide a useful way to convince others that Touch For Health and other energy based procedures are effective and do not rely on your belief in them to work. A complete description of my "do it yourself" approach is provided.

Psychologist Dr. Roger J. Callahan developed the procedures, which are described and demonstrated in his books and in his videos, from the traditions of applied kinesiology and Chinese meridian tapping. The Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques are the simplest and fastest "Psychological Garbage Disposal" methods I am aware of. They work reliably (90% success rate or better for specific and delimited phobias, compulsions and traumas) and they work fast. However, many people will be reluctant to use them due to interference from their Belief System (abbreviated as B. S.). This is true of many approaches in the Touch For Health synthesis which use the energy system of the bodymind and one frustrating result in using The Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques is that, since they work so fast and are so unusual to most people, those who receive the benefit from them seek to provide "explanations" which better fit their B. S. (Belief Systems. Gazzaniga refers to this as the role of the "Left Brain Interpreter" or LBI). This means that you need to emphasize to your beneficiaries that this simple but powerful technique involves the application of a different model of how the human bodymind functions, a model that underlies all the Touch For Health synthesis kinesiology.

You must also stress that many issues which are more complex can be addressed effectively using the Touch For Health kinesiology. The Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques as described in this paper work best with specific, delimited stuck emotions which are present when the person just thinks about the issue. If the problems are

intertwined with many aspects of the person's life then more sophisticated techniques are needed. In such cases, I go into my In Depth Kinesiotically Facilitated Goal Balance™, a combination of techniques from Three In One Concepts and Advanced Edu-K. However, this limitation does not subtract from the power of the meridian tapping defusions since the help the person receives can rapidly and effectively resolve problems that may have plagued them for years, causing considerable misery.

The energy model of human bodymind functioning which underlies the power of Touch For Health kinesiology is gaining wider acceptance now. Some major organizations researching this general approach (called Energy Medicine, Vibrational Medicine and such) are The Fetzer Institute, Institute of Noetic Sciences (IONS), International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), and the World Research Foundation.

My Experience Using these Meridian Tapping Techniques

These meridian tapping techniques, while unusual to the general public, are very effective and very quick. Most take 5 to 15 minutes including the theoretical explanation for those who want it. I have used it with my grandson (age 9) and adult students, friends, strangers, and colleagues. I've done it in a dentist's office (eliminated my grandson's serious needle phobia and helped reduce the fear of a patient waiting), in the hall at Kwantlen College where I teach, in a library, in my home and office, in a auditorium after a lecture (reducing a student's spider phobia). No one has to believe in the technique to

make it work. They just have to do it. The results, in my experience, are dramatic and fast and easy to do if you follow the directions that I provide in this paper.

I have used this technique with clients with 100% success in eliminating or reducing to almost zero exam anxiety, phobias about public speaking, spiders, dentists, needles, bridges, flying, crowds, and illness as well as eliminating the post traumatic effects of a suicide of a friend, a family death, a rape by a school counselor and so on. In addition I've helped one adult get rid of chocolate "addiction" and helped another reduce nicotine addiction (most addictions are more complicated since they involve more aspects of the persons life and thus require more extensive treatment and follow-up.)

I have taught the technique to my introductory psychology classes and some students now use it to help themselves and others (friends and family) with various problems and issues that are amenable to this approach.

A Very Brief Theoretical Explanation for the Callahan Techniques™

The assumptions behind the technique can be summarized as follows:

1. Psychological Problems have as their immediate cause "**Perturbations**" (**disturbances**) of the **energy/information fields** (thought fields) in the individual. Candace Pert, the pioneering researcher in the discovery of neuropeptides, talks of neuropeptide action in the body as energy and information (instructional) exchanges on the cellular level. Watch Bill Moyers' interview of her in the segment of the Healing and the Mind series titled The Mind/Body Connection (Moyers, 1993).
2. These Energy/Information fields historically come from traumatic or life threatening events in the history of the species. They are transferred from one generation to the next by Morphogenic Fields (Sheldrake, 1983, 1989).
3. These inherited Energy/Information Fields are the basis for the inherited potential vulnerabilities to various psychological problems. If the field has no perturbations in it, there will be very little if any psychological problems. There will just be energy and information.

4. Energy/Information Fields containing Perturbations manifest themselves in individuals as Psychological Problems of various types.

5. Perturbations are fused to the Energy/Information Fields and The Callahan Techniques™ address the Perturbations of the field by defusing them; taking them out of the field and leaving the Energy/Information Field as just data with out the disturbing emotion.

6. This defusing process is a common element in many of the emotional/attitudinal balances used in the kinesiological approach to psychophysical problems.

To clarify what the techniques do, I illustrate with this visual model (Figure 1). The person comes with some specific "stuck emotion" (a stuck emotion is one that the person experiences in inappropriate or inconvenient ways They know the emotions are a problem but they can't seem to get rid of them). The person gets in touch with the emotion/feeling state ("tunes in") **This is a very important step and must be done in order for the techniques described to work.** Think of it in terms of doing a spell/grammar checking of a document using your word processing program. Unless the file is in active memory, your program can not work on it. Unless the Energy/Information field is in active memory in your "Biocomputer", the Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques can not work on "disposing of your garbage."

Figure 1 illustrates the process. The person has this inherited emotional/attitudinal reaction tendency represented by their Energy/Information Field. Unfortunately for the person the field is full of "perturbations" (disturbances) represented by the black splotches. The more perturbations that are in the field the greater the problem for the individual. (Fig. 1a) The application of the procedures gradually eliminates these "perturbations" (Figs. 1b, 1c, 1d) until the field is clear leaving only Energy/Information (Fig 1.e). **Note: The goal is to remove the perturbation or disturbance, not the information or memory.** This is an important point since removing the memory/information of a rape, for example, leaves the person vulnerable to a repeat of the traumatic circumstances. The goal is to provide the individual with choice and "un-perturbed" information so that they may act rationally whenever a similar situation arises.

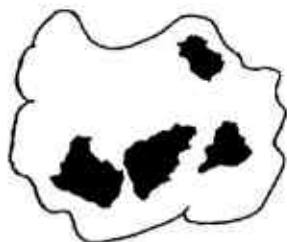


Figure 1-a

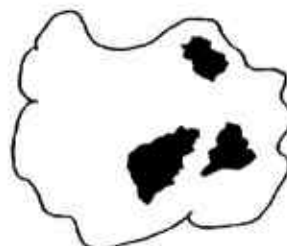


Figure 1-b

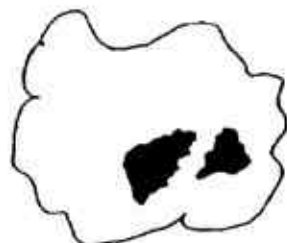


Figure 1-c

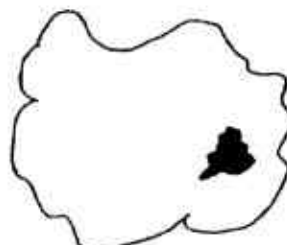


Figure 1-d

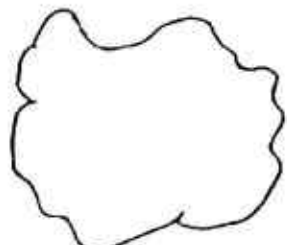


Figure 1-e

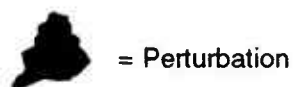


Figure 1. Individual's Energy/Information Field

Figure 1: An example of an energy/information field (such as snakes) that begins as full of perturbations represented by the black "splotches" at "a" (e.g., a snake phobia condition). Through the application of The Callahan Technique™ and Topping's Defusing Stuck Emotions technique these splotches are removed ("b", "c" and "d") until all that remains is energy/information at "e". Now the person can feel and act appropriately to snakes and be neither irrationally fearful (i.e. phobic) or foolhardy.

Do not allow your person to be misled by the simplicity and speed with which these techniques work. They **are** effective and fast and, contrary to most psychotherapeutic assumptions. **You do not have to smell, examine, classify, and sort your garbage before you can dispose of it.** These bioenergy based procedures remove the distress residue that was being held in the bodymind system and leave the information. The knowledge about that which was producing the continued distress in life remains but without the emotional discomfort. The person is now in a position of CHOICE about their response rather than being thrown constantly into reflexive knee jerk no-choice states of being. They are no longer FORCED to avoid by fear or FORCED to indulge by compulsion and are thus FREE TO CHOOSE.

Examples of the power of The Callahan Techniques™ are shown in the 30 minute videos *Why Do I Eat When I'm Not Hungry?*, *Hope With Reason*, *Eliminate Your Fear of Public Speaking*, and audio cassettes such as *The Callahan Techniques™: Telephone Therapy*. The 60 minute instructional video, *The Five Minute Phobia Cure: How to Do It*, also provides many examples of their power. Callahan did all of these while on TV talk shows, before a live audience with unselected people. I know of no traditional psychotherapist who would rise to this challenge, let alone meet it!

Psychological Reversal, Self-Sabotage, and Other Nasty Things

Callahan (1991, p. 221) defines Psychological Reversal (PR) as "A state or condition that prevents natural healing and blocks otherwise effective treatments from working. Usually it is accompanied by negative attitudes and self-sabotage that leads to self-defeating behavior... Psychological reversal is usually confined to a particular area of one's life but may occur in any area...Chronic problems usually have an element

of psychological reversal. Psychological Reversal is almost always present in addiction problems." Walther (1988, p. 396) writes "Most practicing physicians can recognize psychologically reversed individuals in their practices. These are often the individuals who respond poorly to treatment; when there is some improvement in a condition, they will dwell on the negative aspects. Even when the improvement is pointed out, they will immediately change the subject back to the negative aspects."

"...Dr. Robert Blaich, who specializes in treating world-class athletes, has helped his patients improve performance by treating them for psychological reversal...The real differences in performance among most world-class athletes are due to psychological factors. One of the consequences of psychological reversal is that it affects the neurological organization, which in turn affects timing, coordination, and concentration...In one study conducted by Dr. Blaich, reading speed and comprehension were improved in an experimental group of people being treated for reversal. The Callahan Techniques improved reading speed and comprehension in a group of professionals much better than more time-consuming procedures requiring specialized training to perform." (Callahan, 1991, p. 53)

Psychological Reversal is manifested in a reversal of the electromagnetic polarity of the body, sometimes of specific areas or organs and other times in general reversal of the whole bodymind system causing most of the major areas of a person's life to "Not Work." Callahan calls this "Massive Psychological Reversal". This is most likely related to the concept of "Self-Defeating Personality Disorder" with it's 8 defining traits. (Callahan, 1991, pp. 54-56)

These are people who:

1. Choose people or situations that lead to their disappointment, failure, or mistreatment even when better options are clearly available to them.
2. Reject or render ineffective the attempts of others to help them.
3. Following a positive personal event, respond with depression, guilt, or behaviour that brings about pain.
4. Incite angry or rejecting responses from others and then feel hurt, defeated, or humiliated.
5. Turn down opportunities for pleasure and are reluctant to acknowledge enjoying themselves despite having adequate social skills and the capacity for pleasure.
6. Fail to accomplish tasks crucial for their personal objective despite demonstrated ability to do so.
7. Are bored with or uninterested in people who consistently treat them well.
8. Engage in excessive self-sacrifice that is unsolicited and discouraged by the intended recipients of the sacrifice.

The reversal of specific areas of life and the bodymind system is demonstrated in the pioneering research by Louis Langman (reprinted in Burr, 1973, pp. 151-172) He found "In 75 patients with known cancer of the female generative tract, **98.7% showed the cervix to be consistently electro-negative to the ventral abdominal wall.** In 353 patients suffering from **non-malignant** conditions, 289 (81.9%) showed the cervix to be positive with respect to the abdomen." (Burr, 1973, p. 153. See also Eeman, 1947/1987; Nordenstrom, 1986; and Patten and Patten, 1988) More recently, Becker's research (1990, chapter 2) shows that the origins of healing and regeneration involve the proper polarity at the site of healing. This research demonstrates that this is not a trivial phenomena but a common source of much human misery. Callahan's development of simple corrections is a major contribution toward the alleviation of this misery.

Thus **I strongly recommend** that you use Callahan's reversal corrections quite often since I found myself in reversal many times when "things weren't just right or a little bit screwy." I would reverse letters or numbers or misread directions or turn the wrong way and similar events. Any time you are confronted by a stressful situation (e.g., exams, interviews, emotional encounters, or substances that cause you unwanted reactions etc.) you should use the reversal correction

Saying affirmations is a very popular activity in self help circles. The general idea of substituting positive self talk for negative is excellent, but one criticism of the approach is that people slip into denial of the bad. "If you aren't troubled by what's happening then you don't realize just how bad the situation is" is a common complaint about the "positive thinkers" by us

"realists". The problem is maintaining "Self-acceptance" which Callahan defines as "Acknowledging one's shortcomings without denigrating oneself for having them." (p. 222).

A very valuable refinement of saying affirmations is the way Callahan phrases his Psychological Reversal correction affirmation: "I accept my self EVEN THOUGH I have this problem". If you are in a state of Psychological Reversal, these "Positive Lies" to your self (as I call them) will not be accepted by your system since it only can believe the "Negative Lies." Thus, you need to use the reversal correction as you say your affirmations and include the "even though" part so that you counteract the negative with the positive. The point is to acknowledge (not deny) the problem or issue and accept yourself anyway, warts and all!

I also recommend that you increase the power of the corrections by increasing the power of your affirmation such as: "I deeply and pro-

foundly love, honour and cherish myself on every level even though I am/have-this-problem _____ (state the exact nature of the phobia, obsession, emotion or addiction)." For example: "I deeply and profoundly love, honour and cherish myself on every level even though I am afraid of heights/addicted to chocolate/obsessed with hand washing/can't get him/her out of my mind." Use tapping on both hands also and rub the recurring reversal spot often. This can be done almost any where without being noticed by others. If someone comments on it, you can explain what your doing if you like and invite them to begin the process of healing or just tell them it's a nervous habit or itch and go "bug off!!"

This concludes the "Sermon" on this technology. Now all you have to do is to **use it**, which brings us to the next section of this paper:

Application and How to Do It Section

These formats were developed by Phillip W. Warren using the models learned from Dr. Wayne Topping and Dr. Roger Callahan.

Part I: The Callahan Techniques™ to Overcome Phobias, Addictions, Obsessive Behaviors, and Traumas

The outline below will help and guide you to use the method for yourself whenever needed.

Preparation:

"Tuning in" to the Information/Thought Field about the issue with it's Perturbations. This is a very important step and must be done in order for the techniques described to work.

Step 1. Focus on object of phobia, obsessive behavior, trauma situation, significant loss, grief reaction or object you are craving (cigarette, food, chocolate etc.). Make this experience real to yourself to maximize the amount of correction you will receive.

Step 2. Quantify the fear, anxiety, upset or craving on a scale of 1 to 10, with 10 being worst or greatest. Make sure that you remain focused when applying the procedures.

Balancing and Corrections

Note: I STRONGLY recommend that you start with the psychological reversal correction, Step 6a, to enhance your success rate when working with this system.

Phobias, Addictions, Compulsions, Obsessions: For most use the order: Step 3, i, ii, & iii and then the 9 Gamut treatments in Step 4 and then back to Step 3, i, ii, & iii. Spider phobias start with ii and then go to i and iii.

(NOTE: Since more of life is typically involved, most addictions require follow up with continuing balancing as stress induces the desire to engage in problem behaviour).

Traumas and Post Traumatic Stress Disorders: (war, rape, child abuse, significant losses, etc.): Most use the order: Step 3, iv & iii and then the 9 Gamut treatments and then back to Step 3, iv and iii.

Step 3. Primary Corrections: With the tips of the index finger and the middle finger, tap solidly but not painfully and notice any changes in the amount of discomfort of the symptoms. Use the order of tapping points given above depending on the type of issue you're addressing. Always stay in touch with the

issue your dealing with while doing these procedures. (see Figs. 2 & 3 for tapping locations):

- i. Eye Taps: tap 6 or 7 times on the edge of the bone just beneath the eyes (Fig. 2).
- ii. Under Arm Taps: tap 6 or 7 times under the arm at a spot about even with the nipple and about 4 inches below the armpit (left and/or right) (Fig. 3).
- iii. Collar Bone Taps: tap 6 or 7 times at a spot located by starting from the top center of the collar bone and moving down about 1 inch and over (right and/or left) about 1 inch (Fig. 3).
- iv. Eye Brow Taps: tap up to 5 times the beginning of the eyebrow, above the bridge of the nose (Fig. 2).

IF from using the above primary corrections, the urge or stress rating has decreased, but not down to a rating of 1, go to Steps 4 and 5.

IF notice no change, go to Psychological Reversal correction in Step 6.

Step 4. Gamut Spot Correction: Continue to stay in touch with the symptoms of the phobia, anxiety, trauma or craving and tap the gamut spot, between little and ring finger while following each of the 9 steps listed below: (see Fig. 4 for tapping location)

- (a) Eyes open (externalized attention)
- (b) Eyes closed (internalized attention)
- (c) Eyes open – point eyes down and slightly to left
- (d) Eyes open – point eyes down and slightly to right
- (e) Eyes open – rotate eyes in a circle
- (f) Eyes open – rotate eyes in a circle (opposite direction)
- (g) Eyes open – hum any tune you want (right hemisphere)
- (h) Eyes open – counting out loud (left hemisphere)
- (i) Eyes open – hum again.

Step 5. Return to Primary Correction (Step 3 above) and continue tapping until the level of intensity reaches a rating of 1.

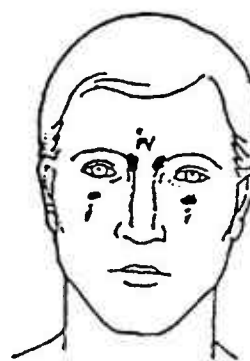


Figure 2

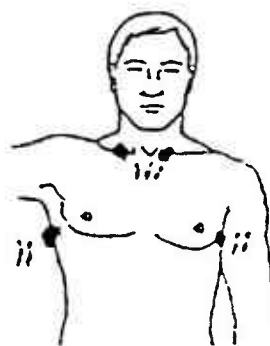


Figure 3



Figure 4

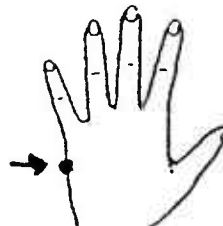


Figure 5

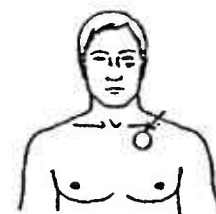


Figure 6

If you experience no significant reduction in the level of distress then this probably means a reversal is operating which prevents you from benefiting from the corrections. You thus need to go to Step 6 (Corrections for Psychological Reversal) before proceeding with the primary or gamut corrections.

Step 6. Corrections for Psychological Reversal. (see Figs. 5 & 6 for tapping and rubbing locations)

- a. Simple Reversal which prevents you from going to a 1 because your system can't accept help: Tap the Reversal Point on the side of the hand (Fig. 5) while saying 3 times "I accept my self even though I have this problem/fear/reaction/etc."

- b. Mini-Reversal which kicks in during procedure step 3 above and keeps you at a level higher than 1: Tap the Reversal Point on the side of the hand (Fig. 5) while saying 3 times "I accept my self even though I STILL have SOME of this problem/fear/reaction/etc."
- c. Recurring Psychological Reversal (when you keep reversing immediately): RUB the psychological reversal SPOT (upper left collarbone/chest Fig. 6). While rubbing say 3 times "I accept myself, even though I have this problem/fear/reaction/etc."

Step 7. Return to Primary Correction (Step 3) and continue until the level of intensity reaches 1.

Note that you may experience reversal again and so will need to return to the Corrections for Psychological Reversal section (Step 6) more than once to totally rid your bodymind energy field of this set of perturbations. As suggested before **I recommend that you start with the psychological reversal correction Step 6a or 6c to enhance your success rate.**

Part II: Topping's Procedures for Defusing "Stuck" Emotions

Sometimes some of our primary emotions become "stuck" creating psychological states that limit us, putting us in a position of NO CHOICE. This may create much distress for us and those we interact with.

The instructions in Part I for "Overcoming phobias, addictions, obsessive behaviours, traumas, grief and anxiety" gave you specific points to use with the tapping treatment. Part II provides you with a complementary "do-it-yourself" format for the additional tapping points for other emotions. You use the same basic process but tune into the other troubling emotional states.

The steps are the same as before:

Step 1. Focus and tune in on the emotion and/or situation causing the emotion which you wish to "unstick"

Step 2. Quantify the degree of the emotion from 1 (= none) to 10 (= extreme).

Step 3. Primary corrections for the "stuck" emotions (all points are located on both sides of the body) :

"Stuck" Emotion	Symptoms	Tapping Points: By-the-Numbers. See the accompanying figures (alternate between these two points, tapping one for a few times and then the other). All finger and toe tapping points are located on the nail growth in the corners.
Fear	Fears, Phobias, Obsessions, Compulsions	i: Under eyes (i from Fig. 2) or 2nd toe, little toe side (Fig. 8) ii: Under arm (ii from Fig. 3) or big toe outside (Fig. 8)
Anger	Temper, Rage, Hostility	1: Index finger, thumb side (Fig. 7) 2: Inside of thumb (Fig. 7)
Joy	Embarrassment, Turning red, Wetting pants	3: See "eye brow" points (iv from Fig. 2) on prior sheet or outside of little toe (Fig. 8) 4: On collar bone about two inches from center (fig 8) or inside of little toe (Fig. 8)
Sympathy	Mournfulness, Crying uncontrollably, Unwanted crying, Excessive, uncontrolled or unwanted feelings of sorrow for every unfortunate animal or person.	5: At the corner of the eyes on the temple (Fig. 10) or fourth toe, little toe side (Fig. 8) 6: Under breast toward center (Fig 9) or inside big toe (Fig. 8)
Grief	Grief, Guilt, and Loneliness, ending in Depression.	7: Ring finger, little finger side (Fig. 7) 8: Middle finger, thumb side (Fig. 7) 9: Little finger, outside (Fig. 7) 10: Little finger, inside (Fig. 7)

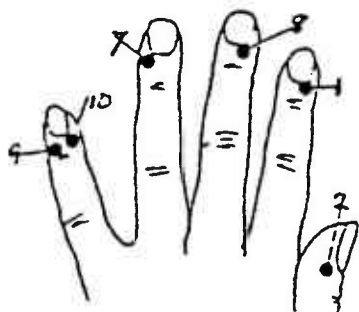


Figure 7

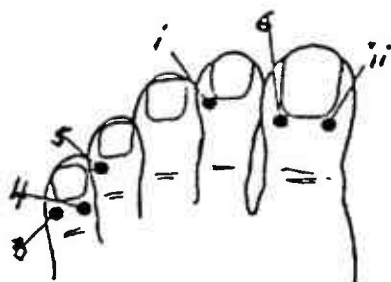


Figure 8

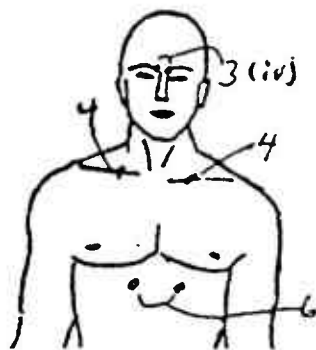


Figure 9



Figure 10

After Step 3, if decrease in emotion level, but not to level of 1, go to Steps 4 & 5 of Part I.

After Step 3, if notice no decrease in emotion level, go to reversal correction, Step 6 of Part I.

Conclusion

You now have both some theory about the importance and significance of this technology and the practical how-to-do-it instructions. Your assignment, should you choose to accept it, is to

DO IT !!!

The Callahan Techniques™ Resources

All are available from Dr. Roger J. Callahan, Director, The National Center for the Rapid Treatment of Anxiety, 45350 Vista Santa Rose, Indian Wells, CA 92210. 800-359-CURE or 619-345-9216

Print Sources

(1983) with K. Levine *It Can Happen To You: The Practical Guide to Romantic Love*, New American Library

(?date) *Anxiety-Addiction Connection*.

(?date) *The Rapid Treatment of Panic, Agoraphobia, and Anxiety*,

(?date) *Stop Smoking Now!*.

(1985/1990) *How Executives Can Overcome Their Fear of Speaking in Public and Other Phobias*, (Original title: *The Five Minute Phobia Cure*), Enterprise Publishing, inc.

(1991) *Why Do I Eat When I'm Not Hungry?*, Doubleday/Avon.

(1992) *Special Report No. 1: An Introduction to Theory*.

(1993) *Eliminate Your Fear of Public Speaking*.

AV Sources: Video Tapes VHS

Case Studies and Examples:

(?date) *Stop Smoking TV Show*, 30 minute infomercial.

(1989) *Hope With Reason*, 30 minute.

(1991) *Why Do I Eat When I'm Not Hungry?*, 30 minute.

(1993) *Fear of Public Speaking*, 30 minute

Instructional Treatment Tapes:

(?date) *Stop Smoking Now!*.

(?date) *Treat Yourself for Anxiety and Phobias*.

(?date) *Love Pain and Grief*, (workshop demonstrating PTSD treatment technique) 90 minute.

(?date) *Test Yourself* (learn how to determine if you are reversed).

(1992) *The Five Minute Phobia Cure: How To Do It*, 60 minute.

(1993) *Love Pain: Help For Sufferers*,

AV Sources: Audio Tapes/Cassettes

Case Studies and Examples:

- (1989) Panic Attacks Treated by Telephone, 30 minutes.
- (1989) The Callahan Techniques: Telephone Therapy, 60 minutes.
- (1989) Appetite Control Examples, 30 minutes.
- (?date) How Does It Work?.
- (?date) Stop Smoking Now!.
- (?date) Hope With Reason.
- (?date) Earthquake Fears.
- (?date) Child Abuse Examples.
- (?date) Patient Cures Doctor.
- (1991) 1991 Radio and TV Shows. (?date) Inner Child, 30 minutes.
- (1993) Energy Effects of Substances, 60 minutes.
- (1993) Callahan Techniques Radio Shows, 60 minutes.
- (1993) Minnesota Radio Show, 30 minutes.

Treatment Tapes:

- (?date) Treatment of Phobias and Anxieties.
- (?date) Treatment for the Nervous Flyer.
- (?date) Treatment for Love Loss, Trauma and Grief.
- (?date) Overcoming Intimidation.
- (?date) Weight Loss (includes booklet).
- (1986) Pain Control, 11 minutes.
- (?date) Eliminate Your Addictive Urge.

Organizations Sponsoring Research and Information Clearing Houses

- The Fetzer Institute, 9292 West KL Ave., Kalamazoo, MI 49009-9398
- Institute of Noetic Sciences (IONS), 475 Gate Five Road, Suite 300, PO Box 909, Sausalito, CA 94966-0909
- International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) 356 Goldco Circle, Golden, CO 80403
- World Research Foundation 15300 Ventura Blvd., Suite 405, Sherman Oaks, CA 91403

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To help you get started, I am including a sample Meridian Tapping Record for use with your clients and yourself.

I am also including a "crib sheet" mini version of these procedures. My clients usually laminate the half page and carry it with them for a quick reminder and reference.

MERIDIAN TAPPING RECORD

Name: _____

Date: _____

Pre-session assessment

Briefly describe the nature of your problem (be specific & tune into your physical & mental symptoms. The more symptoms you identify & experience now, the more you will be relieved of them after the correction):

Emotion(s) related to problem: _____

When you think about this problem, rate the degree of distress you feel now from 1 to 10 (1 = no distress and

10 = very high level of distress): _____. Record the start time: _____

Post session assessment

Record the end time: _____. Record how much time elapsed between start and end: _____

Rate the degree of distress you now feel when you think about the problem using the above 1 to 10 scale: _____

Please comment on how you feel now as compared to previously. List the specific mental and physical signs that you will look for to decide how effective the treatment is in "real life encounters." What will you be able to do and how will you do it differently? What can you look for that will indicate a "cure" of your presenting problem(s)?:

PORTABLE BRIEF FORMAT ©1994 Phillip W. Warren

I. CALLAHAN TECHNIQUES™

Step 1. Focus and Tune In

Step 2. Quantify: 1 to 10

Do step 6.a. or 6.c.

Step 3: Primary Corrections for:

Phobias/Addictions/Compulsions/Obsessions: *Must* use the order: i, ii, & iii. Spider phobias use ii, i, iii & Step 4.

Traumas and Post Traumatic Stress Disorders: *Must* use the order: iv & iii & Step 4.

i. Eye Taps:

ii. Under Arm Taps:

iii. Collar Bone Taps:

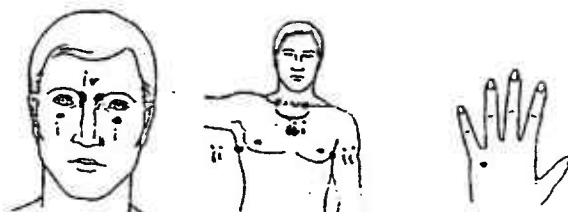
iv. Eye Brow Taps:

(a) Decreased rating but not '1', go to steps #4 and #5.

(b) Notice no change: go to reversal correction step #6.

Step 4. Gamut Spot Correction: stay in touch

- (a) Eyes closed
- (b) Eyes open
- (c) Eyes open—point eyes down to one side
- (d) Eyes open—point eyes down to other side
- (e) Eyes open—rotate eyes in a circle
- (f) Eyes open—rotate eyes in opposite direction
- (g) Eyes open—hum
- (h) Eyes open—counting out loud
- (i) Eyes open—hum again.



Step 5. Return to step #3

Step 6. Corrections for Psychological Reversal.

- a. Simple Reversal: Tap the Reversal Point side of hand while saying "I accept my self even though I have this problem"
- b. Mini-Reversal: Tap the Reversal Point saying "I accept my self even though I STILL have SOME of this problem."
- c. Recurring Psychological Reversal: RUB the psychological reversal SPOT while saying "I accept myself, even though I have this problem."



Step 7. Return to Primary Correction (Step # 3) and continue until the level of intensity reaches 1.

II. STUCK EMOTION RELEASE

The steps are the same as before:

Step 1. Focus and tune in.

Step 2. Quantify: 1 to 10

Do step 6.a. or 6.c.

Step 3. Primary corrections for the "stuck" emotions (all points are located on both sides of the body):

"Stuck" Emotion	Symptoms	Tapping Points: By-the-Numbers. See the accompanying figures (alternate between these two points, tapping one for a few times and then the other). All finger and toe tapping points are located on the nail growth in the corners.	
Fear	Fears, Phobias, Obsessions, Compulsions	i: Under eyes <u>or</u> 2nd toe, little toe side	ii: Under arm <u>or</u> big toe outside
Anger	Temper, Rage, Hostility	1: Index finger, thumb side	2: Inside of thumb
Joy	Embarrassment, Turning red, Wetting pants	3: See "eye brow" points iv <u>or</u> outside of little toe	4: On collar bone about two inches from center <u>or</u> inside of little toe
Sympathy	Mournfulness, Crying uncontrollably, Unwanted crying, Excessive, uncontrolled or unwanted feelings of sorrow for every unfortunate animal or person.	5: At the corner of the eyes on the temple <u>or</u> fourth toe, little toe side	6: Under breast toward center <u>or</u> inside big toe
Grief	Grief, Guilt, and Loneliness, ending in Depression.	7: Ring finger, little finger side	9: Little finger, outside
		8: Middle finger, thumb side	10: Little finger, inside

(a) Decrease in emotion but not one, go to Steps #4 & 5.

(b) Notice no decrease, go to reversal correction Step #6

Step 4. Gamut Spot correction.

Step 5. Return to Primary Correction

