



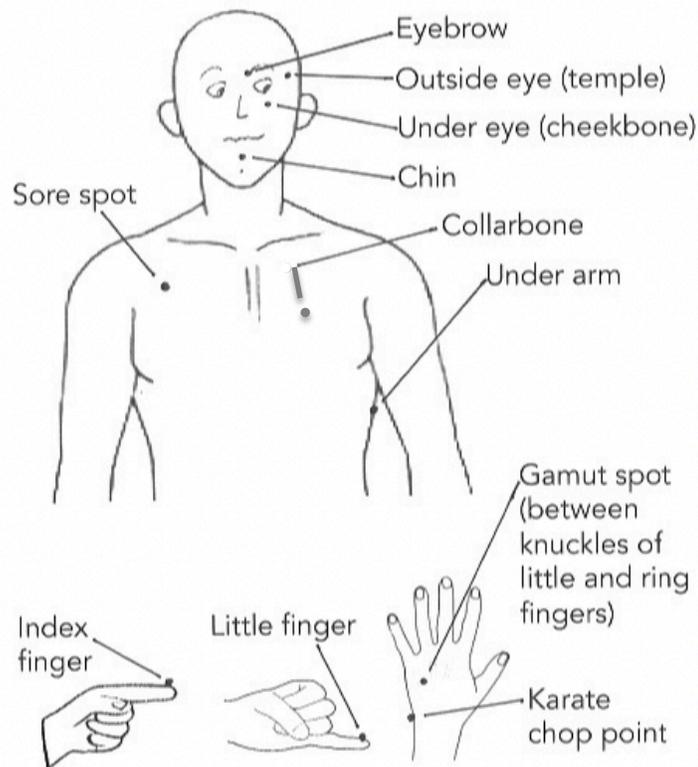
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### Thought Field Therapy: Complex Trauma Complete Algorithm

This is the most common algorithm that I use in my practice because it covers a multitude of emotions including sadness, grief, anxiety, anger, guilt and shame. Using the sequence will bring down the discomfort associated with recalling traumatic memories or recent annoying or upsetting events. It will also help “erase” disturbing images, such as those recalled from seeing a movie or a newspaper photograph that you can’t get out of your head.

1. Bring the trauma, memory or image to mind. Rate the degree of disturbance you feel on a scale of 0 to 10, where 10 is the worst upset possible and 0 is no upset at all. This is referred to as the SUDs (Subjective Units of Distress scale).
2. Use your fingers to lightly tap the following about 10 times each. Note that most points can be done on either side of the body unless otherwise specified:
  - a. Side of left hand (karate chop point) (PR/Psychological Reversal)
  - b. Beginning of eyebrow (towards the nose) (Grief & loss)
  - c. Under eye (at top of cheekbone) (Anxiety)
  - d. Under arm (4 inches below armpit) (Anxiety)
  - e. Collarbone point (find it by running fingers down the neck to the V-notch in the top of the collarbone, then go down 1.5 inches and over to either side 1.5 inches. It’s like an indentation between the collarbone and the top rib, sometimes called the “intercostal”) (Anxiety)
  - f. Little finger (inner tip towards thumb) (Anger)
  - g. Collarbone point (Anxiety)
  - h. Outside of the eye (the bone just below the temple) (Rage/Powerless anger)
  - i. Collarbone point (Anxiety)
  - j. Index finger (inner tip towards thumb) (Guilt)
  - k. Collarbone point (Anxiety)
  - l. Chin (indentation between the bone and the bottom lip) (Shame)
3. 9-Gamut: While tapping the gamut spot on the left hand, do the following 9 procedures (remember to tap through all 9 steps). Find the gamut spot by making a fist with the left hand—the gamut spot is in the valley between the little and ring finger knuckles, about one inch back towards the wrist.
  - a. Close your eyes
  - b. Open them again
  - c. Look down to the left
  - d. Look down to the right
  - e. Circle eyes in one direction
  - f. Circle eyes in opposite direction
  - g. Count from one to five
  - h. Hum a few bars of a tune (more than one note, try Happy Birthday, or go up and down the scale)
  - i. Count from one to five again
4. Focus back on the image, memory or trauma for a brief moment
5. Repeat the original tapping sequence from the beginning of the eyebrow to the chin.
6. Focus back on the image, memory or trauma and see if the SUDs score has gone up, down or stayed about the same.

7. If your SUDs score went down to 0 (no distress at all), 1 or 2, finish with Floor to Ceiling Eye Roll (look down and slowly and steadily raise your eyes all the way up, taking about 10 seconds).
8. If your SUDs score went down, but not to 2 or below:
  - a. Find the sore spot (find the v in the collarbone, move down 1.5 inches and then to the left about four inches. For women this is usually all the way to the bra strap). You will know you've found it as it feels tender as you rub it. This is purportedly where the neuro-lymphatic fluid drains from the brain and is a place where a lot of emotional tension can get caught up.
  - b. Rub the sore spot gently while thinking about your life globally (the day, the kids, the husband, work, what you're doing this weekend, etc)
  - c. Keep on rubbing and slowly bring your thoughts in to focus on the image, memory or trauma that is the focus of this session. Rub a few times more, and then repeat the entire algorithm again.
9. Repeat the full sequence until your SUDs level is under a 2 or stops changing.



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