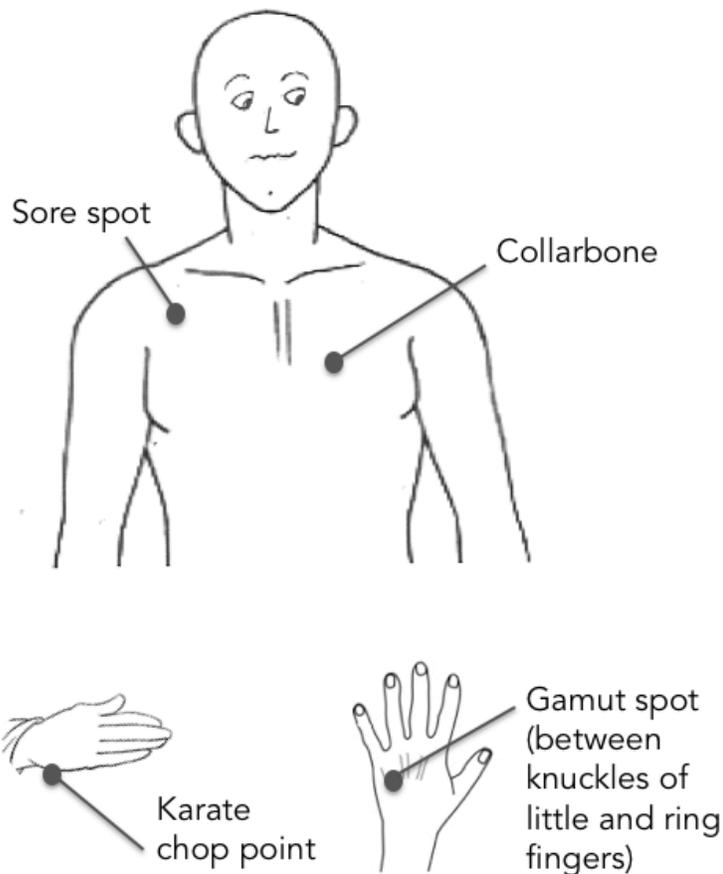


### Thought Field Therapy: Physical Pain Algorithm

This is the second most common algorithm that I use in my practice. Not only is it great for EMDR headaches (a pain in the center of the forehead that sometimes occurs after deep processing) but it also helps distinguish between bodily sensations that are caused by a physical issue and those that might be caused by an emotional issue. Even if the pain is due to a physical issue, the algorithm will remove the emotional component from it, usually reducing the overall level of pain.

1. Concentrate on the pain or body sensation. Rate the degree of pain you feel on a scale of 0 to 10, where 10 is the worst pain possible and 0 is no pain at all. This is referred to as the SUDs (Subjective Units of Distress scale).
2. Use your fingers to lightly tap the following points:
  - a. Side of left hand (karate chop point) x 10 taps
  - b. Gamut spot (between the knuckles of the little and ring fingers on the left hand) x 50 taps
    - i. While tapping, breathe in and out deeply. Focus on the pain. If you can, feel gratitude towards your body for all that it takes care of, and how it lets you know when all is not well.
  - c. 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") x10 taps
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 pain or body sensation for a moment
5. Repeat the tapping sequence (gamut spot x 50, collarbone spot x 10)
6. Focus back on the pain or body sensation 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 pain 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 pain or body sensation. 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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*Information on this page is taken from materials provided by Jill Strunk, Ed.D., LP., TFTdxVT in her training for therapists, Rapid Resolution for Intractable Problems, 19 September, 2009.*

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