



TFT Case Studies – My TFT

Case 1: Arif (Office Administrator)

Arif was about to take a driving test after 16 years of not getting it done and was very anxious at even the thought of taking the test, when asked how he felt he responded with an SUD of 10.

I chose to use the General Anxiety algorithm..

After accusing me of witchcraft he admitted that he felt fantastic to the point he could not think about the test, no matter how hard he tried.

Arif passed his test and called me to say that he felt no nerves at all when taking the test or before it.

Case 2: Arif 2 (Recruitment Consultant of the year, 2008)

Arif had failed his test 7 times and was about to take his 8th test, his boss, an ex client challenged me to get him a pass. I accepted and met Arif in private office. We talked about his problem and it emerged that his anxiety was less about failing and more about being judged by the examiner, it was the thought of him marking Arif down that made him very anxious and the feeling of having to face his colleagues after failing again.

He also said the he was carrying a lot of the grief and humiliation from failing previous tests.

After treatment, he said he now felt as though it was just a test and then called me on the day of his test elated with the fact that he passed with flying colours, only 2 minors which for him was unbelievable.

Case 3: Shaz (Learn Direct Trainer)

Shaz approached me at a party seemingly very distressed, she told me how she had not slept properly in 2 weeks and had been suffering depression. I asked her about the problem and she stated that she had been haunted by a past trauma which had resurfaced due to the death of her father, it was the memory of the event that she could not cope with.

I took her to a room and whilst she was in that state, I began a complex trauma treatment, the treatment lasted approx 15 minutes and she left feeling relaxed.

I was sent a message by her 3 days later saying that she felt she was completely at ease and that she had been getting great sleep since the treatment.

Case 4: Darrin (IT Consultant)

Darrin had a massive project to complete and had been losing more than just sleep over it; he came to me distressed with his workload and the fact that his support staff were ill or on holiday.

I asked him his SUD when he thought about the problem and he started with a 9, I chose the general anxiety algorithm.

After the first sequence he reported feeling capable and in control and manically started to rationalise what he needed to do to get over the problem. Darrin now uses the sequence himself whenever he feels stressed and says it is a "God Send".

Case 6: Patient K (Wellbeing Prac)

K had just returned from a stomach operation and was in a lot of pain, she said what made it worse was the back pain and lack of move ability. I understood that a large part of her pain was due to the fresh scars but her back pain I thought I may be able to help with.

I asked her to concentrate her mind on the specific area of pain (shoulder/back) and then we began the Pain algorithm.

After 2 complete sequences she said the back and shoulders were feeling much better and that she could now reach down to her socks, which meant a lot to her!

I helped her further relax with the eye roll and completed the session.

I spoke to her later in the day and she said that although the stomach was still hurting, getting rid of the back pain had been a great help and aided in overall recovery.

For an appointment, or to have an informal chat to discuss how we may help, please contact MyTFT on 0844 357 9725 or email info@mytft.co.uk