



Navenby Church of England Primary School

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Thought Field Therapy

My name is Denise Amps and I am a Counsellor and Thought Field Therapist with 30 years' experience of working with parents and children in primary schools.

Over the last 20 years I have used the medium of Thought Field Therapy (more commonly known as 'Tapping') very successfully within school to help with all kinds of anxieties, fears and phobias.

I have recently moved to Navenby as a retired practitioner and would very much like to offer this therapy to Navenby Primary School, on a voluntary basis, to help both children and parents where possible.

You will find below some further information on the therapy. I believe it is important to let you know that although the process requires you to think about whatever is troubling you, you share with me as much or as little as you wish to. As long as I know what you are feeling emotionally and physically, we can work together, still maintaining your privacy.

Thought Field Therapy (TFT) provides a code to nature's healing system and is a brief, effective way to allow for the rapid and natural healing of negative emotions and psychological problems.

It balances the body's energy system allowing you to eliminate most negative emotions within minutes.

In TFT, individuals are first asked to think about the issue they face and to rate their level of distress on Subjective Units of Discomfort (SUD) scale ranging from 0 or 1 to 10. Ten represents the highest level of discomfort, and 0 or 1 represent the complete absence of discomfort. Changes in the individual's SUD ratings are used throughout therapy to gauge the effectiveness of treatment.

