

TRAUMA BUSTER TECHNIQUE

Case Story: the Injured Dancer



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Trauma Buster Technique (TBT)

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TraumaBusterTechnique.com



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Trauma Buster Technique

Developed by Rehana Webster

The Trauma Buster Technique (TBT) follows the Mind-Body Healing Model. It is a process designed to eliminate symptoms of stress specifically for Trauma and Post Traumatic Stress (PTS).

Case Story: the Injured Dancer

In 2008 I worked with “Rita ,” a lovely young girl who had a serious leg injury. Rita was referred to me by her GP (doc).



She had been suffering from long term depression and it had quite a impact on her budding career as a world class dancer.

Finally, she had injured her tendon and was unable to dance with her company. She had no idea why she had that injury, and the doctor who had put her leg in plaster suggested she see me for emotional healing.

This doctor practices traditional medicine within the system, however is very open to looking at other ways in which her clients can be helped in the healing process.

When I first met Rita, she was looking like this forlorn little waif lying on the floor at her parents' home. One leg in plaster from toe to knee—she had been advised to keep her weight off her injured leg, so even the use of crutches was minimum.



I explained to her how the energy therapy works and the mind-body connection in healing. Her only concern was that the trials for a very important dance tour were in 6 weeks, and her career was on the line.

She had to show up in New York and be in top condition for the auditions.

Her stress levels were very high, as she saw this as her big chance in a highly competitive field.

My first task was to find out what traumas had occurred in her life that might have contributed to this injury.

She mentioned casually that she had been caught up in a suicide bomb attack in India, but thought she had gotten over it.

Whenever a client mentions that they have worked through a trauma I feel inclined to check it out so I can make absolute

sure they really have, and that the incident is not suppressed, with the client is in denial.

Her stress levels were a good indication that she was still in shock from this event and the hallmarks were all there.

She had that frozen look on her face, the blood drained from her face, and I could see how she was reliving the event very intently. The eyes are always a great indicator, and hers were giving her away.

The incident had been very horrific, with body parts lying all around her. Her cup of tea was still on the bench where she had put it down, even though her companion, who was sitting opposite her was one of the people killed by the blast.



Ever since then, every time Rita saw a cup of tea, she would immediately relive the incident. The flashbacks were intense.

Tea is drunk regularly in New Zealand. There's no getting away from *that* trigger!

I did the TBT procedure with her. Now that we had got the specific event we could de-energize it, and I knew that after we tapped, Rita would be able to move forward.

Consciously of course, she wanted most of all to get to the auditions and gain a place in the dance company. This would be the coup in her life to get her career off the ground.

The guilt, shame, fear and shock of the bomb attack had her firmly pinned down to the ground.

BE SPECIFIC

The TBT procedure works best with *specific events* that have meaning to the person suffering from the trauma.

EXACTLY WHICH EVENT

The key is in discovering which is the offending traumatic event. The client always knows—or their sub-conscious mind knows.

BEING A DETECTIVE



It's about asking the right question and being like a crime scene detective, looking for the clues that point to exactly which trauma to work with. Sometime the traumatic event can be very small and seem quite inoffensive, yet to the client it will be a big deal.

After we worked together to find the trigger and resolve the disrupted energy in her system, her physical recovery was

fantastic. The plaster was off and her depression had lifted. She was confident that she would go to New York and gain a place in the production—which she did.

There was no stopping her now!

REPETITIVE ERRONEOUS THOUGHTS

Rita had managed to get herself into a position where she would curl up and punish herself for being alive, for having escaping the bomb attack.

Her constant thoughts were “why had I been spared and my friend died. It was unfair, wrong that I should be still alive and able to have a life, and my friend couldn’t.”

Rita’s mind had subconsciously created this situation as punishment for surviving! We discussed this after the TBT treatment: she had *none* of those feelings remaining.



She was thankful that she was alive, that she had not been maimed in the explosion, and that she could celebrate her life as a dancer. And in doing so, also honor and celebrate the life of her companion who had died in the attack.

A couple of years later, I heard from her parents that she had moved to NY and was a successful dancer, enjoying her life, living it to the fullest.



**Please click here to read more about TBT
and upcoming events:**

TraumaBusterTechnique.com

About the Author

Rehana Webster, Developer of TBT

Rehana Webster holds a BSc in biological anthropology from the University of Toronto, Canada. She is a Master Practitioner of EFT and NLP. She studied with Gary Craig the developer of EFT and has taken EFT to new heights with her skills and expertise in the area of PTS (Post Traumatic Stress) disorders.

Rehana currently lives in New Zealand & conducts workshops & trainings in Australia and other countries where these skills are most needed.

For more details visit her websites at:

BehaviourChanges.com

and

TraumaBusterTechnique.com

Training, Workshops and Certification in TBT

TBT training/workshops are available in your city/country upon request. Contact Rehana for more information.

Find a TBT Practitioner

The list of all certified TBT practitioners is available on the official TBT website: TraumaBusterTechnique.com

If you wish to receive certification please contact Rehana for details.

Disclaimer

While Trauma Buster Technique (TBT) has produced excellent results, it is not yet widely accepted as formally validated scientific technique and must be considered experimental in nature with no guaranteed outcome in any individual. Both practitioners and members of the general public must therefore take complete responsibility for their own use of TBT.

Not everyone will benefit in a particular way. A lack of result may mean you need professional assistance.

Adverse effects are extremely rare, and, if any emotional intensity occurs in treatment, it is often the manifestation of a previous or underlying problem. If you consider that you have long-standing or severe problems you should consider treatment with a qualified therapist.

Rehana Webster, BSc

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TBT Workshops and Events:
TraumaBusterTechnique.com