

TRAUMA BUSTER TECHNIQUE

Effective, Safe, Rapid Treatment
for Psychological Trauma



REHANA WEBSTER

Trauma Buster Technique (TBT)

The Next Generation Treatment for Psychological Trauma

Effective, Safe, Rapid

Rehana Webster

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).

Tapping therapies are a synthesis between Western Psychology and acupuncture meridian stimulation, known as Energy Psychology in the USA where it was developed.

In this system the body and mind are utilized as a single healing tool to bring about changes in the psyche of the trauma sufferer. Stimulating the acupoints by tapping on them brings relief from traumatic memories.

Many forms of 'tapping' have evolved from this synthesis; the most well known being Emotional Freedom Techniques (EFT) where tapping on selected points on the body brings relief from negative emotions, feelings and behaviors.

EFT focuses on negative self-talk and deletes energetic body memories which are the core events causing the unwanted responses. Similar Mind-Body healing systems are Yoga, Meditation, Dancing and many forms of Exercise which are used to change the state of mind.

The main difference between Energy Psychology and other Mind-Body techniques is that focus is put on negative thoughts and feelings, while tapping on the meridian points to resolve unwanted responses.

Research has shown that tapping literally changes brain chemistry.

Why? Because tapping stimulates the flow of endorphins, which result in mood and behavior shifts.

Cortisol levels are shown to fall when tapping is done while the sufferer is in an anxious or stressful state.

Tapping is also known to modulate the sympathetic and para-sympathetic nervous systems which is one of the mind-body's natural response for de-stressing.

TBT is a powerful process for interrupting negative neurological patterns of thinking and therefore bringing about internal change. Excellent results have been obtained using TBT with my clients for many diverse and difficult traumas. Clients have found TBT to be an extremely useful tool to use on their own as well.

What is TBT?

TBT is a combination of Emotional Freedom Techniques (EFT) and Neuro Linguistic Programming (NLP). TBT is designed to reduce and / or eliminate symptoms of Post Traumatic Stress (PTS).

While we cannot change the actual experience of something that has happened in the past, we can change how the experience is structured in our brain and therefore how the memory when recalled is experienced.

This applies to recent or historical traumas such as wars, drone attacks, bombings, home invasions, rapes, earthquakes, floods and other violent events either personally experienced or witnessed.

TBT can be used for any events that cause people to feel anxious, stressed or depressed.

The traumas do not have to be extreme to get the relief people desire.

Sometimes family relations cause people to feel stressed and anxious and TBT can easily be applied here to reduce and eliminate the negative feelings. TBT is especially useful in helping people to change negative and unwanted beliefs. These beliefs could have been installed during early childhood upbringing.

We can struggle with these obsolete beliefs related to self-esteem, worth and capabilities for a life time or we can use TBT to change our perspectives and turn around our lives.

Classical Symptoms of PTS

Hallmarks of PTS symptoms are:

- Flash backs, nightmares, hallucinations, recurring negative thoughts
- Hypervigilance, high state of alertness, paranoid thoughts, jumpy, easily startled, irritable
- Disassociation, denial, foggy thinking, erratic behavior, forgetfulness

These symptoms can be experienced separately or in combination and at any time after the traumatic events. Sometime the symptoms are not immediately felt but may be months later when something triggers the trauma response.

Why TBT works

- TBT treatments show lasting and permanent results.
- TBT is not dependent on language, literacy, IQ, age, or gender. Therefore TBT can be used anywhere, any culture, with any one and for any traumatic experiences.
- TBT is not contrary to any belief system therefore can be used by culturally diverse groups of people requiring trauma treatments.
- TBT can be used with groups of people, one-on-one or individually for self-help.
- TBT is effective for any sort of trauma, whether it be recent, historical, simple or complex.
- TBT is easy to Learn and apply. Workshops are typically 1 or 2 days with plenty of practice. There are no prerequisites for learning TBT, except a desire to help traumatized people recover.

Origins of tapping and TBT

Gary Craig is the developer of the Emotional Freedom Techniques (EFT). In the mid 1990s, Gary and a group of creative therapists, including Roger Callaghan accidentally discovered that negative feelings and emotions could be reduced or eliminated while tapping on certain meridian points.

Recent clinical research shows that the stress hormone cortisol levels are reduced when tapping is applied while feeling anxious, stress and traumatic feelings.

Roger Callaghan (past president of the Psychological Society USA) was searching for a way to help his clients overcome traumatic experiences. Realizing mainstream medical treatments were not effective in eliminating the symptoms of trauma, Roger's experimentation led to a fully developed tapping protocol (TFT) Thought Field Therapy.

Gary Craig further developed a simpler tapping protocol based on TFT and named it EFT (Emotional Freedom Techniques).

I became involved with EFT through Michael Tunnecliffe and Steve Wells, both psychologists in Perth, Western Australia. Michael had been urged by his Doctoral Supervisor in Hawaii to investigate this tapping technique for veterans from the Vietnam war, who were suffering from PTS disorders.

Steve mentioned to me that this would be the next big leap in therapy and I should try it out.

The rest is history. I was fortunate to have studied with Gary Craig from the beginnings of EFT and received my EFT Master training with him in the USA.

How TBT was born

During my employment with the New Zealand Corrections Department in early 2000, I started to fine tune the EFT protocols to get better results for clients.

The manager of this small probation office had been a family therapist in his previous career and had a keen interest in all types of therapies. He was particularly interested in a non-cognitive, non-analytical type of therapy which he thought would be most suitable for the largely Polynesian population in the Corrections System.

He was correct, because during the one year I was with the department, tapping proved to be a resounding success with the clients who chose to use it. The combination of EFT and Neuro Linguistic Programming (NLP) produced excellent results.

Thus, a synthesis between NLP and EFT came from my desire to get the best, quickest and most painless results for the clients.

I am very grateful to the many clients who helped me develop TBT.

TBT works every time, with everyone, with any trauma in any culture or country.

TBT is now being used in many different countries around the world with great success.

What is Trauma?

Definition

- A physiological or body reaction caused by an external event
- Reaction to a deeply disturbing experience
- Emotional shock following a disturbing event

The definition of trauma is broad and includes responses to powerful one-time events like accidents, natural disasters, crimes, surgeries, deaths, and other violent events. It also includes responses to chronic or repetitive experiences such as child abuse, neglect, combat, and urban violence.

There are no clear divisions between stress, trauma, and anxiety.

Trauma causes psychological stress combined with physiological reactions.

Trauma is the emotional response to a negative event like an accident, rape or natural disaster.

Shock and denial are natural responses after the event. Longer term reactions include mood swings, flashbacks, and physical symptoms such as headaches or nausea. These feelings are normal.

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Post Traumatic Stress (PTS) is when people have difficulty moving past the event because extreme stress overwhelms the person's ability to cope and recover.

Trauma is integrated differently by each individual sufferer. A traumatic event creates psychological trauma when it overwhelms the individual's ability to cope. The individual may feel overwhelmed emotionally, cognitively, and physically.

Though there are vast differences among people who experience trauma, the similarities of response to trauma cut across the variety of stressors and victims.

Current Mainstream Treatments for Trauma

The mainstream treatments for Post Traumatic Stress Disorder (PTSD) are Cognitive Behavioral & Prolonged Exposure Therapies (CBT & PE).

These closely studied evidence-based treatments also show high relapse, dropout, and failure rates of up to half of those treated (Bryant, R., et al., 2008, p. 555).

While not as well researched and harder to measure in terms of the gold standard in Evidence Based Practice of Psychology (EBPP), studies of "alternative" treatments and their methods yield "different and interesting evidence" Brown, Peter Allen, Psy.D.

Current treatments for PTS are CBT Cognitive Behavioral Therapy), Habituation and/or Desensitization and Talk Therapy, all which have about a 20% success rate.

The clients are repeatedly traumatized with the painful procedures of recalling events over many sessions.

Talk therapy analyzes and rationalizes the events repeatedly, again re-traumatizing the client.

The client may gain an understanding of the event, however the imprint of the experience remains and triggers recurring negative responses. "Working on" emotional problems using rational or analytical techniques does not solve or eliminate them.

Medications

“Drugs, while useful in severe cases of trauma, don’t eliminate the shock or change the imprint experience / event. Therefore the underlying cause of the trauma remains.

In general, medications are used most often in cases where patients with severe PTSD are being treated for the intrusive symptoms of the disorder, as well as feelings of anxiety and depression.

These drugs are usually given as one part of a treatment plan that includes psychotherapy or group therapy. As of 2002, there is no single medication that appears to be a “magic bullet” for PTSD.

The selective serotonin reuptake inhibitors (SSRIs) appear to help the core symptoms when given in higher doses for five to eight weeks, while the tricyclic antidepressants (TCAs) or the monoamine oxidase inhibitors (MAOIs) are most useful in treating anxiety and depression.”
Encyclopedia of Mental Disorders.

TBT for trauma

How it makes a difference

The Trauma Buster Technique (TBT), an extension of Emotional Freedom Techniques (EFT) is a powerful method for changing internal experiences. I have achieved excellent results using this technique with hundreds of clients suffering from trauma.

- TBT is simple to learn.
- TBT is not dependent on language, literacy or IQ levels.
- TBT can be applied anywhere at any time as required.
- TBT can be used with individuals or groups of people regardless of age and gender.

With the use of TBT core issues/events are isolated and the tapping involves 8 meridian points on the body.

There are no clever or complicated statements to be made before and after the tapping sequence as is with other similar meridian therapies.

Rather than getting caught up with analyzing the problem, TBT focuses you on dealing with it emotionally.

This technique involves consciously adjusting the structure of one's internal experience in order to change the way we experience feelings, emotions and behaviors.

We experience the world through our 5 senses.

While we can't change the actual experience of something that has happened in the past, we are able to change how the experience is structured and therefore how the memory is experienced or remembered.

The impact of this is profound.

The sensory qualities perceived by each of the five senses are known as sub-modalities.

For example:

- visual sub-modalities include color, shape, movement, brightness, depth etc.
- auditory sub-modalities include volume, pitch, tempo etc.
- kinesthetic sub-modalities include pressure, temperature, texture, location etc.
- gustatory / olfactory are associated with tastes and smells.

When sub-modalities in an event change, the associated feelings change because our brain-body biochemistry is changed.

It can be compared to an off switch which eliminates the negative emotions/feelings associated with the event by changing the neurology.

Although the memory remains, it is neutralized, and cannot produce the same level of distress.

Stimulating the points by tapping on them balances the flow of energy, thereby changing the unwanted negative emotions.

Recent evidence shows that tapping modulates the sympathetic and para sympathetic nervous system and rebalances the mind body.

Steps to ensure success with TBT

Work with specific incidents or events

Choose a specific traumatic event.

Sometimes the event can be quite lengthy; for example it may have been experienced over hours, months or even years. In this case imagine that the event is like a book with several chapters.

Pick the most traumatic chapter, and use that as your specific story to treat with TBT.

Awareness of the mind/body connection

Connect the negative thought / event with how your body reacts.

Notice where, when and how you feel in your body while you are reviewing the story. Is it in your stomach, your throat, shoulders, or elsewhere.

Note the intensity of the physiological reaction. Give the whole experience a rating of 0-10, with 10 being the most intense.

Test the Results Frequently

After each round of tapping, test the results.

When reviewing the event, notice if it produces the same type of feeling in the body as before the tapping? Has the physical feeling changed in any way or moved to another part of the body?

Any changes in experience will indicate that trauma which is held at a cellular level within the body, is being released.

People will have different experiences and interpretations and these are all valid. No one person will experience releasing the trauma, even the same or similar trauma, in the same way.

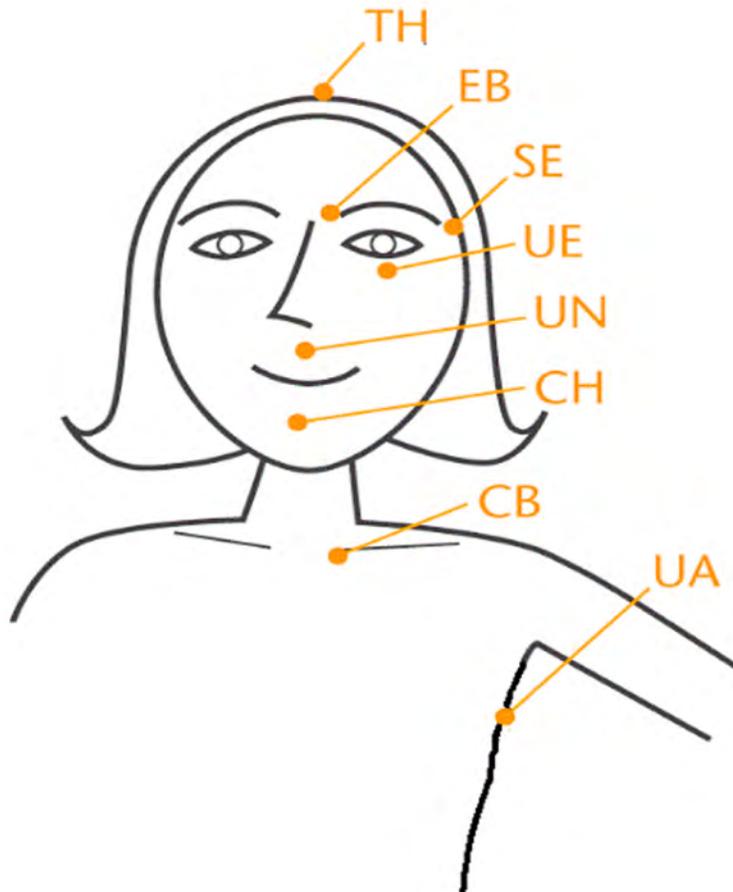
Test frequently so you can determine that the trauma is being released and finally eliminated.

Each person will require different sets of the tapping routine.

Some people may need to tap through the black and white movie 3 times before noticing the changes in their feelings and others may require 20 rounds.

Change in mind-body state depend on the depth of the trauma. Everyone will experience this differently.

TAPPING / MERIDIAN Points used in TBT



How to use TBT

Stages/Steps:

The traumatic story/event is repeatedly and rated at every step of the process of TBT.

The difference between TBT and EFT is that, in using TBT, there is:

- no use of 'set-up' statements
- no remainder statements
- no tapping done positives states
- no tapping on related aspects

Use all or any of the steps listed below that you need.

Use your judgment when using the cartoon/humor component in TBT. As you become skilled at using TBT the time it takes to go through resolving trauma will become shorter. Your brain learns quickly and eagerly wants to let go of painful experiences.

1. Pick a specific unpleasant event which you want to neutralize.

Turn the event into a story. Give it a title and decide on a start and end to maintain focus and to remain in the associated neurological pattern.

Start by tapping on the head chakra and proceed with tapping on the other points while telling the story as you recall it.

2. Audibly tell the story of the specific event you have chosen.

Make sure it has a beginning and an ending and stay within those

boundaries. Notice where and how you experience feelings/emotions in your body.

Rate the intensity from 0-10

3. Turn the story into a Black and White Movie.

Recall the last time you saw a B&W movie and what the quality was like. Run the movie as many times as you need and tap on the points while speaking it in third person.

Rate it every time to test the results: Remember the original event and rate it from 0-10 in intensity.

4. Tap on the points and run the B&W movie backwards and verbalize what you see.

What did it look like with everything going backwards? Rewind the movie repeatedly till you feel a considerable drop in rating.

Rate the original event 0-10 and notice where and what you feel in your body.

5. Turn the movie into a cartoon.

Do you have a favorite cartoon character or had one when you were young? Turn your movie into a Technicolor cartoon and have the players represented by Bugs Bunny, Popeye, Mickey Mouse, Wiley Coyote, etc. Tell the story of the cartoon movie while tapping.

Rate the original event 0 -10

6. Add music to the movie.

Choose something with a beat like the polka or rock 'n' roll. Adjust the volume of the music if you wish. Watch and tell your story while adding the adjustments and tapping on the points. Make sure to move your body to the rhythm of the music while you are watching/telling the story.

Rate the original 0 -10

7. Add an as-if dimension to the movie.

Change any part of the movie you wish so that the ending becomes what you would prefer. Bring in new characters and/or resources to change the event. Remember the unconscious mind does not differentiate between then and now.

You should continue to tap and talk and then rate the original 0 -10

8. Test and retest your work.

Rate your feelings after each step of the process. Notice the changes in rating and where the original feelings of the trauma were held in the body.

You can use all or any of the steps you need.

As you become skilled at using TBT the time it takes to go through resolving trauma will become shorter. Your brain learns quickly and eagerly wants to let go of painful experiences.

Case studies

Here are some recent studies showing how easily and quickly TBT can neutralize symptoms of PTS. TBT can also be used to overcome limiting beliefs which were learned during childhood conditioning.

Life long history of Business Failures

I had a client referred to me by our local doctor. The client, "Brian," was in his 60s. He was suffering from chronic depression.

He told me that his depression was caused by the numerous business failures he had experienced. There seemed to be this pattern of starting a new business and getting it up and running full steam. Then something would happen and the business would fall apart.

His history of relationships with women was equally abysmal. He had never managed to maintain a relationship with any woman for more than year.

I asked him what he thought the root of the problem was—did he think there was some sabotaging behaviour which could be causing him to fail? Was it fear of success, for instance?

When I asked that question, he suddenly become quite clear, and said he recalled something out of the blue which could be connected to his failures.

He related to me that when he was a kid of around 10, his elder brother had become very enraged with him and violently shouted at him, "you will never succeed in life. You will always be a failure!!!"

Because he idolized his brother, he felt profoundly shocked.

The truth finally emerged that Brian's supposed 'sister' was actually his mother. She had become pregnant without being married, so, to avoid the shame, the family had pretended that Brian was their own child and not the grandchild.

All the other family members knew except Brian, and the older brother resented having to pretend and treat Brian as if he were the younger brother.

This shocking knowledge became part of his limiting beliefs that he would never succeed in life. It had become a self-fulfilling prophecy which had a profound effect on him at so many levels in his life.

He unconsciously played out the belief that he would 'never' succeed in any area of his life, no matter how hard he tried at a conscious level. The belief was embedded into his subconscious.

Brian's attitude changed dramatically as the pieces of the jigsaw fell into place for him.

When I saw him a few years later, he told me he was able to move forward and forgive his family for keeping that secret and his brother for revealing it.

He felt freed to move on with his life, and was now in a secure and loving relationship with a new partner. As he had retired, he was no longer pursuing any business ventures.

Home Invasion

At a recent workshop, I asked for a volunteer who was suffering from some symptoms of PTS. Let's call her "Jane."

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Jane said that her home had been invaded by armed burglars a year ago, and she was still not able to sleep throughout the night because of her fear and anxiety levels.

I asked her to rate the incident and tell me where and what she experienced in her body as she relived the event.

Her ratings were 7, and mouth was dry and palms sweaty.

She was surprised at the symptoms which appeared in her body as she went over the incident, because she had not noticed the connection before.

The break-in unfolded as Jane and her husband lay asleep in their bedroom. The door opened and lights went on, and they were confronted by 3 armed men.

They were ordered out of their bed to a corner of the room. Her husband tried to fight off the men, which resulted in him getting stabbed in the arm with a large knife.

Jane managed to wrap up her husband's wound to stop the bleeding. The men ransacked the house and collected all the valuables, and then left as quickly as they had appeared.

We did the TBT protocol, telling the story, black and white movie, reversing the movie, cartooning the movie and ending with the 'as if' step.

Her stress levels came down with each step of the TBT procedure. And finally, when we tested for rating and symptoms by going over the story, there was no dry mouth or sweaty palms.

I felt her palms for any sign of wetness, and there was none.

Checking with her a few days later, Jane told me that she had been able to sleep uninterruptedly for the first time in months, now feeling refreshed when she woke in the mornings.

Bomb blast

“Amir,” another volunteer at one of the recent workshops, wanted to work on his intense fear of being caught up in a bomb blast again.

His story was that, one day as he was walking with his father across the city square from his home, there was a huge shock wave which knocked his father off his feet.

The shock wave was followed by smoke and confusion, people running and screaming trying to escape from the blast.

Amir lives right across from where the blast occurred, and walks daily past the very place where the blast took place. Each time, he'd recall his father being blown off his feet and falling in a heap in front of him.

I asked him to rate the intensity of the negative feelings, and how and where he felt it in his body.

His rating was 10, and he felt like he had been hit in the face and chest with a fist. He found it difficult to breathe, and could still smell the explosive.

We did the TBT protocol going through all the steps, checking at each step where the rating was, and how it felt in the body.

At the end of the procedure, Amir said that there was no difficulty in breathing, and the intense pressure to his face and chest had disappeared altogether.

Flood waters

Many people were victims of the recent floods in Pakistan. One of my workshop participants wanted to eliminate the intense feelings of fear he had about the waters rising and engulfing his home.

“Shah” knew his home was in the path of the rising flood waters. He described the fear he felt as the waters got closer and closer to his house.

Every time he stood at his front doorstep, he felt overwhelmed by anxiety. His heartbeat increased and he got a knot in his stomach. His rating was high as 9 even now a year after the floods.

I took him through the TBT steps, and tested at each stage for rating and feelings in the body. Finally at the end his feelings were down to 2 and his anxiety and knot in the stomach had completely disappeared.

Once the trauma released, the unwanted feelings associated with them are neutralized.

When using TBT, the elimination of the symptoms or feelings experienced in the body means that the traumatizing events simply now become uncharged stories, just a part of the person’s history.

Varanassi Bombing

“Has” was a young woman who was referred to me by her medical doctor because of a physical injury.

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She was very keen to also work on a very traumatic event which had taken place to her while she was visiting an ashram in India.

One day whilst she was sitting with a colleague and enjoying a cup of tea, a remote bomb went off that killed her friend, who only seconds ago had been sitting a few feet away from her.

There she was with Anil one minute, enjoying the sunshine and peaceful atmosphere and sharing a joke, and in an instant she was thrown out of her pleasant state into shock!

The air was smoky and smelled putrid and she couldn't see much. The shock of the bomb going off had knocked her off her own chair, and she found herself lying flat on the ground.

As she slowly looked around her eyes fell on the most shocking sight—body parts lying all around her, blood, dust and smoke.

The one picture which stuck in her mind was Anil's body torn into 3 separate parts and still pulsating and bleeding. This was so shocking to her that every time she went to drink a cup of tea, she was instantly reminded of the bombing and the internal picture of body parts twitching and spouting blood.

We did the TBT process on this picture/event, and achieved a successful level of distance and feelings about it, and extinguished the association between the trigger, which was the cup of tea and the resulting traumatic feelings.

Testimonials

“Rehana, I cannot even begin to express the gratitude that I feel towards you. What an amazing technique you have developed to take away the suffering that human beings are carrying around. I feel deeply blessed that God gave me this opportunity to learn from you and help others. The way in which the burdens people have been carrying around are put down is phenomenal. Difficult to describe in words!

“TBT is a phenomenal technique for dealing with all kinds of suffering. I had attended an EFT workshop and used tapping before I was introduced by Rehana to TBT. I had found tapping to be effective, but with TBT, the kind of release from trauma that I myself have experienced or observed others experiencing is far beyond what can be achieved with simply EFT. TBT effects miracles – and I use that term advisedly.

“In a one hour session with Rehana, I worked on an issue which had resulted in high levels of irritation during mealtimes for the last thirty years. After that one session, my irritation level at meal times completely disappeared. A month has passed and it has not come back.

Similarly, I have observed some of the women and men I have conducted TBT sessions with are now released from feelings of anger and abandonment that they had been carrying around for years. They report feeling happier than they have felt in years and often the disappearance of aches and pains in the body.

There is no doubt in my mind that as TBT spreads and people are released from their traumas, we can move towards homes, societies and a world where there is love and peace.”

SB, Islamabad, 2013

“They emerged from fear and relaxed. Many were able to sleep. When some went into distress at night, the others told them to tap. They could meet our eyes. They were no longer ashamed or embarrassed. They were able to be open and say what had happened. On the last day, they were singing.”

Asma Bibi

Managing Director, SDS, Sindh, Pakistan 2013

“In 2011 I participated in TBT training organized by OXFAM. I found the training to be extremely effective. As a result, when I became the Deputy District Officer in the Social Welfare Department at Sukkur, I wanted the women in the Dar-ul-Aman’s who are traumatized to receive this training.

“I requested Rehana Webster to come and deliver this training. She travelled all the way from New Zealand to Sukkur to train the women and the staff.

“This is a training which we need to repeat again and again. After receiving the three-day training, the women were very happy. They wanted to have individual sessions. By the end of the training, they were singing.”

Abdul Qudoos Memon

Deputy District Officer, Social Welfare Department, Sukkur, Sindh 2013

TBT in Pakistan

Model for other areas of the World

My dream is to establish TBT tapping as the main self-help therapy for the millions of people suffering from trauma of the ongoing war and annual natural disasters.

I hope to train as many TBT practitioners who will have the skills to help others in the most affected areas.

I want to establish a center for TBT training in Pakistan so that help can be given to as many people as possible regardless of where they are located, their caste, religion, socio-economic status, education and gender. This could be replicated in other countries where trauma treatment is required.

Invitations

In September 2012, I was fortunate enough to be invited to deliver TBT workshops in 3 cities in Pakistan. I was delighted to have the opportunity.

After having trained several hundred people in the use and application of TBT, I was invited to return in 2013 and work at a Darulaman Women's Shelter in Sukkur, Sindh, where a large number of trauma and PTS sufferers detained for their safety.

Consequently OXFAM also contracted me to deliver a TBT workshop during their annual conference held in Islamabad on the theme of Preventing Violence Against Women.

As a result of the workshops I delivered in 2012, I was invited by SDS

(Sindh Development Society) to work with the clients of Darulaman Women's Shelter in Sukkur.

Trauma from 'Honor' Killings

Darulaman houses women labelled 'KARI' (the insidious tradition of honor killing). My team and I carried out daily group tapping session here and we set up team leaders to continue the TBT practice daily.

The social worker from Sahil and the psychologist assigned to Darulaman continue to monitor the progress and application of TBT at the shelter. What a great team dedicated to justice for women!

I was also invited by Sustainable Growth through Resource Management (SGRM) NGO to Chitral in the Hindu Kush Mountains, a northern province in Pakistan.

The suicide rate among young women is the highest in the country and the populations is suffering from stress and anxiety.

TBT was seen as a great self-help tool for to help people work on their stressors. Several workshops were delivered at schools in Kosht, Booni and Chital town and universities.

The use of TBT was an unprecedented success.

The participants were able to use the simple technique, and had immediate success getting from the various symptoms of Post Traumatic Stress.

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.

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

TraumaBusterTechnique.com

A note from the Author:

I have made an ongoing commitment to give back to the world and promote peace. I devote a large percentage of my time to a variety of humanitarian issues.

As part of these efforts, I frequently partner with EFT Global, a nonprofit organization.

EFTGlobal is dedicated to bringing the enormous benefits of Emotional Freedom Techniques (EFT) and the Trauma Buster Technique (TBT) to assist and empower local populations affected by natural and human-caused disasters, weakened social and political systems. We also provide state of the art training and education to humanitarian workers so they can help quickly resolve emotional suffering and trauma.

I have gifted the use and teaching of TBT to EFT Global exclusively for the organization's nonprofit work. Reproduction of copyrighted TBT materials by EFT Global has been granted by permission.

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Find out more about EFTGlobal here: EFTGlobal.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 resides in New Zealand and conducts workshops and trainings in Australia and other countries where these skills are most needed.

For more details visit her websites at:

BehaviourChanges.com

and

TraumaBusterTechnique.com

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. Find a list of professional therapists is provided at TraumaBusterTechnique.com

**The secret of success is freedom
and the secret of freedom is courage**



Rehana Webster, BSc

Developer Master & Trainer, Trauma Buster Technique
EFT Master & NLP Master, member of ACEP & AAMET

TBT Workshops and Events:
TraumaBusterTechnique.com