

# Overcoming Adversity

*How Energy Tapping Transforms Your Life's Worst Experiences, A Primer for Posttraumatic Growth.*

by **Caroline Sakai, PhD**

Reviewed by **Daniel Benor, MD**

Caroline Sakai shares a treasure-trove of clinical examples of how Thought Field Therapy (TFT), a tapping-based energy psychology technique, can help people with issues related to trauma, pain, fears, phobias, relationship challenges, and many other issues.

Sakai has a breadth and depth of experience as a TFT practitioner and instructor that enables her to provide detailed case histories illustrating the range and depth of relief possible through the uses of TFT. Here are but a few of many examples:

*“TFT can help with depression by reducing the physiological symptoms of increased muscular tension, rapid heartbeat, respiration changes, and looping resentful thoughts. Reducing irritability...can facilitate better acceptance of self and others, which in turn helps to decrease the isolation and aloneness that can compound depressive feelings.” (p. 39)*

Anette, an 11 year-old girl was treated with TFT after being severely traumatized by bullying in school. Sakai's interventions included resourcing Anette with positive awarenesses.

*As she peeled away the layers of fearful experiences, her face broke out into a broad grin, and she felt she could be strong and follow strategies to be safer, such as not going alone into campus areas where she could be harassed. In subsequently working on peak performance... and imagining herself navigating on campus, she grinned even more broadly as she said she was braver than the bullies.*

The deeply transformative potentials of TFT are illustrated in the case of Bud, a young man who had been incarcerated many times for severe temper problems. Bud was referred to Sakai for help with anger management. Though skeptical at first, Bud quickly was convinced of the benefits of TFT when he immediately experienced decreases in his anger through tapping the TFT algorithms. With the help of TFT and counseling he transformed from a 'rageaholic' and alcoholic to

a model citizen who set the intention of helping others learn to control their addictions and rages.

What I found most impressive of all were the reports of child victims of the Rwanda genocide in 1994 who were able to release their severe PTSD symptoms very deeply and rapidly.

*On our return visit a year later, on the anniversary of the genocide, we saw a transformation at the Rwandan Orphans Project. The children reported no flashbacks, nightmares, or rage, and said that they tapped themselves whenever they had problems. The teachers reported the difference TFT had made, with the children concentrating better without posttraumatic stress symptoms, and many had passed their competitive exams to go on to the regular secondary schools. Teachers reported marked reduction in anxiety, inattentiveness, aggressive behaviors, social isolation, and depression. They also told us that the children had higher self-esteem and increased self-confidence, leading to more assertiveness, creativity, and accomplishments... (p. 147)*

A series of appendices provide details of steps involved in using TFT, and a surprising, brief review demonstrating significant effects of TFT when used for a broad range of problems in the context of an HMO setting more than fifteen years ago.

This book is very highly recommended for healthcare practitioners and for people seeking help for themselves. ■

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