Overview and Perspective

Most attendees at workshops report that demonstrations and experiential teaching is more informative than lecturing. Instead of my lecturing for an hour and then doing a few demonstrations, I will do a briefer introductory lecture and then offer to provide demonstrations of many techniques and concepts. After seeing or experiencing a phenomenon, it becomes easier to hear and remember it.

Psychological Freedom therapy takes techniques from EFT. TFT, and Energy Medicine and integrates them in a unique and flexible manner. During the workshop, the demonstrations will lead you to learning about the following and more:

Treatment procedures for more quickly help a client to not feel any distress even when thinking about a past upsetting or traumatic experience. SUSD reductions of 4 or less are not leading your client to get the most benefit from their sessions.

The different ways you can detect the existence of and treat psychological reversal with and without muscle testing.

You will get an explanation of why Gary and Tina Craig do not believe in the existence of a psychological reversal. Their conclusion is both correct and incorrect.

The gamut acupressure point is barely used in EFT. Yet it has numerous applications in TFT. The Gamut acupressure point is the only acupressure point in TFT

tapped up to 50 times,
tapped during the brain balancing technique of Callahan’s 9-Gamut procedure,
tapped during collarbone breathing and the eye roll procedure of TFT.
tapped on the triple warmer energy meridian which is one of only 2 meridians that are also radiant circuits as explained in energy medicine.

It is the only acupressure point that is not tapped at the end of an energy meridian.

Psychoanalysis emphasized insight and free association. These processes can be applied why repeatedly tapping on the gamut acupressure point so that your client develops holistic insight that helps them to be healthier in the future.
Not integrating this acupressure point in your treatments limits how much and how fast your client will progress.

This is why the gamut acupressure point is the **Rodney Dangerfield of Acupressure Points**.

Energy Toxins

When TFT was applied correctly and all distress was not eliminated or if a relapse occurred, Callahan attributed it to the presence of energy toxins. For decades, all TFT and EFT therapists did not have a quick method to eliminate the obstructive effects of energy toxins. Eventually Callahan discovered two procedures to eliminate the blockage caused by energy toxins. A third method that does not involve any muscle testing will be taught.

Most energy therapists use a 2-step procedure to detect the existence of hypersensitivities, allergies, and energy toxin. This will lead to a certain percentage of mistakes. A 3-step procedure will be taught for more precise detection of foods, substances, beverages, that are best avoided.

Correctly detecting and treating energy toxins enables a therapist to increase progress more quickly and to a greater degree.

Callahan’s last publication was the only time that he was not the first or sole autho of a book or article until an article was published.


Another force that impedes progress is called Neuropsychological Disorganization. The treatment of choice is collarbone breathing. An abbreviated version of this technique can be effective and both will be demonstrated. It is also the treatment of choice for polarity reversals.