

Brief Thought-Field Therapy (TFT) Trauma Sequence 思想疗法简易步骤

- Beginning of eyebrows 眉尖
- Under eye 眼底下
- Under arm 臂下
- Collarbone 锁骨
- Little Finger, Collarbone 小指, 锁骨
- Index Finger, Collarbone 无名指, 锁骨
- 9 Gamut treatments 九节操
- Beginning of eyebrow 眉尖
- Under eye 眼底下
- Under arm 臂下
- Collarbone 锁骨

9 Gamut Treatments Sequence 九节操步骤

1. Eyes open 睁眼
2. Eyes closed 闭眼
3. Eyes open down to right 睁眼向右看
4. Eyes open to left 睁眼向左看
5. Eyes in circle 环视
6. Eyes in a circle-opposite direction 反向环视
7. Hum a tune out loud 哼小曲
8. Count to five out loud 从一数到五
9. Hum a tune out loud 哼小曲

Brief Thought-Field Therapy (TFT)
Trauma Sequence
思想疗法简易步骤

- **Beginning of eyebrows** 眉尖
- **Under eye** 眼底下
- **Under arm** 臂下
- **Collarbone** 锁骨
- **Little Finger, Collarbone** 小指, 锁骨
- **Index Finger, Collarbone** 无名指, 锁骨
- **9 Gamut treatments** 九节操
- **Beginning of eyebrow** 眉尖
- **Under eye** 眼底下
- **Under arm** 臂下
- **Collarbone** 锁骨

More information on TFT can be found at: <http://www.atft.org/mission-l>
and

更多关于思想疗法的情况, 请访问以下网站 : <http://www.atft.org/mission-statement.html>
和