

BTFTA / ATFT Joint Conference Report

The BTFTA / ATFT joint Conference in Leamington Spa on 26th and 27th May 2006 was a great success. 65 people attended and heard presentations from speakers from the UK, USA, France, Sweden and the Middle East.

The event was chaired by Doris Keating TFTdx.

Day One

Rosemary Wiseman

After an introduction by Doris, the conference started with a presentation by Rosemary Wiseman, a London-based TFTdx practitioner who is also a musician and music teacher. She explained how she used TFT to enhance her students' musical performance. Her work had enabled her to get great insights into the effectiveness of TFT and she had helped many musicians.

Some of the common problems in musical performance were posture, co-ordination, rhythm, tempo, music reading, concentration," inexplicable" mistakes, frustration, trauma, fear, anxiety, singing in tune and clapping in time.

TFT could help with reading music as she explained. She had also found PR problems to be more common with sight reading whilst playing as the music was unprepared, and no self-correction of reversals had taken place before or during the performance.

She mentioned one student who positioned her head to read the music upside down in order to read it better!

Often, mistakes were not recognised so students simply did not know that they needed to correct them. After TFT - when their performance was clearly better - they could be somewhat bemused.

As one of her students, Naomi, reported, "*my fingers know what to do, they have more brains than my brain!*"



Naomi - one of Rosemary's students

After TFT musicians were usually more relaxed and found that they could concentrate better which was better for a good performance. They often reported that it was easier to play their music and performing then became more enjoyable.

With TFT the potential of the musician could be realised - and in so doing their emotional and physical health could also improve. Rosemary herself said, "*There is much untapped music potential out there!*"

Dr. Dimitri Crouchez

Dr Dimitri Crouchez, a French psychiatrist and VT Practitioner (who now works largely in Hong Kong where he lives with his wife Yeuk Yee Poon, also trained in VT), was next to speak.

Dimitri was particularly interested in the impact of toxins on psychological problems like anxiety and depression, particularly the role of neuropeptides.

He said that people were literally addicted to certain foods because of the effects of these peptides, also known as exorphins.

These peptides are created as a consequence of the incomplete digestion of protein in the gut, the short-chain molecules produced having opiate-like properties.

This was particularly a problem in France which had arguably the world's greatest cuisine and where, for example, one could eat a different cheese every day of the year!



Lactose Intolerance

Nick Adams

The next presentation was by Nick Adams a Manchester-based Psychologist who took over as Chairman of the BTFTA on May 28th, 2006

Nick opened his presentation by explaining his method of treating fear of flying. Nick believed that it was important to break the fear down into numerous aspects by means of a special questioning technique.

He also recommended that that it was important to fully understand the problem, how clients thought and how they felt in order to get the right information.

Nick illustrated this part of his presentation with a short video clip from a Granada TV programme showing him successfully treating a fear of flying case.

In the second part of his presentation Nick discussed the promotion of TFT. He said that he felt that the published success rates of TFT (95 -98%) actually put off people from seeking help or doing training because they found the claim unbelievable.