



TAP AWAY THE TENSION

Rosemary Wiseman and her mother, Josephine Wools

It seems that stress is now an accepted part of our everyday lives, but when it gets out of control, it can be hard to know where to turn. **Caroline Cook** meets therapist, Rosemary Wiseman, who explains how Thought Field Therapy could hold the answer.

We all feel stressed and anxious from time to time, and we all have our own ways of dealing with it. Perhaps we like to go for a walk, try deep breathing techniques or just try to find a quiet place where we can sit and be calm. However, Edgware-based therapist Rosemary Wiseman has a different approach - she teaches people to tap away the stress.

Rosemary, who also teaches music, uses a technique known as Thought Field Therapy (TFT) to help people manage their feelings of stress and anxiety.

Developed by clinical psychologist Dr Roger Callahan PhD, TFT works by tapping with the fingers on acupressure points on the upper body and face in a prescribed sequence. This sequence, which can be done through the clothing, can help eliminate emotional problems such as phobias, addictions, trauma and anxiety through its healing effects on the energy meridian system, but it is also a particularly effective method of treating issues such as fear of public speaking and stage fright.

As a musician with plenty of stage experience herself, Rosemary says that TFT can help people manage their anxiety and help them rediscover the joy of performing. "Performance enhancement requires the removal of emotional blocks to make the best of your natural talents," she explains. "For example, a pianist who suffers from performance anxiety can play perfectly in private, yet go to pieces on stage - I help them overcome their anxiety so that appearing in public is no longer a problem. Their big performance becomes a walk in the park."

Rosemary has had first hand experience of just how successful

TFT can be for performers when she helped her mother pass her Grade 2 piano exam at the age of 86. She said that although her mother's anxiety started to affect her performance during the exam, she was able to use her tapping sequences to regain control and pass the exam with flying colours.

Her work with musicians and performers has also sparked interest within the music community - something Rosemary is keen to capitalise on, and she hopes that one day TFT will be used as part of the music curriculum at all levels. "If I had had this technique when I was a music student it would have taken me a lot less time to practice," she laughs.

TFT also has some high profile supporters, including self help guru Paul McKenna who has frequently demonstrated the benefits of TFT on television and includes it in his best selling books.

"Part of the beauty of this technique is that it is so simple, as well as being non-invasive and extremely portable" explains Rosemary. "And you don't even have to believe it to experience the effects."

She is able to cite many examples of where she has worked with complete sceptics who soon find that their symptoms have improved - even if they don't know how or why. But as Rosemary says, the important thing is - it works.

If you would like to find out more about Thought Field Therapy or book a consultation visit www.rosemarywiseman.com or call 020 8958 8083.