

Essential Points for Trainers

1. How do you know what to use for step 1 and step 2?
2. Can I use my fingers in different positions? (index finger instead of middle, etc.)
3. When do I do muscle testing with TAT?
4. How do you work with allergies?
5. What do you do if you can't forgive someone?
6. Can I do TAT lying down?
7. Why those points?
8. Does it matter which hand is in front?
9. What do I do when it's not working?
10. I don't see images. Is that OK?
11. I shake all over when I do TAT. Is that OK?
12. How do you do surrogate healing with TAT?

13. How do you know when to do just the first two steps?

14. Isn't this is like hypnosis? You're just telling yourself what to believe instead of the negative belief.

15. Do I need to remember a trauma that led to an allergy to work on it?

16. What do I do if my arms get tired in the middle of a step?

17. What if I don't finish everything I've started in one session or I get interrupted?

18. Can I change the steps around?

19. Do I have to use the exact wording of each step?