

# איזה פחד

**My name is Rivka and I live in Ashdod. Even though the military operation is over, my five-year-old daughter is still loath to leave the protected area in our apartment. She insists on eating, playing and sleeping there and will not go to kindergarten without someone staying close to her the whole time. I am concerned that she may be developing a trauma.**

From your question, I am under the impression that the child has developed a trauma from the bombings and the loud noises in your area. It is possible that she heard an air-raid siren when she was she was not prepared, and consequently was traumatized. Taking her forcefully from a place where she feels safe will not cure the trauma, but the problem can be taken care of through TAT.

In this particular case, I imagine that the child may have experienced some kind of difficult incident in her past and this incident, together with the security situation created the trauma. Effective and focused treatment through TAT can certainly solve the problem and heal her completely of the trauma.

**My parents are both over eighty, they are healthy, thank G-d, and independent. Lately my mother has begun to become withdrawn. Her withdrawnness is accompanied by long bouts of weeping. She is a Holocaust survivor and we are not aware of any other traumas she may have experienced. How can we help her?**

Your mother experienced the Holocaust and this is certainly a reason for trauma. Proper functioning throughout life without depression or fears does not mean that your mother does not still consciously or unconsciously carry within the terrible events that she experienced. It seems that your mother recently experienced something unseemingly important, but which flooded her subconscious and, subsequently, past experiences floated to the surface and created some kind of trauma. Focused and effective treatment can bring these harsh experiences out of the subconscious and solve the problem without having to re-experience or delve into the memories. There is no need for your mother to suffer.

**My seven-year-old son recently developed separation anxiety. Whenever I leave the house he becomes hysterical, screams, kicks etc. (even though he always has a babysitter). He goes to school without a problem, but is meticulous about my husband or me accompanying him to the door and collecting him at the end of the day. I have no idea what he is going through; the matter is bothering me and disturbs our day-to-day lives. I have no idea if he has experienced anything out of the ordinary.**

From what I read, I am under the impression that your son has experienced some kind of trauma during his childhood. I cannot know what the experience was without speaking with either of you.

There could be many reasons for this, such as difficulty in kindergarten that

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caused him to think that his parents “abandoned” him, or perhaps he experienced something that he felt was threatening and his parents were not close on hand. Any kind of past occurrence can cause a child to develop fears that he will be left alone again, and this is the reason for his anxiety.

**During the last school holiday, we were in the park when suddenly three large dogs attacked my son. Miraculously, my husband was able to save him at the last minute. The whole park was in a state of confusion and adults who were present were also scared and screamed. Should I initiate a meeting between my son and a dog?**

From my experience, I have seen that an initiated meeting helps the child and cures his fear of dogs. If you do not want him to meet dogs, he can be successfully treated with the help of TAT and be rid of his fears.

**My name is Gila. My eldest daughter who is always full of life, animated and energetic, manages to run her home and hold down a full time job. She recently gave birth to her eighth child who is now two months old. Since the birth, my daughter has been sad and dejected. She does not leave the house, won't attend family affairs and won't even go to the local store. She does not answer the phone and refuses to receive visitors. From the outside, it looks as though the home**

**functions as usual but I am worried and anxious. Her husband wants her to go for counseling. I am wary of medications. Is there psychological treatment that can help?**

Before and after birth, women are often very weak. The physiological and hormonal changes create physical and emotional weakness which enable problems or past events that have sunk into the subconscious to “take control” of the physical and emotional systems within the body, even through daily events that have some connection with a past occurrence. This is how depression occurs. It is possible that your daughter has “dredged up” one of these past events from her subconscious. Her natural post-natal weakness together with some past incident are fertile ground for this emotional flooding that has been so deeply buried until now, and consequently she has become depressed. Treatment with TAT can certainly help your daughter without the help of medication or the need to re-experience old traumas.

**My thirteen-year-old daughter has developed examination anxiety. She studies for hours and seems to know the material, but when she gets to the examination, her teachers report that she goes red and starts breathing rapidly. Her marks are no higher than 60-70. I must add that she participates in the lessons and does not seem to suffer from any learning disabilities. This**

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**started just recently (and the fact that this year the academic demands from the students are far higher than in recent years should be taken into account).**

All children suffer from some kind of pressure during exam time or from different academic assignments. Other occurrences such as frustration upon nonsuccess, repeated failures, unfair reprimands from a teacher or pressures from the home can all build up in the conscious or subconscious until they reach a stage when all the memories surface, and when a new difficulty arises the emotional and physiological systems are unable to deal with it. The result is fear and anxieties. Your daughter should be taken for treatment before her conditions gets worse.

**My twelve-year-old son has recently started suffering from nightmares. He wakes up a few times a night and complains of scary dreams, finds it hard to fall asleep again, and then wakes again from a bad dream. During the past week, it has gotten worse and he refuses to go to sleep because he is scared of dreaming... He falls asleep on a chair or the sofa, fully clothed, at all hours. Obviously his daily functioning is seriously disturbed (he falls asleep during class, is inattentive, not focused etc.). What can we do? Our talking with him has not helped. We are unaware of any scary event in his past.**

Nightmares usually appear after an accumulation of traumatic events occurring during the day. At night, they surface – even if the person is happy.

Nightmares can also be the result of a small event associated with a traumatic experience from years ago and has now surfaced. Normative behavior during the day does not refute the fact that he has a problem.

## **Within how long can one see results from TAT?**

With TAT, most people feel some kind of release far more rapidly than in other techniques. It depends on the client's openness, cooperation and personal investment. The number of treatments needed also depends on different variables such as cooperation, how long he has suffered from the trauma etc.

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## WHAT IS TAT?

TAT is an acquired technique for self-help that helps one's real self grow and flourish. TAT helps release obstructions and worries, traumatic distress and negative assumptions, and reduces allergic reactions. In TAT one gently touches specific points on the head while focusing on certain sentences. TAT is simple and effective, brings calm, peace and strength within minutes. The technique can help solve a wide variety of problems including traumas, phobias, problems within the home or at school, lack of concentration, emotional and mental problems.

## HOW DOES IT WORK?

The technique is based on the fact that body and soul are intertwined. Past events are all stored in one's subconscious. When something abnormal or unexpected arouses forgotten memories in the subconscious, there is a kind of "explosion" that the physiological and emotional systems are not always equipped to deal with. The pressure from the subconscious pairs with the conscious to create a kind of vacuum, which creates the explosion, and thus the trauma, fears, depression and a plethora of emotional and mental problems. The deep thorough treatment of TAT penetrates to the deepest parts of the self, releases traumas and difficult past experiences and thus gives rise to complete healing. The patient does not need to re-experience the past, nor relate what happened. Sometimes one word will suffice. During the treatment, the practitioner will try to broach the issue with the use of energies. Energy is like water being poured; it is impossible to know when it will stop. Similarly, treatment with energy reaches every pore of one's being. The treatment can help draw things from the subconscious and get to the root of the problem.

## WHY SHOULD I USE TAT?

TAT treatment is very gentle; there are no dangers in it and no need for pills or needles. The treatment helps one succeed in studies, at home, at work and in business. The treatment releases misconceptions, allergies, traumas, sicknesses and accompanying symptoms: depression, pessimism, tiredness and fears. The results are everlasting. TAT has very a high success rate. Compared to other techniques, treatment with TAT is very short. TAT is powerful and effective, and is highly recommended by doctors and psychologists. To date, TAT has helped tens of thousands of people of all ages release severe reactions without returning to the trauma. Eleazer Spetter, International Specialist in TAT. Eleazar is the only person in Israel certified to give accreditation in this unique healing technique.

