

Healing Trauma with TAT

Eliezer Spetter and his wife Chava have dedicated their lives to healing the whole spectrum of emotional and physical traumas and other hardships that a person can experience during his or her lifetime. They were trained and certified in a variety of healing methods before discovering one that has given them a startling success rate - TAT, Tapas Acupressure Technique.

Eliezer started counseling in 1972 and was always searching for the best methods of helping others. One thing he saw was that most methods required many treatments over long periods of time. He diligently searched for something that would help speedily and effectively, all the while receiving high-level certification in each of the various methods he learned.

"I utilize techniques that can help people in a very short amount of time, even just a few hours. People come to me and I teach them how they can find relief. Some problems can be successfully treated in a short time.

A trauma does not have to be what we usually consider major. For an infant, it can be a "small trauma," where his cries for help are not heard. For adults, it can be any of the stresses that are part of the routine human experience. These traumas are experienced by each and every cell in the human body; they register in the cell wall and remain in our subconscious.

Chava Spetter, also certified in most of the

techniques that Eliezer is, including TAT, points out that "in our bodies there are between fifty and one hundred trillion cells, and each cell is able to remember trauma. If the trauma is not healed, the cells are unable to renew themselves as healthy cells and they pass the traumatized condition on to the next generation."

During TAT treatments, there is no physical contact between the professional and the patient. The patient

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places his hands on specific places on his head and the therapist guides him through the process with the help of a set of leading sentences. The trauma often resolves itself quite easily and quickly with Eliezer's adept guidance, acquired through over 20,000 TAT sessions with clients. Everyone agrees that he has done more sessions than any other TAT professional in the world.

It's interesting to note that the position in which the fingers are placed on the front of the face is

the same position that Yemenite Jews use when saying Krias Shema. And the placement of the palm of the other hand, on the back of the head, is in the same position as the knot of the tefillin.

There are many serious problems that people have difficulty talking about, even in therapy. It is unnecessary to discuss every detail; a word or two in the general direction suffices. It is enough if just the client himself knows what is bothering him.

Eliezer describes his experience with TAT: "We treat both physical and mental problems, matrimonial problems, cancer, infertility, preparation for birth, fears and anxiety -- there is no end to what can be treated." Added to that are the cases they have worked with involving anger, abuse, anxiety, terror victims, diabetes, eating disorders, post-natal depression, hyperactivity, learning problems, allergies, and more.

Eliezer and Chava brought TAT here and their offices are the home of TAT in Israel. They are the only ones here who have been licensed to certify others as TAT Professionals. They have, through their workshops and individual sessions, trained and certified a number of other professionals, who are now working with TAT.

Eliezer receives referrals from a number of well-known Gedolei Torah who understand how TAT works and have given him their *haskamas*. Institutions have also benefited



from his work. One of them is a "warm home" operated by Rav Shmuel Munk for many years. Rav Munk runs the home for emotionally disturbed people whom he tries to integrate into society. When he heard about TAT, he began to learn TAT with Eliezer, eventually becoming certified as a TAT Professional. He now uses TAT extensively in his work.

Individuals who have worked with Eliezer and Chava have written numerous letters expressing their gratitude for their healing. For example, one client wrote: "Through small, subtle steps and with a simple, quiet, non-invasive, relaxation technique, you helped me deal with the residues of trauma. Your treatments were an introduction to true living." They have notebooks filled with letters like this.

Chava works with women and children; Eliezer treats men, women, and children.

Eliezer says, "This method is suitable for everyone. I am convinced that TAT is very Jewish since it is not the therapist's energies which cure the patient, but those of the patient himself together with Hashem. We want to leave our own Mitzraim, those places of strife deep within; we want to unblock those places and bring the Divine Light to the deepest areas of the mind, re-invigorating them."