

Thought Field Therapy® for Helping with Musical Performance Enhancement



By Rosemary Wiseman, TFT-Dx

TFT has enhanced my work as a Musician

both in Teaching and Performing Music. This work has enabled me to get great insights into the effectiveness of TFT as I often treat people in the actual situation. I also have the opportunity to help some musicians on a regular basis, which enables me to get long term follow up to treatments used.

Some of the problems in musical performance are Posture, Coordination, Rhythm, Tempo, Music Reading, Concentration, 'inexplicable' mistakes, frustration, trauma, fear, anxiety, singing in tune (helpful for public speaking) and clapping in time.

Music is hard enough to read, yet with TFT it can be made easier. Psychological Reversal problems are more common with Sight Reading on musical instruments, as the music is unprepared and no self-correction of reversals have taken place before or during the 'performance'.

Prior to TFT one student was turning their head around and reading the music 'upside down' in order to read the music 'better'.

Often mistakes are not recognized so students do not know how to correct themselves. After TFT when the performance is clearly better, they can be somewhat bemused as to how this

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has happened. As one of my students reported "my fingers now know what to do, they have more brains than my brain"

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With TFT the potential of the musician can be realized and in so doing, their emotional and physical health can improve, as well as their musical performance. Yes - There is much untapped musical potential out there!

The positive changes I have seen after using TFT have revealed that TFT can be used as an equally valuable tool to practicing a musical instrument.

- Rosemary Wiseman, GTCL, TFT-Dx