

Emotional Freedom Techniques for Anxiety: A Systematic Review With Meta-analysis.

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Abstract: Emotional Freedom Technique (EFT) combines elements of exposure and cognitive therapies with acupuncture for the treatment of psychological distress. Randomized controlled trials retrieved by literature search were assessed for quality using the criteria developed by the American Psychological Association's Division 12 Task Force on Empirically Validated Treatments. As of December 2015, 14 studies (n = 658) met inclusion criteria. Results were analyzed using an inverse variance weighted meta-analysis. The pre-post effect size for the EFT treatment group was 1.23 (95% confidence interval, 0.82-1.64; $p < 0.001$), whereas the effect size for combined controls was 0.41 (95% confidence interval, 0.17-0.67; $p = 0.001$).

Emotional freedom technique treatment demonstrated a significant decrease in anxiety scores, even when accounting for the effect size of control treatment. However, there were too few data available comparing EFT to standard-of-care treatments such as cognitive behavioral therapy, and further research is needed to establish the relative efficacy of EFT to established protocols.

Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation.

Abstract: Adverse effects associated with tamoxifen and aromatase inhibitor use are the most common reason reported by women with breast cancer for discontinuing hormonal therapies. Poor compliance is associated with an increased risk of mortality and early recurrence. The primary aim of this study was to evaluate Emotional Freedom Techniques (EFT) for improving mood state, and secondarily, menopausal symptoms, fatigue, and pain experienced by women with breast cancer receiving hormonal therapies.

Method: Participants ($n = 41$) received a three-week course of EFT, consisting of one session of three hours per week, followed by use of the self-tool over the next nine weeks as required. Self-report questionnaires were used to assess mood, pain, fatigue, endocrine (menopausal) symptoms and hot flushes and night sweats, together with a hot flush diary, at baseline and at 6 and 12 weeks. Participants also completed 7-day home practice sheets for the first six weeks, a feedback form at six weeks and were invited to attend a follow-up focus group at eight weeks.

Result: Statistically significant improvements in Total Mood Disturbance ($p = 0.005$; $p = 0.008$), and anxiety ($p = 0.003$; $p = 0.028$), depression ($p = 0.006$; $p = 0.020$) and fatigue ($p = 0.008$; $p = 0.033$) occurred at both 6 and 12 weeks, respectively, compared to baseline. In addition, mean fatigue interference and global scores, numbers of hot flushes and the hot flush problem rating score decreased at 6 and/or 12 weeks.

Discussion/Conclusion: These preliminary findings suggest that EFT may be an effective self-help tool for women with breast cancer experiencing side effects from hormonal therapies.

Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and Emotional Freedom Techniques: Moderating effect of mathematics efficacy.

Abstract: Anxiety in mathematics is a critical challenge facing secondary school students in Nigeria. Previous studies with focus on the improvement of this challenge are scarce. Specifically, there is paucity of studies using Numerical Cognition and Emotional Freedom techniques in solving the above challenges, this study therefore investigated the effects of numerical cognition and emotional freedom techniques on mathematics anxiety among non-science students with pseudo-dyscalculia in Oyo State. Pre-test, post-test, control group quasi experimental design was adopted for the study. One hundred and two students were sampled through simple random sampling. Mathematics Anxiety Scale ($\alpha = 0.89$), Mathematics Efficacy ($\alpha = 0.86$) and Pseudo-dyscalculia scale ($\alpha = 0.93$) were administered to obtain data for the study. Therapeutic packages used for the intervention were Numerical Cognition and Emotional Freedom. Seven hypotheses were tested at 0.01 level of significance. Data was analysed using Analysis of Covariance (ANCOVA). The study revealed main effect of treatment on Mathematics Anxiety; $F(2, 109) = 173.020, p < .01$. Meridian-Based intervention was more effective (mean = 33.78) than numerical cognition (mean = 45.35) in the reduction of Mathematics anxiety. There was significant main effect ; $F(1, 109) = 21.00, p < .01$; interactive effect $F(2, 109) = 6.116, p < .01$ of mathematics efficacy and treatment on mathematics anxiety of the participants. The two packages were effective in reducing mathematics anxiety among the participants.

Based on the findings, Educational Psychologists, Counselling Psychologist and other educational related bodies could adopt the packages for educational diagnosis to improve academic performance of students with academic phobia.

Tapping for PEAS: Emotional Freedom Technique (EFT) in reducing Presentation Expression Anxiety Syndrome (PEAS) in University students.

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Citation (APA Style): Boath, L. Stewart, A., & Carryer, A., (2012). Tapping for PEAS: Emotional Freedom Technique (EFT) in reducing Presentation Expression Anxiety Syndrome (PEAS) in university students. *Innovative Practice in Higher Education* , 1(2).

Abstract: Presentation anxiety is one of the most common fears that people express. Emotional Freedom Technique (EFT) which is also known as tapping is an emerging complementary therapy that has been used to treat a variety of phobias. Participants were a convenience sample of 25 3rd year Foundation Degree level complementary therapy students undertaking a Research Module. The module included an assessed presentation, which was known to generate anxiety among students. The students were given a 15 minute assignment workshop .They then received a 15 minute lecture introducing EFT and were then guided though one round of EFT focussing on their fear of public speaking. The students were assessed using the Subjective Units of Distress (SUDs) and the Hospital Anxiety and Depression Scale (HADS) pre and post EFT. Immediately following their presentation, the students were invited to take part in a brief face to face interview to explore their use of and feelings about EFT. Twenty one of the total sample of 25 students (84%) participated in the research. There was a significant reduction in SUDS ($p=0.002$), HAD ($p = 0.048$) and HAD Anxiety Subscale ($p=0.037$). There was no difference in the HAD Depression Subscale ($p=0.719$). The qualitative data were analysed using a framework approach which revealed 3 themes: nerves, novelty and the practical application of EFT. Despite the limitations of the study, the results suggest that EFT may be a useful addition to curricula for courses that include oral presentations.

Efficacy of Emotional Freedom Techniques (EFT) in reducing public speaking anxiety: A randomized controlled trial.

Authors: Sharon J. Jones, Jennifer A. Thornton and Henry B. Andrews

Abstract: Thirty six volunteers with Public Speaking Anxiety (PSA) were randomly allocated into a treatment group and wait-list control group. Subjective self-report measures were taken before, during, and after a forty-five minute treatment session with Emotional Freedom Techniques (EFT). Behavioural observations were recorded during a 4-minute speech immediately after treatment.

Comparisons between groups revealed significant reductions in PSA on all self-report measures, but not in behavioural observations. Changes in scores taken before and after treatment for each participant revealed significant reduction in PSA on all subjective and behavioural measures.

A significant reduction in PSA as measured by Subjective Units of Discomfort was demonstrated within the first 15 minutes of treatment with EFT, with further significant reductions also demonstrated at 30 and 45 minutes.

EFT was found to be a quick and effective treatment for PSA.

Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans.

Authors: Citation (APA Style): Church, D., & Brooks, A. J. (2014). Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing*, 10(3), 162–169.

Abstract: A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after EFT (Emotional Freedom Techniques). While pain, depression, and anxiety were not the targets of treatment, significant improvements in these conditions were found. Subjects (N = 59) received six sessions of EFT coaching supplementary to primary care.

They were assessed using the SA-45, which measures 9 mental health symptom domains, and also has 2 general scales measuring the breadth and depth of psychological distress.

Anxiety and depression both reduced significantly, as did the breadth and depth of psychological symptoms. Pain decreased significantly during the intervention period (– 41%, $p < .0001$). Subjects were followed at 3 and 6 months, revealing significant relationships between PTSD, depression, and anxiety at several assessment points. At follow-up, pain remained significantly lower than pretest.

The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and that EFT produces long-term gains for veterans after relatively brief interventions.

Keywords: Anxiety, depression, pain, EFT (Emotional Freedom Techniques), veterans.

The effect of Progressive Muscular Relaxation and Emotional Freedom Techniques on test anxiety in high school students: A randomized controlled trial

Authors: Nilhan Sezgin & Bahar Ozcan

Abstract: This study investigated the effect of Emotional Freedom Techniques (EFT) and Progressive Muscular Relaxation (PMR) on test anxiety. A group of 312 high school students enrolled at a private academy were evaluated using the Test Anxiety Inventory (TAI), which contains Worry and Emotionality subscales.

Scores for 70 students demonstrated high levels of test anxiety; these students were randomized into control and experimental groups. During a single treatment session, the control group received instruction in PMR and the experimental group in EFT, which was followed by self-treatment at home. After 2 months, subjects were retested using the TAI. Repeated covariance analysis was performed to determine the effects of EFT and PMR on the mean TAI score, as well as the 2 subscale scores. Each group completed a sample examination at the beginning and end of the study, and their mean scores were computed. Thirty-two of the initial 70 subjects completed all the study's requirements, and all statistical analyses were done on this group.

A statistically significant decrease occurred in the test anxiety scores of both the experimental and control groups. The EFT group had a significantly greater decrease than the PMR group ($p < .05$). The scores of the EFT group were lower on the Emotionality and Worry subscales ($p < .05$). Both groups scored higher on the test examinations after treatment. Although the improvement was greater for the EFT group, the difference was not statistically significant.

Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in university students

Authors: Elizabeth Boath, Anthony Stewart, Angela Carryer

Abstract: Emotional Freedom Technique (EFT), also known as tapping, is an emerging psychological intervention that has been used to treat a variety of conditions, including exam stress and public speaking anxiety.

Participants were a convenience sample of 52 3rd year Foundation Degree level students undertaking a Research Methods Module. The module included an assessed presentation, which was known to generate anxiety among students. The students were given a 15 minute assignment workshop. They then received a 15 minute lecture introducing EFT and were guided through one round of EFT focussing on their anxiety of public speaking. The students were assessed using the Subjective Units of Distress (SUDs) and the Hospital Anxiety and Depression Scale (HADS) pre and post EFT. The students were instructed that they could continue to use EFT at any time to reduce their anxiety regarding their assessed presentation. Immediately following their presentation, the students were invited to take part in a brief face- to-face interview to identify those who used EFT to explore their use of and feelings about EFT and to identify those who had chosen not to use EFT and explore their reasons for not choosing to use it.

Forty Six of the total sample of 52 students (88%) participated in the research. There was a significant reduction in SUDS ($p < 0.001$), HAD ($p = 0.003$) and HAD Anxiety Subscale ($p < 0.001$). There was no difference in the HAD Depression Subscale ($p = 0.67$). The qualitative data were analysed using a framework approach which revealed the following three themes: helpfulness of EFT in reducing anxiety and staying calm and focussed; Using other complementary therapy skills; and their reasons for not using EFT.

Despite the limitations of the study, the results suggest that EFT may be a useful addition to curriculams for courses that include oral presentations and that using EFT to reduce presentation anxiety may enhance academic performance.

Emotional Freedom Techniques (EFT) reduces anxiety among women undergoing surgery.

Authors: Rosaline M. Thomas, Savitha P. Cutinho, and Darryl M. S. Aranha

Abstract: Anxiety is common in patients awaiting surgical procedures. It typically begins as soon as the procedure is planned and continues to the day of surgery. This study sought to evaluate the effectiveness of an evidence-based method called Emotional Freedom Techniques (EFT) for anxiety among women undergoing obstetric and gynecological (OBG) surgeries.

Method: Women admitted for OBG surgeries were selected through consecutive sampling. Preinterventional anxiety was assessed using the Modified Hamilton Anxiety Rating Scale, which has subscales for psychological and somatic anxiety. Fifty participants meeting the diagnostic criteria for moderate to severe anxiety were randomly assigned to experimental (n = 25) and control (n = 25) groups. Participants in the experimental group received two 10-minute sessions of EFT, the first session on the day prior to surgery and the second session on the day of surgery. Both groups received treatment as usual (TAU). Post anxiety scores were assessed immediately before participants were shifted to the operating theater.

Results: The two groups were similar at baseline. While there was no change in anxiety in the control group, anxiety scores in the EFT group dropped from 27.28 (± 2.47) to 7.60 (± 2.00) and were highly statistically significant ($p < 0.0001$). Reductions in both psychological and somatic anxiety subscales were also significant ($p < 0.002$).

Conclusion: EFT is a simple, cost effective, and evidence-based method that can be used in reducing the anxiety of patients undergoing surgery.

Is Emotional Freedom Techniques (EFT) generalizable? Comparing effects in sport science students versus complementary therapy students.

Authors: Elizabeth Boath, Angela Carryer, Anthony Stewart, Staffordshire University

Abstract: Previous research has shown Emotional Freedom Techniques (EFT) to be effective in reducing presentation anxiety in student populations. Generalizability is a critical issue in research, and this study compared whether EFT is as effective in a cohort of younger, predominantly male students undertaking a sports science degree as in a cohort of all female, predominantly older complementary therapy students undertaking a foundation degree in complementary therapy.

Method: Two convenience samples of students were used. A cohort of students undertaking a foundation degree in complementary therapy (also known as CAM or Complementary and Alternative Medicine) and a cohort of students undertaking a sports science degree were informed of the research and invited to give their informed consent. Those who agreed were given a 15-min assignment workshop outlining the requirements for their assessed presentation by their module leads (authors Carryer and Boath).

Results: Table 1 shows the sociodemographic details of each student cohort. There was a significant difference in gender and age between the two cohorts of students. Men were predominant in the sports science degree group, whereas the complementary therapy group were all women. Complementary therapy students were also significantly older.

Discussion: This study demonstrates that EFT is effective in reducing presentation anxiety in cohorts of students regardless of age or gender. The findings are remarkably similar to previous research (Boath et al., 2012a, 2012b, 2013).

Conclusion: The results demonstrate a statistically significant reduction in anxiety level for both cohorts of students, as well as a clinically significant reduction in anxiety for the sports science students.

Keywords: Generalizability, EFT, Emotional Freedom Techniques, anxiety, males, females, students

The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers

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Authors: Citation (APA Style): Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(5), 40-44.

Abstract: This study examined whether self-intervention with Emotional Freedom Techniques (EFT), a brief exposure therapy that combines a cognitive and a somatic element, had an effect on healthcare workers' psychological distress symptoms. Participants were 216 attendees at 5 professional conferences. Psychological distress, as measured by the SA-45, and self-rated pain, emotional distress, and craving were assessed before and after 2-hours of self-applied EFT, utilizing a within-subjects design. A 90-day follow-up was completed by 53% of the sample with 61% reporting using EFT subsequent to the workshop. Significant improvements were found on all distress subscales and ratings of pain, emotional distress, and cravings at post-test (all $p < .001$). Gains were maintained at follow-up for most SA-45 scales. The severity of psychological symptoms was reduced (-45%, $p < .001$) as well as the breadth (-40%, $p < .001$), with significant gains maintained at follow-up. Greater subsequent EFT use correlated with a greater decrease in symptom severity at follow-up ($p < .034$, $r = .199$), but not in breadth of symptoms ($p < .0117$, $r = .148$). EFT provided an immediate effect on psychological distress, pain, and cravings that was replicated across multiple conferences and healthcare provider samples.

Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings

Abstract: Examining the effectiveness of psychological interventions in treating secondary psychological outcomes of obesity has become prioritized in recent times. The objective of the present study was to compare an eight-week Cognitive-Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT) intervention program, in the treatment of food cravings and secondary psychological outcomes among overweight or obese adults ($N = 83$).

Method: A controlled non-inferiority trial was performed comparing group-delivered CBT to group-delivered EFT. Participants completed the Patient Health Questionnaire at pre- and post-intervention, and at six and 12-months follow-up.

Results: The CBT group did not report any significant changes in anxiety scores over time, but the decrease in depression symptoms pre-to post-intervention was significant and this was maintained at 6- and 12-months. Anxiety and depression scores significantly decreased from pre-to post-intervention for the EFT group, and was maintained at 6- and 12-month follow-up. Somatoform scores significantly decreased from pre-intervention to all follow-up points for the CBT group, while the EFT group did not report any significant changes in somatoform symptoms. Results also revealed that EFT is capable of producing reductions in anxiety and depression symptoms, and may be comparable to gold standard approaches such as CBT.

Conclusion: The current study supports the hypothesis that psychological intervention is beneficial for treating psychological comorbidities of obesity and points to the role mental health issues may play in this area.

Keywords: EFT, CBT, Obesity, Depression, Anxiety, Somatic

The effect of Emotional Freedom Technique on stress and anxiety in nursing students: A pilot study

Abstract: Stress and anxiety have been identified as significant issues experienced by student nurses during their education. Some studies have suggested that the stress experienced by nursing students is greater than that experienced by medical students, other non-nursing healthcare students, degreed nurses, and the female population in general. A recently introduced energy type therapy, emotional freedom technique (EFT), has shown some success in reducing symptoms of anxiety, stress, and fear in a variety of settings.

Objective: The purpose of this study was to determine the efficacy of EFT in decreasing anxiety and stress as a potential intervention to assist students in stress management.

Design: The study used a mixed method design of both qualitative and quantitative measures. Quantitatively, in a one group pretest–posttest design, participants received group instruction in the technique and were encouraged to repeat it daily. Self-reported anxiety was measured at baseline, and then weekly for four weeks using the Perceived Stress Scale (PSS) and the State–Trait Anxiety Inventory (STAI). The qualitative survey was completed by participants at the end of the study in order to capture a more subjective experience.

Setting: The pilot study was conducted in a two-year college in the south eastern region of the United States.

Participants: All enrolled nursing students in an associate degree nursing program were invited to participate. Participation was voluntary, resulting in an original convenience sample of thirty-nine nursing students ($N = 39$).

Method: Data collection instruments included a demographic questionnaire, pretest State–Trait Anxiety Inventory (STAI) and Perceived Stress Scale (PSS). A qualitative questionnaire was also administered at the end of the four weeks. STAI and PSS were administered weekly. Data analysis using RMANOVA was performed at the second, third and the fourth week.

Results: Decreases in anxiety as measured on both the STAI and PSS were statistically significant ($p = .05$). For PSS, STAI state and trait data, the reduction in self-reported stress was statistically significant with a mean difference baseline to week 4. Qualitative data suggested that nursing students experienced a decrease in feelings of stress and anxiety including a decrease in somatic symptoms.

Conclusions: Overall, findings suggested that EFT can be an effective tool for stress management and anxiety relief in nursing students.

Keywords: Emotional freedom technique, Stress, Anxiety, Nursing students

The effectiveness of Cognitive Behavioral Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study

Abstract: The World Health Organization (WHO) places major depressive disorder (MDD), or depression, as the fourth leading cause of disability worldwide. Some studies have found that cognitive behavioral therapy (CBT) represents the most superior approach in treating mild to severe symptoms. Recent literature has indicated a number of limitations to this therapeutic approach. An approach that has received increasing attention within the literature is the emotional freedom technique (EFT).

Objective: The current pilot study aimed to evaluate the effectiveness of CBT and EFT in the treatment of depression and comorbid anxiety.

Design: The research team designed a pilot study structured as a randomized, controlled trial with 2 intervention arms.

Setting: The study took place at Bond University in Gold Coast, Queensland, Australia.

Participants: Participants (n = 10) were local community members who had screened positive for a primary diagnosis of MDD.

Intervention: Participants were randomly assigned to an 8-wk CBT or EFT treatment program, the intervention groups. A sample of individuals from the community was assessed for comparative purposes (control group) (n = 57).

Outcome Measures: Pre- and post-intervention, all participants were interviewed using the Mini- International Neuropsychiatric Interview (MINI) 6.0, and they completed the following validated questionnaires: (1) the Beck Depression Inventory, second edition (BDI-2) and (2) the Depression, Anxiety, and Stress Scales (DASS-21).

Results: Findings revealed that both treatment approaches produced significant reductions in depressive symptoms, with the CBT group reporting a significant reduction post-intervention, which was not maintained with time. The EFT group reported a delayed effect involving a significant reduction in symptoms at the 3- and 6-mo follow-ups only. Examination of the individual cases revealed clinically significant improvements in anxiety across both interventions.

Conclusion: Overall, the findings provide evidence to suggest that EFT might be an effective treatment strategy worthy of further investigation.

Effectiveness of Emotional Freedom Techniques on occupational stress for preschool teachers

Author: Haynes, Teresa, Psy.D., The University of the Rockies, 2010, 56 pages; 3412819

Abstract: Occupational stress may be directly related to teacher burnout and general job dissatisfaction within the teaching profession. While research has shown that teaching is among the most stressful of occupations, there is currently limited research on the implementation or effectiveness of stress management programs. The present study examined the effectiveness of Emotional Freedom Techniques (EFT) on the reduction of stress for preschool teachers. The study was conducted according to a single-subject design (N=2), in which levels of stress and anxiety were measured before and after the five-week training of EFT. Following the completion of training, both participants in the study reported decreased levels of stress and anxiety. However, at six month follow up, results were more varied.

A randomized controlled comparison of Emotional Freedom Technique and cognitive-behavioural therapy to reduce adolescent anxiety: A pilot study

Abstract: The objective of this pilot study was to compare the efficacy of Emotional Freedom Techniques (EFT) with that of Cognitive-Behavioural Therapy (CBT) in reducing adolescent anxiety.

Design: Randomized controlled study.

Settings: This study took place in 10 schools (8 public/2 private; 4 high schools/6 middle schools) in 2 north-eastern states in the United States.

Participants: Sixty-three high-ability students in grades 6–12, ages 10–18 years, who scored in the moderate to high ranges for anxiety on the Revised Children's Manifest Anxiety Scale-2 (RCMAS-2) were randomly assigned to CBT (n = 21), EFT (n = 21), or waitlist control (n = 21) intervention groups.

Interventions: CBT is the gold standard of anxiety treatment for adolescent anxiety. EFT is an evidence-based treatment for anxiety that incorporates acupoint stimulation. Students assigned to the CBT or EFT treatment groups received three individual sessions of the identified protocols from trained graduate counselling, psychology, or social work students enrolled at a large north-eastern research university.

Outcome measures: The RCMAS-2 was used to assess pre-intervention and post-intervention anxiety levels in participants.

Results: EFT participants (n = 20; M = 52.16, SD = 9.23) showed significant reduction in anxiety levels compared with the waitlist control group (n = 21; M = 57.93, SD = 6.02) ($p = 0.005$, $d = 0.74$, 95% CI [-9.76, -1.77]) with a moderate to large effect size. CBT participants (n = 21; M = 54.82, SD = 5.81) showed reduction in anxiety but did not differ significantly from the EFT ($p = 0.18$, $d = 0.34$; 95% CI [-6.61, 1.30]) or control ($p = 0.12$, $d = 0.53$, 95% CI [-7.06, .84]).

Conclusion: EFT is an efficacious intervention to significantly reduce anxiety for high-ability adolescents.

Interventions to reduce anxiety for gifted children and adolescents.

Author: Amy H. Gaesser, PhD, University of Connecticut, 2014

Abstract: Interventions to Reduce Anxiety for Gifted Children and Adolescents

Design: This study examined the anxiety levels of gifted students, as well as the effectiveness of two interventions: Cognitive-Behavioral Therapy (CBT) and Emotional Freedom Technique (EFT). Using the Revised Children's Manifest Anxiety Scale-2 (RCMAS-2), Phase I of this study examined anxiety levels in gifted youth ($n = 153$) participating in private and public gifted education programs, grades 6-12, in two North-eastern states. ANOVA analyses indicated that gender ($F[1, 149] = 13.52, p < .001, h_2 = .08$) and school setting ($F[2, 149] = 21.41, p < .001, h_2 = .23$) were significant factors in the anxiety levels of the gifted students. In Phase II, a randomized controlled research design was used to investigate the effectiveness of CBT and EFT interventions. Participants ($n = 63$) identified with moderate to high levels of anxiety on the pre treatment RCMAS-2 were assigned to one of three treatment groups: a) CBT, b) EFT, or c) a wait-listed control group. Treatment outcomes were measured using the RCMAS-2 post treatment scores and analyzed using ANCOVA with pre treatment RCMAS-2 scores serving as the covariate. EFT participants ($n = 20, M = 52.163, SE = 1.42$) showed significant reduction in anxiety levels when compared to the control group ($n = 21, M = 57.93, SE = 1.39, p = .005$). CBT participants ($n = 21, M = 54.82, SE = 1.38$) did not differ significantly from either the EFT or control groups ($p = .12$ and $p = .18$, respectively).

Pilot study of EFT, WHEE and CBT for treatment of test anxiety in university students.

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Abstract: This study explored test anxiety benefits of Wholistic Hybrid derived from EMDR (WHEE), Emotional Freedom Techniques (EFT), and Cognitive Behavioural Therapy.

Participants: Canadian university students with severe or moderate test anxiety participated.

Methods: A double-blind, controlled trial of WHEE (n = 5), EFT (n =5), and CBT (n = 5) was conducted. Standardized anxiety measures included: the Test Anxiety Inventory (TAI) and Hopkins Symptom Checklist (HSCL-21).

Results: Despite small sample size, significant reductions on the TAI and HSCL-21 were found for WHEE; on the TAI for EFT; and on the HSCL-21 for CBT. There were no significant differences between the scores for the three treatments. In only two sessions WHEE and EFT achieved the equivalent benefits to those achieved by CBT in five sessions. Participants reported high satisfaction with all treatments. EFT and WHEE students successfully transferred their self-treatment skills to other stressful areas of their lives.

Conclusions: WHEE and EFT show promise as effective treatments for test anxiety.

Psychological symptom change after group application of Emotional Freedom Techniques (EFT)

Authors: By Julie Palmer-Hoffman & Audrey J. Brooks

Abstract: A study by J. E. Rowe (2005) examined the effects of Emotional Freedom Techniques (EFT) on psychological conditions such as depression and anxiety. The sample (N = 102) consisted of participants at a weekend workshop taught by Gary Craig, the originator of EFT. Rowe found significant improvements in psychological symptoms from pre- to post-workshop assessments, with significant participant gains maintained on follow-up.

The current study examined whether the improvements were attributable to Gary Craig alone or whether similar effects are noted when EFT is delivered by others. This study examined samples of participants at 4 different conferences, in which EFT was taught by others (N = 102).

In all 4 conferences, there were significant improvements in the severity and breadth of symptoms pre- and post-workshop ($p < .001$), and following 3 of the 4 conferences there were significant long-term gains ($p < .001$).

Results: the results indicate that EFT may be effective at reducing psychological symptoms when delivered by individuals other than the method's founder and that EFT may reliably improve long-term mental health when delivered in brief group treatments.

Psychological and physiological symptoms of psoriasis after group EFT treatment: A pilot study

Abstract: The documented relationship between stress and psoriasis suggests that non-invasive means of stress reduction may improve quality of life in persons with psoriasis.

Objectives: The purpose of this study was to (a) educate persons with psoriasis in the use of the innovative, self-applied, non-invasive emotional healing intervention Emotional Freedom Techniques (EFT) and (b) test its effects on psoriasis symptoms.

Method: A time series, within-subjects, repeated measures design was used. Persons with psoriasis (n = 12) were taught EFT in a 6-hr workshop and instructed to use EFT daily.

Symptoms were measured using the Skindex-29 questionnaire. Psychological conditions were assessed using the Symptom Assessment-45 (SA-45), which has 9 subscales, and two general scales for the severity (GSI) and breadth (PST) of psychological distress. Participants were assessed pre-intervention, post intervention, and at 1 and 3 month follow-ups.

Results: Psychological symptom severity (GSI) improved post-workshop, demonstrating both clinical (raw score) and statistical significance (-56.43%, $p=.043$). Improvements (T score) (-50.67%, $p=.002$) were sustained at three 3-month follow-up (-50.54%, $p=.001$; -38.43%; $p=.002$). Symptom breadth (PST) also improved post-workshop clinically (-49.24%, $p=.005$), and that improvement was sustained over time (-46.93%, $p=.019$).

Skindex-29 scores indicated improvements in emotional distress (-41.56%, $p=.002$), symptoms (-49.05%; $p=.001$), and functioning (-58.31%; $p=.001$) post-workshop, with changes over time to -80.56% ($p<.001$), -74.95% ($p<.001$), and -89.99% ($p=.001$) respectively, and at 3 months. Differences by gender were found in psychological symptom severity and skin-related symptom distress.

Conclusion: Participants experienced significant improvement in functioning and psychological, emotional, and physical symptoms. Relief often was immediate and sustained, and improved over time..Highly significant findings from this small sample support the robust treatment effects found in other EFT research, and clinical trials of EFT for psoriasis and other chronic illnesses are warranted.

Keywords: Psoriasis, Stress, Anxiety, Depression, Emotional Freedom Techniques.

Psychological symptom change in veterans after six sessions of Emotional Freedom Techniques (EFT): An observational study

Abstract: Protocols to treat veterans with brief courses of therapy are required, in light of the large numbers returning from Iraq and Afghanistan with depression, anxiety, PTSD and other psychological problems.

This observational study examined the effects of six sessions of EFT on seven veterans, using a within-subjects, time-series, repeated measures design. Participants were assessed using a well-validated instrument, the SA-45, which has general scales measuring the depth and severity of psychological symptoms. It also contains subscales for anxiety, depression, obsessive-compulsive behaviour, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychosis, and somatization. Participants were assessed before and after treatment, and again after 90 days.

Interventions were done by two different practitioners using a standardized form of EFT to address traumatic combat memories. Symptom severity decreased significantly by 40% ($p < .001$), anxiety decreased 46% ($p < .001$), depression 49% ($p < .001$), and PTSD 50% ($p < .016$). These gains were maintained at the 90-day follow-up.

Reducing anxiety in dental patients using EFT: A pilot study

Authors: Graham P. Temple & Phil Mollon

Abstract: Adult patients awaiting dental treatment were screened for self-reported anxiety using an 11-point Likert scale. Those in the higher half of the range ($n = 30$) received a 10-min intervention consisting of a 4-min Emotional Freedom Techniques (EFT) explanation and 6-min treatment.

All patients reported a decrease in subjective anxiety, with a mean pre-treatment score of 8.03 and a post-treatment score of 3.03. Paired t tests revealed a statistically significant decrease ($p < .001$).

Results: These results are consistent with other published reports of EFTs efficacy for anxiety. They suggest that even a very brief EFT intervention can reduce anxiety and that an additional controlled trial with both observer- and participant-rated measures should be undertaken.

Keywords: anxiety, dental treatment, EFT, Emotional Freedom Techniques.

The effect of Emotional Freedom Techniques on patients with dental anxiety: A pilot study

Authors: Bitu Saleh, Monica Tiscione, and John Freedom

Abstract: This pilot study explored the effectiveness of Emotional Freedom Techniques (EFT) as a treatment for dental anxiety. Participants (N = 8) were dental patients with anxiety. Four were assigned to the experimental EFT group and four to a non-treatment control condition (reading a golf magazine). The intervention consisted of a variant of EFT involving tapping acupressure points without verbalizing cognitive affirmations. Participants were assessed using the STAI-S(sf), six questions from the State subset of the anxiety scale of the Spielberger State-Trait Anxiety Inventory to create the short form of the questionnaire. Each participant visualized being present in a dental chair while the researcher recounted aloud a list of dental triggers specific to each participant. The participant then completed the STAI assessment, followed by either the acupressure tapping intervention or reading a magazine (for the control group). After this one brief (four-minute) intervention or reading period, participants again listened to the list of their specific dental triggers read aloud and were then retested while again listening to their list of triggers. The mean STAI-S(sf) scores obtained by the control group before ($x = 62$) and after ($x = 59$) differed by only 3 points (-6%). In contrast, the mean STAI-S(sf) score obtained by the EFT group before tapping acupressure points ($x = 72$) dropped 26 points ($x = 46$, -35%). An ANOVA revealed a statistically significant within subjects main effect of Time ($F = 6.76$, $p = .04$), and a Treatment Group x Time interaction ($F = 4.42$, $p = .08$), which approached statistical significance. These data are consistent with previous EFT studies and a recent meta-analysis of EFT treatment for anxiety and phobias, and suggest that a very brief, one-session treatment of acupressure tapping can be effective in rapidly reducing dental anxiety.

Keywords: EFT, Emotional Freedom Techniques, tapping, dental, anxiety, dental fears, dental anxiety, comprehensive dental care.

Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: A randomized trial

Authors: citation (APA Style): Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: A randomized trial. *Integrative Medicine: A Clinician's Journal*, 7(4), 30-35.

Abstract: The aim of this study was to examine if self-administered EFT (Emotional Freedom Techniques) leads to reduced pain perception, increased acceptance, coping ability and health-related quality of life in individuals with fibromyalgia. 86 women, diagnosed with fibromyalgia and on sick leave for at least 3 months, were randomly assigned to a treatment group or a waiting list group. An eight-week EFT treatment program was administered via the Internet.

Upon completion of the program, statistically significant improvements were observed in the intervention group (n=26) in comparison with the waiting list group (n=36) for variables such as pain, anxiety, depression, vitality, social function, mental health, performance problems involving work or other activities due to physical as well as emotional reasons, and stress symptoms. Pain catastrophizing measures, such as rumination, magnification and helplessness, were significantly reduced, and the activity level was significantly increased. The number needed to treat (NNT) regarding recovering from anxiety was 3. NNT for depression was 4.

Self-administered EFT seems to be a good complement to other treatments and rehabilitation programs. The sample size was small and the dropout rate was high. Therefore the surprisingly good results have to be interpreted with caution. However, it would be of interest to further study this simple and easily accessible self-administered treatment method, which can even be taught over the Internet.

Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell

Authors: Citation (APA Style): Stewart, A., Boath, E., Carryer, A., Walton, I., & Hill, L. (2013). Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell. *Journal of Psychological Therapies in Primary Care*, 2, 71-84.

Abstract: A service evaluation was carried out to establish the feasibility and effectiveness of Emotional Freedom Techniques (EFT) in the NHS.

Setting: A dedicated EFT service, within the NHS in the district of Sandwell, West Midlands. Referrals were accepted for any emotional condition (including physical pain), provided that clients were over 18 and not "vulnerable adults". Ethical approval was secured.

Method: Over a 13 month period, clients accessing the EFT service for a range of emotional conditions were invited to participate. Those who gave consent were included in the service evaluation. At the start and end of their treatment, clients were asked to complete the CORE10 (main outcome variable), WEMWBS, Rosenberg Self Esteem and HADS measurement scales. Clients completing their therapy were invited for a 3-month follow-up.

Results: Thirty-nine clients gave consent, and 31 completed therapy. A total of 77% were female, and 80% were White British. The mean age was 45 years (range 18-76), and mean number of sessions attended was 5 (median 4; range 2-17). The main presenting conditions were anxiety, depression and anger and clients revealed up to 4 additional issues. CORE10, Rosenberg Self-Esteem, HADS Anxiety and HADS Depression scores showed both statistically and clinically significant improvements, with statistically significant improvement for WEMWBS (all $p < 0.01$). Mean CORE10 scores improved from 20.16 (moderate severe) at start to 8.71 (normal) at end (SD difference = 6.81, $p < 0.001$). Improvements were seen in all but one client.

Conclusion: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize drop-outs.

Case series of panic disorder patients treated with Oriental Medical treatments and EFT

Authors: citation (APA Style): Lee, S-W., Lee, Y-J., Yoo, S-W., Lee, R-D., Park, S-J. (2014). Case series of panic disorder patients treated with Oriental Medical treatments and EFT. *Journal of Oriental Neuropsychiatry*, 25(1), 13-28. doi:10.7231/jon.2014.25.1.013.

Abstract: The purpose of this study was to evaluate the effects of EFT on panic disorder patients.

Methods: Three patients with panic disorders were treated with oriental medical treatments which involved acupuncture, herbal medications, moxibustion and emotional freedom techniques. Participants were diagnosed with panic disorder using the criteria of the Diagnostic and Statistical Manual (DSM-IV), and assessed with the Panic Disorder Severity Scale (PDSS), Visual Analogue Scale (VAS), Beck Depression Inventory (BDI), and the Beck Anxiety Inventory (BAI) upon admission and discharge.

Results: After treatment, both physical and psychological symptoms decreased.

Conclusion: This study suggested that EFT is an effective method for treating patients with panic disorders.

Assessment of the Emotional Freedom Technique: An alternative treatment for fear

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Abstract: The effectiveness of the Emotional Freedom Technique (EFT), a treatment for anxiety and fear, was assessed. One hundred nineteen university students were assigned and tested in an independent four-group design. The groups differed in the treatment each received: applied treatment of EFT (Group EFT); a placebo treatment (Group P); a modeling treatment (Group M); and a control (Group C). Participants' self-reported baseline and post-treatment ratings of fear were measured. Group EFT showed a significant decrease in self-report measures at post-treatment. However, Group P and Group M showed a similar significant decrease. Group C did not show a significant decrease in post-treatment fear ratings. These results do not support the idea that the purported benefits of EFT are uniquely dependent on the "tapping of meridians." Rather, these results suggest that the reported effectiveness of EFT is attributable to characteristics it shares with more traditional therapies.

Can Matrix Reimprinting be effective in the treatment of emotional conditions in a public health setting?

Results of a U.K. pilot study

Abstract: This pilot study was carried out to establish the feasibility and effectiveness of Matrix Reimprinting (MR). A dedicated MR/ Emotional Freedom Techniques service was delivered in a community setting within the National Health Service in the metropolitan borough of Sandwell, United Kingdom.

Method: Over a 15-month period, the study followed clients accessing the service for a range of emotional conditions. At the start and end of their treatment, clients were asked to complete the CORE-10 (psychological distress; main outcome variable), Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; mental well-being), Rosenberg Self Esteem and Hospital Anxiety and Depression Scale (HADS; anxiety and depression) measurement scales.

Results: 24 clients were included in the MR pilot study, and the mean number of sessions attended was 8.33 (Mdn = 6.5). There were both statistically and clinically significant improvements for CORE-10 (52% change, $p < .001$), Rosenberg Self-Esteem (46% change, $p < .001$), HADS Anxiety (35% change, $p = .007$), and HADS total score (34% change, $p = .011$) and a statistically significant improvement for WEMWBS (30% change, $p < .001$). All MR clients showed clinical improvements.

Conclusions: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of MR as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize dropouts.

Keywords: Matrix Reimprinting (MR), Emotional Freedom Techniques (EFT), therapy, emotion, trauma, anxiety.

Methodological problems in Waite and Holder (2003) preclude meaningful interpretations about Emotional Freedom Techniques (EFT)

Abstract: Energy psychology (EP) represents a paradigm for the treatment of mental health problems. A number of studies and case reports have demonstrated its efficacy in reducing psychological conflicts and symptoms. Emotional Freedom Techniques (EFT) are the most extensively researched model of EP. For EFT to be classified as an empirically based treatment according to American Psychological Association (APA) Division 12 Task Force criteria, research needs to demonstrate its efficacy in a number of experimental and clinical settings.

It is also necessary to provide alternative explanations when experimental data are interpreted as disproving major hypotheses. In Waite and Holder's (2003) study on EFT, inclusion of two sham treatment groups and a control group attempted to isolate the factors that cause symptom reduction. Initial reviewers interpreted these data as disproving the fundamental hypothesis of EFT. The APA's Continuing Education Committee cited this study as 1 factor for disputing the scientific basis of EFT. Subsequent analyses have interpreted this study as being supportive of EFT hypotheses. However, numerous statistical omissions, incorrect applications of EFT procedures, and insufficient treatment time preclude meaningful conclusions regarding EFT.

The only dependent variable was participants' fear ratings, which many researchers do not consider an adequate outcome measure. Multidimensional assessments would have provided more precise data and limited how much demand characteristics influenced the results.

The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial

Authors: Sachin Jain, PhD, NCC and April Rubino, MEd, LPC

Abstract: Test anxiety causes, effects and interventions have been widely studied. This study seeks to determine the efficacy of a single brief intervention “Emotional Freedom Techniques (EFT)” to support the ability to shift attention appropriately to achieve optimal levels of both test anxiety and test performance.

The initial sample consisted of 168 undergraduates from three universities in the Inland Northwest USA who were randomly assigned to 3 different groups. Group 1 learned EFT, Group 2 learned Diaphragmatic Breathing (DB), and Group 3 served as a no-treatment control. Participants in the two experimental groups received two 2-hour lessons.

The Sarason Reactions To Tests (RTT), Symptom Assessment -45 Questionnaire (SA-45) and Westside Test Anxiety Scale instruments, as well as a 5-item self-care questionnaire and a request for a qualitative list of individual, test-related concerns, were administered as pre- and post- measures, with a second follow-up at the end of the semester.

Subsequent ANOVAs revealed significant improvements in both the DB and EFT groups on most measures, with gains maintained on follow-up.

Keywords: Test anxiety, students, Diaphragmatic Breathing, EFT, Emotional Freedom Techniques

The effects of EFT on long-term psychological symptoms

Abstract: Previous research (Salas, 2000; Wells, et al., 2003), theoretical writings (Arenson, 2001, Callahan, 1985, Durlacher, 1994, Flint, 1999, Gallo, 2002, Hover-Kramer, 2002, Lake & Wells, 2003, Lambrou & Pratt, 2000, and Rowe, 2003), and many case reports have suggested that energy psychology is an effective psychotherapy treatment that improves psychological functioning.

The purpose of the present study was to measure any changes in psychological functioning that might result from participation in an experiential Emotional Freedom Techniques (EFT) workshop and to examine the long-term effects. Using a time-series, within-subjects repeated measures design, 102 participants were tested with a short-form of the SCL-90-R (SA-45) 1 month before, at the beginning of the workshop, at the end of the workshop, 1 month after the workshop, and 6 months after the workshop. There was a statistically significant decrease ($p < .0005$) in all measures of psychological distress as measured by the SA-45 from pre-workshop to post-workshop which held up at the 6 month follow-up.

The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol

Abstract: With a large number of US military service personnel coming back from Iraq and Afghanistan with posttraumatic stress disorder (PTSD) and co-morbid psychological conditions, a need exists to find protocols and treatments that are effective in brief treatment timeframes.

In this study, a sample of 11 veterans and family members were assessed for PTSD and other conditions. Evaluations were made using the SA-45 (Symptom Assessment 45) and the PCL-M (Posttraumatic Stress Disorder Checklist - Military) using a time-series, within-subjects, repeated measures design. A baseline measurement was obtained thirty days prior to treatment, and immediately before treatment. Subjects were then treated with a brief and novel exposure therapy, EFT (Emotional Freedom Techniques), for five days.

Statistically significant improvements in the SA-45 and PCL-M scores were found at posttest. These gains were maintained at both the 30- and 90-day follow-ups on the general symptom index, positive symptom total and the anxiety, somatization, phobic anxiety, and interpersonal sensitivity subscales of the SA-45, and on PTSD. The remaining SA-45 scales improved posttest but were not consistently maintained at the 30- and 90-day follow-ups.

One-year follow-up data was obtained for 7 of the participants and the same improvements were observed. In summary, after EFT treatment, the group no longer scored positive for PTSD, the severity and breadth of their psychological distress decreased significantly, and most of their gains held over time. This suggests that EFT can be an effective post-deployment intervention.

The effect of EFT (Emotional Freedom Techniques) on athletic performance: A randomized controlled blind trial

Author: Foundation for Epigenetic Medicine, 1490 Mark West Springs Rd, Santa Rosa CA 95404, USA

Abstract: The present study investigates the effect of a psychophysiological intervention, Emotional Freedom Techniques (EFT), on athletic performance. It evaluates whether a single EFT treatment can produce an improvement in high performance men's and women's PAC-10 college basketball team members (n = 26).

The treatment group received a 15 minute EFT session while a performance-matched attention control group received a placebo intervention of similar duration. Performance was measured on free throws and vertical jump height. The time frame of data collection and treatment simulated an actual basketball game. A statistically significant difference between the two groups was found for free throws.

The effect of Emotional Freedom Techniques (EFT) on soccer performance

Author: Llewellyn-Edwards, T., & Llewellyn-Edwards, M. (2012). The effect of Emotional Freedom Techniques (EFT) on soccer performance. *Fidelity: Journal for the National Council of Psychotherapy*, 47, 14-21.

Abstract: This study involved the use of a short session of Emotional Freedom Techniques (EFT) with two English ladies soccer teams. It is a randomized controlled trial with a supporting uncontrolled trial. It was designed to verify the results of an earlier similar American trial involving basketball players. The results show a significant improvement in goal scoring ability from a dead ball situation following a short EFT session. These results support those of the earlier trial.

Keywords: Soccer, Performance, Emotional Freedom Techniques (EFT), Anxiety, Stress

A re-examination of Church's (2009) study into the effects of Emotional Freedom Techniques (EFT) on basketball free-throw performance

Author: Harvey Baker

Abstract: Church (2009) studied basketball free-throw performance of college varsity athletes, comparing (a) a brief treatment of Emotional Freedom Techniques (EFT) with (b) an encouraging talk. A re-examination of Church's data supported his conclusion that the EFT treatment led to relatively better performance compared with the control group.

In addition, we found (a) the reported improvement within the EFT condition was not significant, whereas the control condition decrement was significant and robust; (b) the positive effect of EFT thus took the form of an avoidance of the strong performance decrement seen in the control group; and (c) men and women contributed about equally to these findings.

To avoid an apparent ceiling effect, future researchers should use a more difficult free-throw task. Because this apparent ceiling effect may have caused the distribution of scores to deviate from normality, we confirmed the above reported findings from parametric analyses using nonparametric tests.

Preliminary evidence for the treatment of type I 'yips': The efficacy of the Emotional Freedom Techniques

Author: Rotherham, M., Maynard, I., Thomas, O., Bawden, M., & Francis, L. (2012). Preliminary evidence for the treatment of type I 'yips': The efficacy of the Emotional Freedom Techniques. *Sport Psychologist, 26*, 551-570.

Abstract: This study explored whether a meridian-based intervention termed the Emotional Freedom Techniques (EFT) could reduce Type I 'yips' symptoms. EFT was applied to a single figure handicap golfer in an attempt to overcome the performance decrements the player had suffered. The participant underwent four 2-hr sessions of EFT. The EFT involved the stimulation of various acupuncture points on the body. The appropriate acupuncture points were tapped while the participant was tuned into the perceived psychological causes (significant life event) associated with his 'yips' experience.

Dependent variables included: visual inspection of the 'yips', putting success rate and motion analysis data. Improvements in 'yips' symptoms occurred across all dependent measures. Social validation data also illustrated that these improvements transferred to the competitive situation on the golf course. It is possible that significant life events may be a causal factor in the 'yips' experience and that EFT may be an effective treatment for the 'yips' condition.

Sports confidence and critical incident intensity after a brief application of Emotional Freedom Techniques: A pilot study

Author: Church, D., & Downs, D. (2012). Sports confidence and critical incident intensity after a brief application of Emotional Freedom Techniques: A pilot study. *Sport Journal*, 15(1).

Abstract: To determine if a single session of EFT could reduce the emotional impact of traumatic memories related to sports performance, and lead to increased confidence levels in athletes.

Background: A relationship has been noted in other studies between sports performance and psychological factors such as confidence and anxiety levels. Critical incidents, which are experienced as traumatic memories, are associated with increased levels of psychological distress across a variety of symptom domains. Brief EFT sessions have been demonstrated to improve sport performance.

Methods: Female college athletes (N = 10) with traumatic memories were assessed using three self-reports and one objective measure (pulse rate). Subjective measures were State Sport Confidence inventory (SSC), Subjective Units of Distress (SUD), and the Critical Sport Incident Recall (CSIR) questionnaire, which measured both emotional and physical distress. Subjects received a single 20 minute EFT session. Baseline values were obtained, as well as pre, and post, and 60 day follow-ups.

Results: Significant post-intervention improvements were found in SUD, for both emotional and physical components of CSIR, and for performance confidence levels ($p = 0.001$). The change in pulse rate was marginally significant ($p = 0.087$). All participant gains were maintained on follow-up.

Conclusion: A brief application of EFT may increase sport confidence levels by reducing the emotional and physical distress associated with the recall of critical incidents.

Keywords: Sport, Confidence, Pulse, EFT, Emotional Freedom Techniques, anxiety, memory

Healing into life after sport: Dealing with student-athlete loss, grief, and transition with EFT

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Author: Wooten, H. R. (2005). Healing into life after sport: Dealing with student-athlete loss, grief, and transition with EFT. *Journal of Creativity in Mental Health*, 1(3), 89–102. doi:10.1300/J456v01n03_06

Abstract: Student athletes are some of the most highly trained and celebrated groups in our society. However, for as highly prepared as they are for athletic competition, they are often unprepared for life after sport. The goal of this manuscript is to present a brief overview of the context and developmental anomalies experienced by many athletes, difficulties in dealing with loss and grief, and the alternative therapy Emotional Freedom Techniques (EFT) as an approach to deal effectively with student athletes' experience of loss.

A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression

Abstract: Among a group of therapies collectively known as energy psychology (EP), emotional freedom techniques (EFT) is the most widely practiced. Clinical EFT is an evidence-based practice combining elements of cognitive and exposure therapies with the manual stimulation of acupuncture points (acupoints). Lacking is a recent quantitative meta-analysis that enhances understanding of the variability and clinical significance of outcomes after clinical EFT treatment in reducing depression.

Method: All studies (2005–2015) evaluating EFT for sufferers of depression were identified by electronic search; these included both outcome studies and randomized controlled trials (RCTs). Our focus was depressive symptoms as measured by a variety of psychometric questionnaires and scales. We used meta-analysis to calculate effect sizes at three time points including posttest, follow-ups less than 90 days, and follow-ups more than 90 days.

Result: In total, 20 studies were qualified for inclusion, 12 RCTs and 8 outcome studies. The number of participants treated with EFT included $N = 461$ in outcome studies and $N = 398$ in RCTs. Clinical EFT showed a large effect size in the treatment of depression in RCTs. At posttest, Cohen's d for RCTs was 1.85 and for outcome studies was 0.70. Effect sizes for follow-ups less than 90 days were 1.21, and for ≥ 90 days were 1.11. EFT were more efficacious than diaphragmatic breathing (DB) and supportive interview (SI) in posttest measurements ($P = .06$ versus DB, $P < .001$ versus SI), and sleep hygiene education (SHE) at follow-up ($P = .036$). No significant treatment effect difference between EFT and eye movement desensitization and reprocessing (EMDR) was found. EFT were superior to treatment as usual (TAU), and efficacious in treatment time frames ranging from 1 to 10 sessions. The mean of symptom reductions across all studies was -41% .

Conclusion: The results show that Clinical EFT were highly effective in reducing depressive symptoms in a variety of populations and settings. EFT were equal or superior to TAU and other active treatment controls. The post test effect size for EFT ($d = 1.31$) was larger than that measured in meta-analyses of antidepressant drug trials and psychotherapy studies. EFT produced large treatment effects whether delivered in group or individual format, and participants maintained their gains over time. This meta-analysis extends the existing literature through facilitation of a better understanding of the variability and clinical significance of depression improvement subsequent to EFT treatment.

Key words: Meta-analysis, Depression, PTSD

Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation

Abstract: Adverse effects associated with tamoxifen and aromatase inhibitor use are the most common reason reported by women with breast cancer for discontinuing hormonal therapies. Poor compliance is associated with an increased risk of mortality and early recurrence. The primary aim of this study was to evaluate Emotional Freedom Techniques (EFT) for improving mood state, and secondarily, menopausal symptoms, fatigue, and pain experienced by women with breast cancer receiving hormonal therapies.

Method: Participants ($n = 41$) received a three-week course of EFT, consisting of one session of three hours per week, followed by use of the self-tool over the next nine weeks as required. Self-report questionnaires were used to assess mood, pain, fatigue, endocrine (menopausal) symptoms and hot flushes and night sweats, together with a hot flush diary, at baseline and at 6 and 12 weeks. Participants also completed 7-day home practice sheets for the first six weeks, a feedback form at six weeks and were invited to attend a follow-up focus group at eight weeks.

Results: Statistically significant improvements in Total Mood Disturbance ($p = 0.005$; $p = 0.008$), and anxiety ($p = 0.003$; $p = 0.028$), depression ($p = 0.006$; $p = 0.020$) and fatigue ($p = 0.008$; $p = 0.033$) occurred at both 6 and 12 weeks, respectively, compared to baseline. In addition, mean fatigue interference and global scores, numbers of hot flushes and the hot flush problem rating score decreased at 6 and/or 12 weeks.

Conclusion: These preliminary findings suggest that EFT may be an effective self-help tool for women with breast cancer experiencing side effects from hormonal therapies.

Abbreviation: EFT Emotional Freedom Techniques

Keywords: Breast cancer, Emotional Freedom Techniques, Adjuvant hormonal therapies, Side effects

Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial

Abstract: Two hundred thirty-eight first-year college students were assessed using the Beck Depression Inventory (BDI). Thirty students meeting the BDI criteria for moderate to severe depression were randomly assigned to either a treatment or control group. The treatment group received four 90-minute group sessions of EFT (Emotional Freedom Techniques), a novel treatment that combines exposure, cognitive reprocessing, and somatic stimulation. The control group received no treatment. Post-tests were conducted 3 weeks later on those that completed all requirements. The EFT group had significantly more depression at baseline than the control group (EFT BDI, versus control BDI). After controlling for baseline BDI score, the EFT group had significantly less depression than the control group at post-test, with a mean score in the “non-depressed” range (EFT BDI, versus control BDI). Cohen's d was 2.28, indicating a very strong effect size. These results are consistent with those noted in other studies of EFT that included an assessment for depression and indicate the clinical usefulness of EFT as a brief, cost-effective, and efficacious treatment.

Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans

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Abstract: A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after EFT (Emotional Freedom Techniques). While pain, depression, and anxiety were not the targets of treatment, significant improvements in these conditions were found. Subjects (N = 59) received six sessions of EFT coaching supplementary to primary care.

They were assessed using the SA-45, which measures 9 mental health symptom domains, and also has 2 general scales measuring the breadth and depth of psychological distress.

Anxiety and depression both reduced significantly, as did the breadth and depth of psychological symptoms. Pain decreased significantly during the intervention period (-41% , $p < .0001$). Subjects were followed at 3 and 6 months, revealing significant relationships between PTSD, depression, and anxiety at several assessment points. At follow-up, pain remained significantly lower than pre-test.

Results: The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and that EFT produces long-term gains for veterans after relatively brief interventions.

Keywords: Anxiety, depression, pain, EFT (Emotional Freedom Techniques), veterans.

Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell

Abstract: A service evaluation was carried out to establish the feasibility and effectiveness of Emotional Freedom Techniques (EFT) in the NHS.

Setting: A dedicated EFT service, within the NHS in the district of Sandwell, West Midlands. Referrals were accepted for any emotional condition (including physical pain), provided that clients were over 18 and not "vulnerable adults". Ethical approval was secured.

Method: Over a 13 month period, clients accessing the EFT service for a range of emotional conditions were invited to participate. Those who gave consent were included in the service evaluation. At the start and end of their treatment, clients were asked to complete the CORE10 (main outcome variable), WEMWBS, Rosenberg Self Esteem and HADS measurement scales. Clients completing their therapy were invited for a 3-month follow-up.

Results: Thirty-nine clients gave consent, and 31 completed therapy. A total of 77% were female, and 80% were White British. The mean age was 45 years (range 18-76), and mean number of sessions attended was 5 (median 4; range 2-17). The main presenting conditions were anxiety, depression and anger and clients revealed up to 4 additional issues. CORE10, Rosenberg Self-Esteem, HADS Anxiety and HADS Depression scores showed both statistically and clinically significant improvements, with statistically significant improvement for WEMWBS (all $p < 0.01$). Mean CORE10 scores improved from 20.16 (moderate severe) at start to 8.71 (normal) at end (SD difference = 6.81, $p < 0.001$). Improvements were seen in all but one client.

Conclusion: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize drop-outs.

Is acupoint stimulation an active ingredient in Emotional Freedom Techniques (EFT)? A controlled trial of teacher burnout

Abstract: EFT (Emotional Freedom Techniques) has been the subject of much research over the past decade, with many studies of conditions such as PTSD, anxiety, and depression showing significant treatment effects. In addition to elements drawn from established cognitive and exposure therapies, EFT uses the manual stimulation of acupuncture points (acupressure) through fingertip tapping. This study investigated the utility of EFT to address professional burnout in a population of school teachers. Participants were K–12 full time, public school teachers. They were assessed using the Maslach Burnout Inventory, which has three scales: Emotional Exhaustion, Depersonalization, and Personal Accomplishment. EFT was compared to a control condition that used sham tapping on a location on the forearm that does not include any acupuncture points.

To reduce the possibility of cross-contamination between the two conditions, the study did not randomize participants within a single population. Instead, to minimize contact between experimental and control participants, the two samples were drawn from different school districts with similar demographic profiles in the same county. One hundred teachers were randomly selected from each district, of which 126 completed all assessments.

Data analysis revealed that on all three indicators of burnout measured, EFT was significantly superior to the sham tapping control ($p > .05$). The results are consistent with earlier dismantling studies and indicate that acupoint tapping is an active ingredient in the therapeutic results obtained from EFT and not a placebo. EFT is inexpensive, easy to administer, and could be added to teacher mentor and retention programs to improve resiliency. A positive impact on teachers whose level of burnout is either negatively affecting the educational environment or has caused them to consider leaving the profession will help nurture and retain valuable assets for student learning.

Keywords: Teachers, burnout, EFT, Emotional Freedom Techniques, acupressure, dismantling

Depression symptoms improve after successful weight loss with Emotional Freedom Techniques: A randomized controlled trial

Abstract: Ninety-six overweight or obese adults were randomly allocated to a four-week EFT treatment or waitlist condition. Waitlist participants crossed over to the EFT group upon completion of wait period. Degree of food craving, perceived power of food, restraint capabilities, and psychological symptoms were assessed at pre-treatment, post-treatment and at 12-month follow-up for combined EFT groups.

Significant improvements in weight, body mass index, food cravings, subjective power of food, craving restraint and psychological coping for EFT participants from pre-treatment to 12-month follow-up ($P < 0.05$) were reported. The current paper isolates the depression symptom levels of participants, as well as levels of eight other psychological conditions. Significant decreases from pre- to post-treatment were found for depression, interpersonal sensitivity, obsessive-compulsivity, paranoid ideation, and somatization ($P < 0.05$).

Significant decreases from pre-treatment to 12-month follow-up were found for depression, interpersonal sensitivity, psychoticism, and hostility. The results point to the role depression, and other mental health conditions may play in the successful maintenance of weight loss.

The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers

Abstract: This study examined whether self-intervention with Emotional Freedom Techniques (EFT), a brief exposure therapy that combines a cognitive and a somatic element, had an effect on healthcare workers' psychological distress symptoms. Participants were 216 attendees at 5 professional conferences. Psychological distress, as measured by the SA-45, and self-rated pain, emotional distress, and craving were assessed before and after 2-hours of self-applied EFT, utilizing a within-subjects design.

A 90-day follow-up was completed by 53% of the sample with 61% reporting using EFT subsequent to the workshop. Significant improvements were found on all distress subscales and ratings of pain, emotional distress, and cravings at post-test (all $p < .001$). Gains were maintained at follow-up for most SA-45 scales. The severity of psychological symptoms was reduced (-45%, $p < .001$) as well as the breadth (-40%, $p < .001$), with significant gains maintained at follow-up. Greater subsequent EFT use correlated with a greater decrease in symptom severity at follow-up ($p < .034$, $r = .199$), but not in breadth of symptoms ($p < .0117$, $r = .148$). EFT provided an immediate effect on psychological distress, pain, and cravings that was replicated across multiple conferences and healthcare provider samples.

Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings

Abstract: Examining the effectiveness of psychological interventions in treating secondary psychological outcomes of obesity has become prioritized in recent times. The objective of the present study was to compare an eight-week Cognitive-Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT) intervention program, in the treatment of food cravings and secondary psychological outcomes among overweight or obese adults ($N = 83$).

Method: A controlled non-inferiority trial was performed comparing group-delivered CBT to group-delivered EFT. Participants completed the Patient Health Questionnaire at pre- and post-intervention, and at six and 12-months follow-up.

Results: The CBT group did not report any significant changes in anxiety scores over time, but the decrease in depression symptoms pre-to post-intervention was significant and this was maintained at 6- and 12-months. Anxiety and depression scores significantly decreased from pre-to post-intervention for the EFT group, and was maintained at 6- and 12-month follow-up. Somatoform scores significantly decreased from pre-intervention to all follow-up points for the CBT group, while the EFT group did not report any significant changes in somatoform symptoms. Results also revealed that EFT is capable of producing reductions in anxiety and depression symptoms, and may be comparable to gold standard approaches such as CBT.

Conclusion: The current study supports the hypothesis that psychological intervention is beneficial for treating psychological comorbidities of obesity and points to the role mental health issues may play in this area.

Keywords: EFT, CBT, Obesity, Depression, Anxiety, Somatic

The effectiveness of Cognitive Behavioural Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study

Abstract: The World Health Organization (WHO) places major depressive disorder (MDD), or depression, as the fourth leading cause of disability worldwide. Some studies have found that cognitive behavioural therapy (CBT) represents the most superior approach in treating mild to severe symptoms. Recent literature has indicated a number of limitations to this therapeutic approach. An approach that has received increasing attention within the literature is the emotional freedom technique (EFT).

Objective: The current pilot study aimed to evaluate the effectiveness of CBT and EFT in the treatment of depression and comorbid anxiety.

Design: The research team designed a pilot study structured as a randomized, controlled trial with 2 intervention arms.

Setting: The study took place at Bond University in Gold Coast, Queensland, Australia.

Participants: Participants (n = 10) were local community members who had screened positive for a primary diagnosis of MDD.

Intervention: Participants were randomly assigned to an 8-wk CBT or EFT treatment program, the intervention groups. A sample of individuals from the community was assessed for comparative purposes (control group) (n = 57).

Outcome Measures: Pre- and postintervention, all participants were interviewed using the Mini-International Neuropsychiatric Interview (MINI) 6.0, and they completed the following validated questionnaires: (1) the Beck Depression Inventory, second edition (BDI-2) and (2) the Depression, Anxiety, and Stress Scales (DASS-21).

Results: Findings revealed that both treatment approaches produced significant reductions in depressive symptoms, with the CBT group reporting a significant reduction postintervention, which was not maintained with time. The EFT group reported a delayed effect involving a significant reduction in symptoms at the 3- and 6-mo follow-ups only. Examination of the individual cases revealed clinically significant improvements in anxiety across both interventions.

Conclusion: Overall, the findings provide evidence to suggest that EFT might be an effective treatment strategy worthy of further investigation.

Psychological symptom change after group application of Emotional Freedom Techniques (EFT)

Abstract: A study by J. E. Rowe (2005) examined the effects of Emotional Freedom Techniques (EFT) on psychological conditions such as depression and anxiety. The sample (N = 102) consisted of participants at a weekend workshop taught by Gary Craig, the originator of EFT. Rowe found significant improvements in psychological symptoms from pre- to post-workshop assessments, with significant participant gains maintained on follow-up.

The current study examined whether the improvements were attributable to Gary Craig alone or whether similar effects are noted when EFT is delivered by others. This study examined samples of participants at 4 different conferences, in which EFT was taught by others (N = 102).

In all 4 conferences, there were significant improvements in the severity and breadth of symptoms pre- and post-workshop ($p < .001$), and following 3 of the 4 conferences there were significant long-term gains ($p < .001$).

Results: The results indicate that EFT may be effective at reducing psychological symptoms when delivered by individuals other than the method's founder and that EFT may reliably improve long-term mental health when delivered in brief group treatments.

Psychological symptom change in veterans after six sessions of Emotional Freedom Techniques (EFT): An observational study

Abstract: Protocols to treat veterans with brief courses of therapy are required, in light of the large numbers returning from Iraq and Afghanistan with depression, anxiety, PTSD and other psychological problems. This observational study examined the effects of six sessions of EFT on seven veterans, using a within-subjects, time-series, repeated measures design. Participants were assessed using a well-validated instrument, the SA-45, which has general scales measuring the depth and severity of psychological symptoms. It also contains subscales for anxiety, depression, obsessive-compulsive behaviour, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychosis, and somatization. Participants were assessed before and after treatment, and again after 90 days. Interventions were done by two different practitioners using a standardized form of EFT to address traumatic combat memories. Symptom severity decreased significantly by 40% ($p < .001$), anxiety decreased 46% ($p < .001$), depression 49% ($p < .001$), and PTSD 50% ($p < .016$). These gains were maintained at the 90-day follow-up.

Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: A randomized trial

Abstract: The aim of this study was to examine if self-administered EFT (Emotional Freedom Techniques) leads to reduced pain perception, increased acceptance, coping ability and health-related quality of life in individuals with fibromyalgia. 86 women, diagnosed with fibromyalgia and on sick leave for at least 3 months, were randomly assigned to a treatment group or a waiting list group. An eight-week EFT treatment program was administered via the Internet.

Upon completion of the program, statistically significant improvements were observed in the intervention group (n=26) in comparison with the waiting list group (n=36) for variables such as pain, anxiety, depression, vitality, social function, mental health, performance problems involving work or other activities due to physical as well as emotional reasons, and stress symptoms. Pain catastrophizing measures, such as rumination, magnification and helplessness, were significantly reduced, and the activity level was significantly increased. The number needed to treat (NNT) regarding recovering from anxiety was 3. NNT for depression was 4.

Self-administered EFT seems to be a good complement to other treatments and rehabilitation programs. The sample size was small and the dropout rate was high. Therefore the surprisingly good results have to be interpreted with caution. However, it would be of interest to further study this simple and easily accessible self-administered treatment method, which can even be taught over the Internet.

The effects of EFT on long-term psychological Symptoms

Abstract: Previous research (Salas, 2000; Wells, et al., 2003), theoretical writings (Arenson, 2001, Callahan, 1985, Durlacher, 1994, Flint, 1999, Gallo, 2002, Hover-Kramer, 2002, Lake & Wells, 2003, Lambrou & Pratt, 2000, and Rowe, 2003), and many case reports have suggested that energy psychology is an effective psychotherapy treatment that improves psychological functioning.

The purpose of the present study was to measure any changes in psychological functioning that might result from participation in an experiential Emotional Freedom Techniques (EFT) workshop and to examine the long-term effects. Using a time-series, within-subjects repeated measures design, 102 participants were tested with a short-form of the SCL-90-R (SA-45) 1 month before, at the beginning of the workshop, at the end of the workshop, 1 month after the workshop, and 6 months after the workshop.

There was a statistically significant decrease ($p < .0005$) in all measures of psychological distress as measured by the SA-45 from pre-workshop to post-workshop which held up at the 6 month follow-up.

The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol

Abstract: With a large number of US military service personnel coming back from Iraq and Afghanistan with posttraumatic stress disorder (PTSD) and co-morbid psychological conditions, a need exists to find protocols and treatments that are effective in brief treatment timeframes. In this study, a sample of 11 veterans and family members were assessed for PTSD and other conditions. Evaluations were made using the SA-45 (Symptom Assessment 45) and the PCL-M (Posttraumatic Stress Disorder Checklist - Military) using a time-series, within-subjects, repeated measures design. A baseline measurement was obtained thirty days prior to treatment, and immediately before treatment. Subjects were then treated with a brief and novel exposure therapy, EFT (Emotional Freedom Techniques), for five days.

Statistically significant improvements in the SA-45 and PCL-M scores were found at post-test. These gains were maintained at both the 30- and 90-day follow-ups on the general symptom index, positive symptom total and the anxiety, somatization, phobic anxiety, and interpersonal sensitivity subscales of the SA-45, and on PTSD. The remaining SA-45 scales improved post-test but were not consistently maintained at the 30- and 90-day follow-ups. One-year follow-up data was obtained for 7 of the participants and the same improvements were observed.

In summary, after EFT treatment, the group no longer scored positive for PTSD, the severity and breadth of their psychological distress decreased significantly, and most of their gains held over time. This suggests that EFT can be an effective post-deployment intervention.

A feasibility study: Emotional freedom techniques for depression in Australian adults

Abstract: The purpose of this study was to investigate the feasibility of using Clinical Emotional Freedom Techniques (EFT) to treat Major Depressive Disorder in an adult population by way of a therapeutic group setting. Adults were assigned to EFT group treatment for a period of eight weeks. Diagnostic assessment was completed immediately pre and post treatment using the Mini International Neuropsychiatric Interview. In addition to this, self-report assessments measuring symptomatic evidence of depression were completed by the participants before the treatment, after the treatment and at three month follow-up. Comparisons with a community group were made at pre and post intervention and three month follow-up.

Results: The results indicated a change in diagnosis in each of the participants, with data indicating an overall improvement for the treatment group for depressive symptoms. Study implications and limitations are discussed.

Emotional Freedom Technique (EFT) effects on psycho-immunological factors of chemically pulmonary injured veterans

Abstract: Emotional Freedom Technique (EFT) as a new therapeutic technique in energy psychology has positive effects on psychological and physiological symptoms, and quality of life. In this research we studied the effect of this treatment on immunological factors.

This study tested whether 8-week group sessions of EFT (compared to a wait-list control group) with emphasis on patient's respiratory, psychological and immunological problems in chemically pulmonary injured veterans (N=28) can affect on immunological and psychological factors.

Mixed effect linear models indicated that EFT improved mental health ($F=79.24$, $p=0$) and health-related quality of life ($F=13.89$, $p=0.001$), decreased somatic symptoms ($F=5.81$, $p=0.02$), anxiety/insomnia ($F=24.03$, $p<0.001$), social dysfunction ($F=21.59$, $p<0.001$), frequency and severity of respiratory symptoms ($F=20.38$, $p<0.001$), and increased lymphocyte proliferation with nonspecific mitogens Concanavalin A (Con A) ($F=14.32$, $p=0.001$) and Phytohemagglutinin (PHA) ($F=12.35$, $p=0.002$), and peripheral blood IL-17 ($F=9.11$, $p=0.006$).

This study provides an initial indication that EFT may be a new therapeutic approach for improving psychological and immunological factors.

Keywords: emotion, health, immunological factors, lung injury, mental health, psychological techniques, quality of life, veterans

Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT (Emotional Freedom Techniques)

Authors: Dawson Church, National Institute for Integrative Healthcare, Jerrod Nelms, Western Kentucky University

Abstract: Clinical EFT (Emotional Freedom Techniques) combines acupoint stimulation with elements of cognitive and exposure therapy. Numerous studies have demonstrated the efficacy of EFT for depression, anxiety, phobias, PTSD, and other psychological conditions. The current study assesses whether acupoint stimulation is an active ingredient or whether treatment effects are due to non-specific factors.

Thirty-seven participants with “frozen shoulder” consisting of limited range of motion (ROM) and pain were randomized into a wait list, or one of two treatment groups. ROM, pain, and the breadth and depth of psychological conditions such as anxiety and depression were assessed before and after a 30-minute treatment session, and 30 days later. One treatment group received Clinical EFT, while the other received an identical cognitive/exposure protocol but with diaphragmatic breathing (DB) substituted for acu-point stimulation. No significant improvement in any psychological symptom was found in the wait list. Participants in the both the EFT and DB groups demonstrated significant posttest improvement in psychological symptoms and pain.

Follow-up showed that both groups maintained their gains for pain, with EFT superior to DB, but only the EFT group maintained gains for psychological symptoms ($p < 0.001$). Large EFT treatment effects were found, with a Cohen's $d = .9$ for anxiety and pain, and $d = 1.1$ for depression. Though EFT showed a greater trend for improved ROM in most dimensions of movement, changes were non-significant for most measures in all groups. Reductions in psychological distress were associated with reduced pain as well as with improved ROM.

Results: The results are consistent with five earlier dismantling studies showing that acupoint stimulation is an active ingredient in EFT treatment. The study adds further support to other clinical trials indicating that Clinical EFT is an efficacious evidence-based treatment for pain and psychological conditions.

Keywords: range of motion, ROM, EFT, Emotional Freedom Techniques, Diaphragmatic Breathing, pain, depression, anxiety

Investigation on Emotional Freedom Technique effectiveness in diabetic patients' blood sugar control

Authors: Mahnaz Hajloo, Hassan Ahadi, Hossein Rezaabakhsh, Adis Kraskian Mojembari

Abstract: Chronic diseases are a major cause of death and illness in the world and diabetes is in sixth rank. As Harati (2009) noted the prevalence of 2nd type diabetes in Iran has accelerated so that more than 1 percent of Iranians over age 20 are affected by it each year.

The present study is done in order to improve glycemic control in diabetic patients, reducing the need for costly medical services and enhance their mental health and remove the burdens of the patients and the community.

The research method selected 30 diabetic patients of Imam Hossein in Tehran with testing (pretest – post test of control group) and sampling method in 2012 and randomly classified them into two groups : group1 (treated with EFT- method by Gary Craig,1995) and the control group. Testing of blood glucose, HbA1C was used as a tool for gathering information for one - way analysis of covariance univariate. The results ($F_{ob}:7.24 > F_{cr}:4.22$) showed that EFT method was effective in controlling blood glucose levels in diabetic patients.

The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: A systemic review protocol

Authors: Kalla, M. (2014). The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: A systemic review protocol. *JBI Database of Systemic Reviews and Implementation Reports*, 12(2).

Abstract: The purpose of this systematic review is to identify, summarize and synthesize evidence on the uses and perceived benefits of a meridian-based energy psychology intervention, Emotional Freedom Techniques (EFT) for enhancing physical, mental and emotional health of people with chronic diseases and/or mental health conditions.

Specifically, this systematic review will examine the available Level 1 scientific literature in order to examine the effectiveness of Emotional Freedom Techniques, as a tool to assist with improving people's health. These will include:

1. Specific changes occurring in the physical body, as a result of administering EFT to a subject; for example, changes in cortisol levels, reduced clumping in blood cells, or a reduction in somatization.
2. Emotional and mental health benefits reported immediately and at a later follow-up time by subjects.

Effects of Emotional Freedom Techniques (EFT) on the reduction of chronic pain in adults: A pilot study

Authors: Nick Ortner, The Tapping Solution Foundation, Julie Palmer-Hoffman, National Institute for Integrative Healthcare, Morgan Ann Clond, Ben Gurion University Medical School

Abstract: This pilot study examined the effects of Emotional Freedom Techniques (EFT) on pain reduction in adults with chronic pain. A brief exposure therapy that combines cognitive and somatic elements, EFT has previously been found to be effective in the treatment of a number of psychological conditions, including depression, anxiety, phobia, and posttraumatic stress disorder.

Research into EFT's effect on the treatment of physical pain and somatic complaints is less well established. In the present study, 50 adults with chronic pain participated in a 3-day workshop to learn how to use EFT. Pain was measured on the Pain Catastrophizing Scale (PCS) and the Multidimensional Pain Inventory (MPI) immediately before and after treatment and at 1-month and 6-month follow ups. Significant reductions were found on each of the PCS item scores (rumination, magnification, and helplessness) and on the PCS total score (43%, $p < .001$). On the MPI, significant improvements were observed in pain severity, interference, life control, affective distress, and dysfunctional composite.

At the 6-month follow up, reductions were maintained on the PCS (42%, $p < .001$) but only on the life control item for the MPI. Findings suggest that EFT helps immediately reduce pain severity while also improving participants' ability to live with their pain. Although reductions in pain severity were observed at 1-month follow-up but not maintained in the long-term, participants continued to report an improved sense of control and ability to cope with their chronic pain. The results of this pilot study are consistent with the literature and suggest directions for further research.

Keywords: Emotional Freedom Techniques, EFT, chronic pain, catastrophizing, group therapy

The lived experience of chronic pain and the impact of brief Emotional Freedom Techniques (EFT) group therapy on coping

Authors: Peta Stapleton, Hannah Chatwin, Lily Sheppard, and Joyce McSwan

Abstract: Chronic pain is associated with a range of physical, psychological, and social risk factors, and successful treatment aims to reduce pain and improve function and quality of life for patients. In order to explore the impact, challenges, and current experience of chronic pain sufferers, an anonymous online open-ended qualitative survey was developed and analyzed for manifest and latent content. This then informed a brief four-hour therapy session using Emotional Freedom Techniques (EFT), a brief cognitive intervention with a somatic component.

The qualitative study highlighted issues sufferers had with employment, interpersonal relationships, and emotions. An overwhelming 82% discussed the stigma they experienced from health professionals not believing the extent of their pain, and only 4% indicated they received any pain relief from psychological treatment. Paired samples t-tests revealed a significant decrease in the severity (-12.04% , $p = 0.044$) and impact (-17.62% , $p = 0.008$) of participants' pain from pre-test to post-test, and a significant improvement in their overall psychological distress from pre-test to post-test (-36.67% , $p < 0.001$). There was also a significant improvement in participants' depression (-29.86% , $p = 0.007$), anxiety (-41.69% , $p < 0.001$), and stress (-38.48% , $p = 0.001$) from pre-test to post-test. A significant association was found between pain and psychological distress.

Finally, a significant overall main effect of time was found at six-months' follow-up, although pairwise comparisons did not indicate any significant results across all time points. Findings are consistent with other research indicating the effectiveness of brief and group-delivered EFT and are discussed in terms of psychological treatment for chronic pain. Future research is proposed.

Keywords: chronic pain, Emotional Freedom Techniques, tapping, coping

Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation

Authors: Barbara S. Baker Opens the author workspace opens the author workspace. Author links - open the author workspace, Caroline J. Hoffman

Abstract: Adverse effects associated with tamoxifen and aromatase inhibitor use are the most common reason reported by women with breast cancer for discontinuing hormonal therapies. Poor compliance is associated with an increased risk of mortality and early recurrence. The primary aim of this study was to evaluate Emotional Freedom Techniques (EFT) for improving mood state, and secondarily, menopausal symptoms, fatigue, and pain experienced by women with breast cancer receiving hormonal therapies.

Method: Participants ($n = 41$) received a three-week course of EFT, consisting of one session of three hours per week, followed by use of the self-tool over the next nine weeks as required. Self-report questionnaires were used to assess mood, pain, fatigue, endocrine (menopausal) symptoms and hot flushes and night sweats, together with a hot flush diary, at baseline and at 6 and 12 weeks. Participants also completed 7-day home practice sheets for the first six weeks, a feedback form at six weeks and were invited to attend a follow-up focus group at eight weeks.

Results: Statistically significant improvements in Total Mood Disturbance ($p = 0.005$; $p = 0.008$), and anxiety ($p = 0.003$; $p = 0.028$), depression ($p = 0.006$; $p = 0.020$) and fatigue ($p = 0.008$; $p = 0.033$) occurred at both 6 and 12 weeks, respectively, compared to baseline. In addition, mean fatigue interference and global scores, numbers of hot flushes and the hot flush problem rating score decreased at 6 and/or 12 weeks.

Conclusion: These preliminary findings suggest that EFT may be an effective self-help tool for women with breast cancer experiencing side effects from hormonal therapies.

Abbreviation: EFT Emotional Freedom Techniques

Keywords: Breast cancer, Emotional Freedom Techniques, Adjuvant hormonal therapies, Side effects

TBI symptoms improve after PTSD remediation with Emotional Freedom Techniques

Abstract: A group of 59 veterans with clinical levels of posttraumatic stress disorder (PTSD) symptoms received Emotional Freedom Techniques (EFT) coaching in a randomized controlled trial. A significant percentage dropped below the clinical threshold after 6 sessions of EFT (86%, $p < .0001$) and remained subclinical at 3-month and 6-month follow-ups. Traumatic brain injury (TBI) and somatoform symptoms isolated from the data set for detailed analysis are presented in the current paper.

Compared with pre-test, significant reductions in TBI symptoms were found after 3 sessions, with a further reduction after 6 months ($-41%$, $p < .0021$). Participant gains were maintained on 3-month and 6-month follow-up ($p < .0006$). These results point to the poorly defined distinction between TBI and PTSD symptoms, the potential for partial TBI rehabilitation as a sequel to successful PTSD treatment, and the possibility of long-term maintenance of clinical gains.

Keywords: veterans, TBI, PTSD, trauma, Emotional Freedom Techniques, EFT.

Effect of the Emotional Freedom Technique on perceived stress, quality of life, and cortisol salivary levels in tension-type headache sufferers: A randomized controlled trial

Authors: [Bougea AM¹](#), [Spandideas N](#), [Alexopoulos EC](#), [Thomaides T](#), [Chrousos GP](#), [Darviri C](#)

Abstract: To evaluate the short-term effects of the emotional freedom technique (EFT) on tension-type headache (TTH) sufferers.

Design: We used a parallel-group design, with participants randomly assigned to the emotional freedom intervention (n = 19) or a control arm (standard care n = 16).

Setting: The study was conducted at the outpatient Headache Clinic at the Korgialenio Benakio Hospital of Athens.

Participants: Thirty-five patients meeting criteria for frequent TTH according to International Headache Society guidelines were enrolled.

Intervention: Participants were instructed to use the EFT method twice a day for two months.

Outcome Measures: Study measures included the Perceived Stress Scale, the Multidimensional Health Locus of Control Scale, and the Short-Form questionnaire-36. Salivary cortisol levels and the frequency and intensity of headache episodes were also assessed.

Results: Within the treatment arm, perceived stress, scores for all Short-Form questionnaire-36 subscales, and the frequency and intensity of the headache episodes were all significantly reduced. No differences in cortisol levels were found in any group before and after the intervention.

Conclusions: EFT was reported to benefit patients with TTH. This randomized controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.

Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: A randomized trial

Authors: Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: A randomized trial. *Integrative Medicine: A Clinician's Journal*, 7(4), 30-35.

Abstract: The aim of this study was to examine if self-administered EFT (Emotional Freedom Techniques) leads to reduced pain perception, increased acceptance, coping ability and health-related quality of life in individuals with fibromyalgia. 86 women, diagnosed with fibromyalgia and on sick leave for at least 3 months, were randomly assigned to a treatment group or a waiting list group. An eight-week EFT treatment program was administered via the Internet.

Upon completion of the program, statistically significant improvements were observed in the intervention group (n=26) in comparison with the waiting list group (n=36) for variables such as pain, anxiety, depression, vitality, social function, mental health, performance problems involving work or other activities due to physical as well as emotional reasons, and stress symptoms. Pain catastrophizing measures, such as rumination, magnification and helplessness, were significantly reduced, and the activity level was significantly increased. The number needed to treat (NNT) regarding recovering from anxiety was 3. NNT for depression was 4.

Self-administered EFT seems to be a good complement to other treatments and rehabilitation programs. The sample size was small and the dropout rate was high. Therefore the surprisingly good results have to be interpreted with caution. However, it would be of interest to further study this simple and easily accessible self-administered treatment method, which can even be taught over the Internet.

Emotional Freedom Techniques (EFT) as an effective adjunctive choice in the neurotherapeutic treatment of seizure disorders

Author: Paul G. Swingle

Abstract: Neurotherapy, including brainwave biofeedback, has been found to be an effective treatment for seizure disorders. A principal component of this treatment is an increase in the amplitude of the Sensory Motor Rhythm (SMR) over the sensory motor cortex in the brain.

Electroencephalographic (QEEG) assessment of brainwave activity indicated that Emotional Freedom Technique (EFT) increased SMR amplitude. The present article reviews the research on the effects of components of the EFT procedure on brainwave functioning that have been found to be beneficial in the treatment of seizure disorders.

The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol

Authors: Church, D. (2010). The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol. *Traumatology*, 15(1), 45-55.

Abstract: With a large number of US military service personnel coming back from Iraq and Afghanistan with posttraumatic stress disorder (PTSD) and co-morbid psychological conditions, a need exists to find protocols and treatments that are effective in brief treatment timeframes. In this study, a sample of 11 veterans and family members were assessed for PTSD and other conditions. Evaluations were made using the SA-45 (Symptom Assessment 45) and the PCL-M (Posttraumatic Stress Disorder Checklist - Military) using a time-series, within-subjects, repeated measures design. A baseline measurement was obtained thirty days prior to treatment, and immediately before treatment. Subjects were then treated with a brief and novel exposure therapy, EFT (Emotional Freedom Techniques), for five days. Statistically significant improvements in the SA-45 and PCL-M scores were found at post-test. These gains were maintained at both the 30- and 90-day follow-ups on the general symptom index, positive symptom total and the anxiety, somatization, phobic anxiety, and interpersonal sensitivity subscales of the SA-45, and on PTSD.

The remaining SA-45 scales improved post-test but were not consistently maintained at the 30- and 90-day follow-ups. One-year follow-up data was obtained for 7 of the participants and the same improvements were observed.

In summary, after EFT treatment, the group no longer scored positive for PTSD, the severity and breadth of their psychological distress decreased significantly, and most of their gains held over time. This suggests that EFT can be an effective post-deployment intervention.

Can Matrix Reimprinting be effective in the treatment of emotional conditions in a public health setting?

Results of a U.K. pilot study

Authors: Antony Stewart, Elizabeth Boath, Angela Carryer – Staffordshire University, Ian Walton – Horseley Heath Medical Centre, Lisa Hill – Sandwell Primary Care Trust, Diane Phillips – Swadlincote, West Midlands, UK, Karl Dawson – Studley, West Midlands, UK.

Abstract: This pilot study was carried out to establish the feasibility and effectiveness of Matrix Reimprinting (MR). A dedicated MR/ Emotional Freedom Techniques service was delivered in a community setting within the National Health Service in the metropolitan borough of Sandwell, United Kingdom.

Method: Over a 15-month period, the study followed clients accessing the service for a range of emotional conditions. At the start and end of their treatment, clients were asked to complete the CORE-10 (psychological distress; main outcome variable), Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; mental well-being), Rosenberg Self Esteem and Hospital Anxiety and Depression Scale (HADS; anxiety and depression) measurement scales.

Results: 24 clients were included in the MR pilot study, and the mean number of sessions attended was 8.33 (Mdn = 6.5). There were both statistically and clinically significant improvements for CORE-10 (52% change, $p < .001$), Rosenberg Self-Esteem (46% change, $p < .001$), HADS Anxiety (35% change, $p = .007$), and HADS total score (34% change, $p = .011$) and a statistically significant improvement for WEMWBS (30% change, $p < .001$). All MR clients showed clinical improvements.

Conclusions: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of MR as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize dropouts.

Neurophysiological indicators of EFT treatment of post-traumatic stress

Authors: Paul G. Swingle, Ph.D.; Lee Pulos, Ph.D. & Mari K. Swingle, M.A.

Abstract: Clients previously involved in a motor vehicle accident who reported traumatic stress associated with the accident received two sessions of Emotional Freedom Techniques (EFT) treatments. All clients reported improvement immediately following treatment. Brainwave assessments before and after EFT treatment indicated that clients who sustained the benefit of the EFT treatments had increased 13-15 Hz amplitude over the sensory motor cortex, decreased right frontal cortex arousal and an increased 3-7 Hz / 16-25 Hz ratio in the occiput.

The benefits of psycho-neurological research to reveal the processes of subtle energy healing are discussed.

Keywords: Emotional freedom technique, traumatic stress, EEG.

Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans

Authors: Church, D., & Brooks, A. J. (2014). Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing*, 10(3), 162–169.

Abstract: A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after EFT (Emotional Freedom Techniques). While pain, depression, and anxiety were not the targets of treatment, significant improvements in these conditions were found. Subjects (N = 59) received six sessions of EFT coaching supplementary to primary care.

They were assessed using the SA-45, which measures 9 mental health symptom domains, and also has 2 general scales measuring the breadth and depth of psychological distress.

Anxiety and depression both reduced significantly, as did the breadth and depth of psychological symptoms. Pain decreased significantly during the intervention period (– 41%, $p < .0001$). Subjects were followed at 3 and 6 months, revealing significant relationships between PTSD, depression, and anxiety at several assessment points. At follow-up, pain remained significantly lower than pretest.

The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and that EFT produces long-term gains for veterans after relatively brief interventions.

Keywords: Anxiety, depression, pain, EFT (Emotional Freedom Techniques), veterans.

Psychological and physiological symptoms of psoriasis after group EFT treatment: A pilot study

Authors: Patricia M. Hodge & Corinne Y. Jurgens

Abstract: The documented relationship between stress and psoriasis suggests that noninvasive means of stress reduction may improve quality of life in persons with psoriasis.

Objectives: The purpose of this study was to (a) educate persons with psoriasis in the use of the innovative, self-applied, noninvasive emotional healing intervention Emotional Freedom Techniques (EFT) and (b) test its effects on psoriasis symptoms.

Method: A time series, within-subjects, repeated measures design was used. Persons with psoriasis (n = 12) were taught EFT in a 6-hr workshop and instructed to use EFT daily.

Symptoms were measured using the Skindex-29 questionnaire. Psychological conditions were assessed using the Symptom Assessment-45 (SA-45), which has 9 subscales, and two general scales for the severity (GSI) and breadth (PST) of psychological distress. Participants were assessed pre-intervention, post intervention, and at 1 and 3 month follow-ups.

Results: Psychological symptom severity (GSI) improved post-workshop, demonstrating both clinical (raw score) and statistical significance (-56.43%, $p=.043$). Improvements (T score) (-50.67%, $p=.002$) were sustained at three 3-month follow-up (-50.54%, $p=.001$; -38.43%; $p=.002$). Symptom breadth (PST) also improved post-workshop clinically (-49.24%, $p=.005$), and that improvement was sustained over time (-46.93%, $p=.019$).

Skindex-29 scores indicated improvements in emotional distress (-41.56%, $p=.002$), symptoms (-49.05%; $p=.001$), and functioning (-58.31%; $p=.001$) post-workshop, with changes over time to -80.56% ($p<.001$), -74.95% ($p<.001$), and -89.99% ($p=.001$) respectively, and at 3 months. Differences by gender were found in psychological symptom severity and skin-related symptom distress.

Conclusion: Participants experienced significant improvement in functioning and psychological, emotional, and physical symptoms.

Relief often was immediate and sustained, and improved over time. Highly significant findings from this small sample support the robust treatment effects found in other EFT research, and clinical trials of EFT for psoriasis and other chronic illnesses are warranted.

Keywords: psoriasis, stress, anxiety, depression, Emotional Freedom Techniques.

A preliminary study for the evaluation of the effects of EFT for insomnia in the elderly

Authors: Lee, J-H, Suh, H-U, Chung, S-Y, & Kim, J-W. (2011). A preliminary study for the evaluation of the effects of EFT for insomnia in the elderly. *Journal of Oriental Neuropsychiatry*, 22(4), 101-109.

Abstract: The aim of this study was to evaluate the effects of EFT-I(EFT program for insomnia) for insomnia in the elderly as a preliminary study.

Methods: This study was a single group pre-post comparative study that involved 10 elderly women(mean age=), who visited a senior welfare center, complained of insomnia symptoms. Subjects received 8 sessions(twice a week for 4 weeks and 1 hour for each session) of EFT-I group training. Insomnia severity, depression, state-anxiety, and life satisfaction of each subject were evaluated twice at pre and post of EFT-I. Korean Sleep Scale, Short form of Geriatric Depression Scale(SGDS), State-Trait Anxiety Inventory(STAI), and life satisfaction scale were used as evaluation tools. The data were analyzed using paired-samples T-test.

Results: Insomnia severity, life satisfaction, depression, and state-anxiety were significantly improved by EFT-I.

Conclusions: Result of this study showed that EFT-I can be a useful treatment program for elderly insomnia. Larger clinical trials are needed to verify effect of EFT-I as a community based insomnia management program for the elderly.

A comparison of Emotional Freedom Techniques–Insomnia (EFT-I) and Sleep Hygiene Education (SHE) in a geriatric population: A randomized controlled trial

Author: Jung Hwan Lee, Sun Yong Chung, and Jong Woo Kim

Abstract: To evaluate two treatments for insomnia, Emotional Freedom Techniques Insomnia (EFT-I) and Sleep Hygiene Education (SHE), in a geriatric population when delivered as group therapy.

Methods: Participants (N = 20) were elderly women (mean age = 80 4.75) with insomnia. They were randomized into two groups. One received SHE, and the other a form of EFT adapted for use with insomnia (EFT-I). The setting was a senior welfare centre, and the interventions were delivered in a group format. Participants received eight 1-hour sessions twice a week for 4 weeks. They were assessed for insomnia severity, depression, anxiety, and life satisfaction before and after treatment. Follow-ups occurred at 5 and 9 weeks post-test.

Results: EFT was superior to SHE for insomnia. The results were similar to those found in earlier studies evaluating EFT for insomnia. Neither the SHE nor the EFT group demonstrated significant improvement in anxiety or life satisfaction.

Conclusions: EFT is an effective evidence-based treatment for geriatric insomnia and depression. EFT is cost-effective, and efficacious when delivered in a group format.

Keywords: Emotional Freedom Techniques, EFT, EFT-Insomnia, geriatric, sleep hygiene education, SHE, depression.

Spiritual Emotional Freedom Technique intervention to reduce pain in cancer patients

Authors: Hakam, M., Yetti, K., & Hariyati, T. S. (2009). Spiritual emotional freedom technique intervention to reduce pain in cancer patients. *Makara Journal of Health Research*, 13(2). doi:10.7454/msk.v13i2.375

Abstract: Spiritual emotional freedom technique (SEFT) represents a combination technique from body's energy system and spiritual therapy by tapping at certain points of the body. SEFT focuses on certain words or sentences pronounced several times in a rhythm, followed by resignation to God as in patient's belief.

This research was aimed to explore the effect of SEFT intervention on the cancer pain of patients at the Dr. Soetomo General Hospital in Surabaya. Quasi experimental were used in this study using pre-test and post-test design with control group. Samples, 20 respondents (in 2 groups), were recruited using consecutive sampling.

The intervention group received SEFT intervention combined with analgesic therapy and the control group was given only analgesic therapy. SEFT intervention was implemented after administrating analgesic, for 5-10 minutes every day during 5 days. Pain was measured using numeric rating scale (NRS).

The combination SEFT intervention and analgesic therapy was more effective than only analgesic therapy. SEFT can be employed for cancer patients to relieve their pain. Nursing intervention with SEFT encourages nurse's role autonomy and steps to reduce patient's dependency on analgesic therapy.

The effectiveness of a training program based on Emotional Freedom Technique in upgrading feelings of happiness for diabetics in Gaza

Author: Dr. Neamat Sh. Alwan¹, Dr. Zuhair, EL. Nawajha, Associate professor of Mental Heal Al Aqsa university – Gaza, Assistant professor of psychological Counselling Al Aqsa university – Gaza.

Abstract: The current study tries to verify the effectiveness of a training program based on emotional freedom technique in upgrading the feelings of happiness for diabetics. The sample is (36) diabetics enrolled in Khan Younis camp clinic purposively selected and equally distributed into two groups. The researchers designed the study tools (emotional freedom training program, happiness scale). The study findings revealed the existence of statistically significant differences between the treatment and control groups in favor of the former. Furthermore, there were statistically significant differences between the pre and the post measures of the treatment group in favour of the post measures.

The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers

Author: Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(5), 40-44.

Abstract: This study examined whether self-intervention with Emotional Freedom Techniques (EFT), a brief exposure therapy that combines a cognitive and a somatic element, had an effect on healthcare workers' psychological distress symptoms. Participants were 216 attendees at 5 professional conferences. Psychological distress, as measured by the SA-45, and self-rated pain, emotional distress, and craving were assessed before and after 2-hours of self-applied EFT, utilizing a within-subjects design. A 90-day follow-up was completed by 53% of the sample with 61% reporting using EFT subsequent to the workshop.

Significant improvements were found on all distress subscales and ratings of pain, emotional distress, and cravings at post-test (all $p < .001$). Gains were maintained at follow-up for most SA-45 scales. The severity of psychological symptoms was reduced (-45%, $p < .001$) as well as the breadth (-40%, $p < .001$), with significant gains maintained at follow-up. Greater subsequent EFT use correlated with a greater decrease in symptom severity at follow-up ($p < .034$, $r = .199$), but not in breadth of symptoms ($p < .0117$, $r = .148$). EFT provided an immediate effect on psychological distress, pain, and cravings that was replicated across multiple conferences and healthcare provider samples.

The effectiveness of emotional freedom technique on the somatic symptoms of fibromyalgia

Author: Connais, C. (2009). *The effectiveness of emotional freedom technique on the somatic symptoms of fibromyalgia* (Doctoral dissertation, 3372777). University of the Rockies, Denver, CO.

Abstract: Fibromyalgia Syndrome (FMS) is a disorder characterized by chronic widespread pain with co-morbid conditions – sleep deprivation, muscle atrophy, and emotional stress. Evidence indicates treating FMS patients using methodologies reserved for trauma therapy has been effective in relieving symptoms. One of those effective treatments is Emotional Freedom Techniques (EFT). This study proposed to answer the question; is EFT effective at reducing the somatic symptoms of FMS? In a sample of 6 women diagnosed with FMS, the investigators conducted EFT in a clinical setting for half of the women; the other half were wait-listed. The investigators conducted three sequences of EFT in each of four treatment sessions. The results were not statistically significant; however, the data indicted overall improvement for the treatment group.

Evaluation of a meridian-based intervention, Emotional Freedom Techniques (EFT), for reducing specific phobias of small animals

Author: Wells, S., Polglase, K., Andrews, H. B., Carrington, P. & Baker, A. H. (2003). Evaluation of a meridian-based intervention, Emotional Freedom Techniques (EFT), for reducing specific phobias of small animals. *Journal of Clinical Psychology*, 59(9), 943-966.

Abstract: This study explored whether a meridian-based procedure, Emotional Freedom Techniques (EFT), can reduce specific phobias of small animals under laboratory-controlled conditions. Randomly assigned participants were treated individually for 30 minutes with EFT (n = 18) or a comparison condition, Diaphragmatic Breathing (DB) (n = 17). ANOVAS revealed that EFT produced significantly greater improvement than did DB behaviourally and on three self-report measures, but not on pulse rate. The greater improvement for EFT was maintained, and possibly enhanced, at 6 - 9 months follow-up on the behavioural measure. These findings suggest that a single treatment session using EFT to reduce specific phobias can produce valid behavioural and subjective effects. Some limitations of the study are also noted and clarifying research suggested.

Emotional Freedom Techniques (EFT) reduces intense fears: A partial replication and extension of Wells et al. (2003)

Author: A. Harvey Baker & Linda S. Siegel

Abstract: Wells, Polglase, Andrews, Carrington, and Baker (2003) found that Emotional Freedom Techniques (EFT; an intervention involving manual stimulation of a specific set of acupuncture points accompanied by certain verbalizations) produced greater decrease in intense fear of small animals than did a comparison condition.

The present partial replication and extension assessed whether such findings reflected (a) nonspecific factors common to many forms of psychotherapy, (b) some methodological artifact (such as regression to the mean, fatigue, or the passage of time), and/or (c) therapeutic ingredients specific to EFT.

Participants were randomly assigned to EFT, a supportive interview, or no-treatment control. On a majority of the dependent variables, participants in the EFT condition showed significant decrease in fear of small animals immediately after, and again 1.38 years after, one 45-min intervention, whereas the other two conditions did not.

Results: These findings lend support for EFT's efficacy in the treatment of intense fear, but further research is needed regarding the range of problems for which EFT may be efficacious, the treatment procedures required to maintain clinical gains, the relative power of EFT compared with other established therapies, and the mechanism(s) that produce EFT's effects.

The immediate effect of a brief energy psychology intervention (EFT) on specific phobias: A randomized controlled trial

Authors: Salas, M., Brooks, A. J., & Rowe, J. E. (2011). The immediate effect of a brief energy psychology intervention (EFT) on specific phobias: A randomized controlled trial. *Explore: The Journal of Science and Healing*, 7(3), 255-160.

Abstract: Specific phobia is one of the most prevalent anxiety disorders. Emotional Freedom Techniques (EFT) has been shown to improve anxiety symptoms; however, their application to specific phobias has received limited attention.

Objective: This pilot study examined whether EFT, a brief exposure therapy that combines cognitive and somatic elements, had an immediate effect on the reduction of anxiety and behavior associated with specific phobias.

Design: The study utilized a crossover design with participants randomly assigned to either diaphragmatic breathing or EFT as the first treatment.

Setting: The study was conducted at a regional university in the Southwestern United States.

Participants: Twenty-two students meeting criteria for a phobic response to a specific stimulus (< 8 on an 11-point subjective units of distress scale).

Intervention: Participants completed a total of five two-minute rounds in each treatment intervention. Outcome Measures: Study measures included a behavioral approach test (BAT), Subjective Units of Distress Scale (SUDS), and Beck Anxiety Inventory (BAI).

Results: Emotional Freedom Techniques significantly reduced phobia-related anxiety (BAI $P < .042$; SUDS $P < .002$) and ability to approach the feared stimulus (BAT $P < .046$) whether presented as an initial treatment or following diaphragmatic breathing. When presented as the initial treatment, the effects of EFT remained through the presentation of the comparison intervention.

Conclusions: The efficacy of EFT in treating specific phobias demonstrated in several earlier studies is corroborated by the current investigation. Comparison studies between EFT and the most effective established therapies for treating specific phobias are recommended.

Keywords: Specific phobias, energy psychology, Emotional Freedom Techniques (EFT), anxiety, exposure treatment.

Physiological and psychological effects of a mind/body therapy on claustrophobia

Author: *Peter Lambrou, George Pratt, Gaetan Chevalier*, Physiological and Psychological Effects of a Mind/Body Therapy on Claustrophobia.

Abstract: A preliminary study was conducted to quantify the effects of a specific form of therapeutic intervention on claustrophobia using methods from an emerging field called energy psychology, which uses the acupuncture system to reduce or eliminate irrational anxiety and fears. The treatment includes a form of self-applied acupressure, focused thought, and structured breathing exercises to effect a rapid desensitization of the feared object or situation. Four claustrophobic and four normal individuals were recruited. The claustrophobic individuals were measured with the State-Trait Anxiety Inventory (STAI) and physiological measures of EEG, EMG, heart rate, respiration rate, and measures of the electro-conductance within the acupuncture meridians.

The results when compared with normal individuals showed that a 30-minute treatment appeared to create reduction in EMG for the trapezius muscle; changes of EEG Theta wave activity and changes in the electrical conductance between acupuncture points along a meridian pathway. The measures pre- and post-treatment on the STAI for the experimental group were significantly lower even at a two week follow-up. This pilot study suggests that specific physiological and psychological changes occur for claustrophobic individuals after undergoing an energy psychology treatment. Further investigation appears warranted.

The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis

Abstract: Over the past two decades, growing numbers of clinicians have been utilizing Emotional Freedom Techniques (EFT) in the treatment of post-traumatic stress disorder (PTSD), anxiety, and depression. Randomized controlled trials (RCTs) have shown promising outcomes for all three conditions.

Objective: To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs.

Methods: A systematic review of databases was undertaken to identify RCTs investigating EFT in the treatment of PTSD. The RCTs were evaluated for quality using evidence-based standards provided by the American Psychological Association Division 12 Task Force on Empirically Validated Therapies. Those meeting the criteria were assessed using a meta-analysis that synthesized the data to determine effect sizes. While uncontrolled outcome studies were excluded, they were examined for clinical implications of treatment that can extend knowledge of this condition.

Results: Seven randomized controlled trials were found to meet the criteria, and were included in the meta-analysis. A large effect was found for EFT treatment of PTSD, with a weighted Cohen's $d = 2.96$ (95% CI 1.96-3.97; $p < 0.001$). No treatment effect difference was found in studies comparing EFT to other evidence-based therapies such as Eye Movement Desensitization and Reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study).

Conclusion: The results show that EFT is efficacious and reliable as a treatment for PTSD in time frames ranging from four to ten sessions. EFT is safe and can be used as a self-help practice as well as a primary evidence-based treatment for PTSD.

Emotional Freedom Techniques to treat posttraumatic stress disorder in veterans: Review of the evidence, survey of practitioners, and proposed clinical guidelines

Abstract: Background: High prevalence rates of posttraumatic stress disorder (PTSD) in active military and veterans present a treatment challenge. Many PTSD studies have demonstrated the efficacy and safety of Emotional Freedom Techniques (EFT). Objectives: To develop clinical best practice guidelines for the use of EFT to treat PTSD, on the basis of the published literature, practitioner experience, and typical case histories. Methods: We surveyed 448 EFT practitioners to gather information on their experiences with PTSD treatment. This included their demographic profiles, prior training, professional settings, use of assessments, and PTSD treatment practices. We used their responses, with the research evidence base, to formulate clinical guidelines applying the “stepped care” treatment model used by the United Kingdom’s National Institute for Health and Clinical Excellence.

Results: Most practitioners (63%) reported that even complex PTSD can be remediated in 10 or fewer EFT sessions. Some 65% of practitioners found that more than 60% of PTSD clients are fully rehabilitated, and 89% stated that less than 10% of clients make little or no progress. Practitioners combined EFT with a wide variety of other approaches, especially cognitive therapy. Practitioner responses, evidence from the literature, and the results of a meta-analysis were aggregated into a proposed clinical guideline.

Conclusion: We recommend a Stepped Care model, with 5 EFT therapy sessions for subclinical PTSD and 10 sessions for clinical PTSD, in addition to group therapy, online self-help resources, and social support. Clients who fail to respond should be referred for appropriate further care.

A controlled comparison of the effectiveness and efficiency of two psychological therapies for Post-traumatic Stress Disorder: Eye Movement Desensitization and Reprocessing vs. Emotional Freedom Techniques

Authors: Karatzias, Thanos PhD*; Power, Kevin PhD†‡; Brown, Keith FRCPsych§||; McGoldrick, Theresa BA§; Begum, Millia MRCPsych§; Young, Jenny BA§; Loughran, Paul MSc§; Chouliara, Zoë PhD; Adams, Sally MSc, *Journal of Nervous & Mental Disease*: June 2011 - Volume 199 - Issue 6 - pp 372-378, doi: 10.1097/NMD.0b013e31821cd262.

Abstract: The present study reports on the first ever controlled comparison between eye movement desensitization and reprocessing (EMDR) and emotional freedom techniques (EFT) for posttraumatic stress disorder. A total of 46 participants were randomized to either EMDR ($n = 23$) or EFT ($n = 23$). The participants were assessed at baseline and then reassessed after an 8-week waiting period. Two further blind assessments were conducted at post-treatment and 3-months follow-up. Overall, the results indicated that both interventions produced significant therapeutic gains at post-treatment and follow-up in an equal number of sessions.

Similar treatment effect sizes were observed in both treatment groups. Regarding clinical significant changes, a slightly higher proportion of patients in the EMDR group produced substantial clinical changes compared with the EFT group. Given the speculative nature of the theoretical basis of EFT, a dismantling study on the active ingredients of EFT should be subject to future research.

Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial

Author: Church D¹, Hawk C, Brooks AJ, Toukolehto O, Wren M, Dinter I, Stein P.

Abstract: This study examined the effect of Emotional Freedom Techniques (EFT), a brief exposure therapy combining cognitive and somatic elements, on posttraumatic stress disorder (PTSD) and psychological distress symptoms in veterans receiving mental health services. Veterans meeting the clinical criteria for PTSD were randomized to EFT (n = 30) or standard of care wait list (SOC/WL; n = 29). The EFT intervention consisted of 6-hour-long EFT coaching sessions concurrent with standard care. The SOC/WL and EFT groups were compared before and after the intervention (at 1 month for the SOC/WL group and after six sessions for the EFT group). The EFT subjects had significantly reduced psychological distress ($p < 0.0012$) and PTSD symptom levels ($p < 0.0001$) after the test. In addition, 90% of the EFT group no longer met PTSD clinical criteria, compared with 4% in the SOC/WL group.

After the wait period, the SOC/WL subjects received EFT. In a within-subjects longitudinal analysis, 60% no longer met the PTSD clinical criteria after three sessions. This increased to 86% after six sessions for the 49 subjects who ultimately received EFT and remained at 86% at 3 months and at 80% at 6 months. The results are consistent with that of other published reports showing EFT's efficacy in treating PTSD and comorbid symptoms and its long-term effects.

CAM and Energy Psychology Techniques Remediate PTSD Symptoms in Veterans and Spouses

Abstract: Male veterans and their spouses ($N = 218$) attending one of six-week-long retreats were assessed for post-traumatic stress disorder (PTSD) symptoms pre- and post-intervention. Participants were evaluated using the PTSD checklist (PCL), on which, a score of >49 indicates clinical symptom levels. The mean pre-test score was 61.1 ($SD \pm 12.5$) for veterans and 42.6 ($SD \pm 16.5$) for spouses; 83% of veterans and 29% of spouses met clinical criteria. The multimodal intervention used Emotional Freedom Techniques and other energy psychology (EP) methods to address PTSD symptoms and a variety of complementary and alternative medicine (CAM) modalities for stress reduction and resource building. Interventions were delivered in group format as well as individual counselling sessions. Data were analyzed for each retreat, as well as for the six retreats as a whole. Mean post-test PCL scores decreased to 41.8 ($SE \pm 1.2$; $p < .001$) for veterans, with 28% still clinical.

Spouses demonstrated substantial symptom reductions ($M = 28.7$, $SE \pm 1.0$; $p < .001$), with 4% still clinical. A follow-up assessment ($n = 63$) found PTSD symptom levels dropping even further for spouses ($p < .003$), whereas gains were maintained for veterans. The significant reduction in PTSD symptoms is consistent with other published reports of EP treatment, though counter to the usual long-term course of the condition. The results indicate that a multimodal CAM intervention incorporating EP may offer benefits to family members as well as veterans suffering from PTSD symptoms. Recommendations are made for further research to answer the questions posed by this study.

Effects of integrative PTSD treatment in a military health setting

Authors: Ashley Nemiro, North Carolina State University, Sarah Papworth, Royal Holloway University of London, United Kingdom

Abstract: Psychological trauma in the aftermath of sexual violence is a persistent problem in both developing and developed nations, and appropriate treatment techniques are needed to address the special needs of this population. The objective of this study was to assess whether two evidence-based therapeutic methods for PTSD, Cognitive Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT), are efficacious for sexual gender-based violence (SGBV). Participants were 50 internally displaced female refugees who had been victims of SGBV in the Democratic Republic of Congo (DRC). They were assessed using the Harvard Trauma Questionnaire (HTQ) and the Hopkins Symptom Checklist-25 (HSCCL-25), which measures general mental health. Participants received two 2-1/2 hour treatment sessions per week for 4 consecutive weeks (eight sessions total).

Results: Assessments occurred before and after treatment, and 6 months later. Participants demonstrated significant post-test improvement in both groups on both measures. Follow-up assessments showed that participants maintained their gains over time whether treated with EFT or CBT. The results are consistent with earlier trials, and indicate that both EFT and CBT are efficacious when delivered in group format, as well as being effective treatments for SGBV in the setting of a developing nation.

Keywords: Cognitive Behavioural Therapy, CBT, Emotional Freedom Techniques, EFT, PTSD, posttraumatic stress disorder, mental health, sexual violence.

Epigenetic effects of PTSD remediation in veterans using Clinical Emotional Freedom Techniques: A randomized controlled pilot study

Abstract: To assess the feasibility of measuring changes in gene expression associated with post-traumatic stress disorder (PTSD) treatment using emotional freedom techniques (EFT). Design: Participants were randomized into an EFT group receiving EFT and treatment as usual (TAU) throughout a 10-week intervention period and a group receiving only TAU during the intervention period and then receiving EFT. Setting: A community clinic and a research institute in California. Participants: Sixteen veterans with clinical levels of PTSD symptoms. Intervention: Ten-hour long sessions of EFT. Measures: Messenger RNA levels for a focused panel of 93 genes related to PTSD. The Symptom Assessment 45 questionnaire, Hospital Anxiety and Depression Scale, Insomnia Severity Scale, SF-12v2 for physical impairments, and Rivermead Post concussion Symptoms Questionnaire. Analysis: Pre-, post-treatment, and follow-up mean scores on questionnaires were assessed using repeated measures 1-way analysis of variance. A Student t test and post hoc analyses were performed on gene expression data. Results: Post-traumatic stress disorder symptoms declined significantly in the EFT group (-53%, $P < .0001$). Participants maintained their gains on follow-up. Significant differential expression of 6 genes was found ($P < .05$) when comparing the expression levels before and after the intervention period in participants receiving EFT.

Conclusion: Study results identify candidate gene expression correlates of successful PTSD treatment, providing guidelines for the design of further studies aimed at exploring the epigenetic effects of EFT.

Randomized controlled study comparing two psychological therapies for posttraumatic stress disorder (PTSD): Emotional Freedom Techniques (EFT) vs. Narrative Exposure Therapy (NET)

Abstract: Post-Traumatic Stress Disorder (PTSD) is a common psychological reaction after [traumatic events](#). The aim of this study was to evaluate the efficacy of Emotional Freedom Techniques (EFT) and Narrative Exposure Therapy (NET) as treatments for PTSD with traumatised people.

Methods: A randomized controlled trial design was used. Sixty Iraqi students were selected who met the DSM-IV PTSD criteria. Participants were male students who were aged between 16-19 years. Participants were randomly divided into three groups, with 20 participants in each group. Those in the EFT and NET groups received 4 therapy sessions, while the control group received no treatment. One person from the NET group withdrew. All participants were assessed on PTSD symptoms, [anxiety](#) and depression, social support.

Results: The results showed that the participants who received EFT reported a significant difference in all PTSD cluster at pre-test and post-test from T1 to T2 ($p > 0.05$). However, although the NET group reported a significant difference between pre-test and post-test in avoidance and re-experience, no significant difference was found in hyper arousal ($p < 0.05$). However, no significant differences were found in the experiential group with social support, coping strategies, and religious coping ($p < 0.05$). These changes of PTSD, PTSD clusters, anxiety and [depression](#) remained stable for 3, 6 and 12 month follow-ups in EFT group, while these changes were unstable during the follow-ups. Measures of coping strategies showed that seeking support and active coping improved since the interventions. In conclusion, both EFT and NET showed their effectiveness among traumatised Iraqi people.

Keywords: EFT: Emotional Freedom Techniques; NET: Narrative Exposure Therapy; PTSD: Posttraumatic Stress Disorder

EFT and resiliency in veterans at risk for PTSD: A randomized controlled trial

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<https://doi.org/10.1016/j.explore.2016.06.012> [Get rights and content](#)

Abstract: Prior research indicates elevated but subclinical posttraumatic stress disorder (PTSD) symptoms as a risk factor for a later diagnosis of PTSD. This study examined the progression of symptoms in 21 subclinical veterans. Participants were randomized into a treatment as usual (TAU) wait-list group and an experimental group, which received TAU plus six sessions of clinical emotional freedom techniques (EFT). Symptoms were assessed using the PCL-M (Posttraumatic Checklist—Military) on which a score of 35 or higher indicates increased risk for PTSD. The mean pretreatment score of participants was 39 ± 8.7 , with no significant difference between groups. No change was found in the TAU group during the wait period. Afterward, the TAU group received an identical clinical EFT protocol. Post-treatment groups were combined for analysis. Scores declined to a mean of 25 (-64% , $P < .0001$). Participants maintained their gains, with mean three-month and six-month follow-up PCL-M scores of 27 ($P < .0001$). Similar reductions were noted in the depth and breadth of psychological conditions such as anxiety. A Cohen's $d = 1.99$ indicates a large treatment effect. Reductions in traumatic brain injury symptoms ($P = .045$) and insomnia ($P = .004$) were also noted. Symptom improvements were similar to those assessed in studies of PTSD-positive veterans. EFT may thus be protective against an increase in symptoms and a later PTSD diagnosis. As a simple and quickly learned self-help method, EFT may be a clinically useful element of a resiliency program for veterans and active-duty warriors.

Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial

Author: Dawson Church, Oscar Piña, Carla Reategui, first published September 1, 2012 Research Article.

Abstract: The population for this study was drawn from an institution to which juveniles are sent by court order if they are found by a judge to be physically or psychologically abused at home. Sixteen males, aged 12-17, were randomized into two groups. They were assessed using subjective distress (SUD), and the Impact of Events Scale (IES), which measures two components of PTSD: intrusive memories and avoidance symptoms. The experimental group was treated with a single session of EFT (emotional freedom techniques), a brief and novel exposure therapy that has been found efficacious in reducing PTSD and co-occurring psychological symptoms in adults, but has not been subject to empirical assessment in juveniles. The wait list control group received no treatment. Thirty days later, participants were reassessed. No improvement occurred in the wait list (IES total mean pre = 32 $SD \pm 4.82$, post = 31 $SD \pm 3.84$).

Post-test scores for all experimental-group participants improved to the point where all were nonclinical on the total score, as well as the intrusive and avoidant symptom subscales, and SUD (IES total mean pre = 36 $SD \pm 4.74$, post = 3 $SD \pm 2.60$, $p < .001$). These results are consistent with those found in adults, and indicates the utility of single-session EFT as a fast and effective intervention for reducing psychological trauma in juveniles.

Efficacy of EFT provided by coaches vs. licensed therapists in veterans with PTSD

Author: Phyllis K. Stein & Audrey J. Brooks

Abstract: EFT (Emotional Freedom Techniques) is a validated method for treating posttraumatic stress disorder (PTSD) that may be performed by both lay coaches and licensed mental health practitioners (LMP). It has not been known whether results would differ significantly when EFT is administered by LMPs compared with by trained lay coaches.

Method: A sample of 149 veterans with PTSD were approached to participate in the study; 59 were eligible and consented to participate. They were randomized to an active treatment (EFT, n = 30) and a wait list (WL, n = 29) control group and received treatment from either an LMP (n = 26) or a coach (n = 33). PTSD was assessed with the PTSD Checklist Military (PCL-M), and psychological symptoms were assessed with the Symptom Assessment-45.

All study participants met diagnostic criteria for PTSD on the PCL-M. Participants received 6 sessions of EFT over the course of a month. Questionnaires were repeated after 3 and 6 EFT sessions and again at 3 and 6 months posttreatment. The WL group was assessed at intake and 1 month before beginning EFT sessions.

Results: Results are based on postintervention data from the combined EFT and WL groups. Significant declines in the percentage meeting PTSD diagnostic criteria were seen after 3 sessions of EFT, with 47% of coach and 30% of LMP participants still meeting PTSD diagnostic criteria. Improvements continued to be seen after 6 sessions (17% coach, 10% LMP) and were sustained at 3 months (17% coach, 11% LMP).

Although the percentage meeting clinical PTSD criteria increased slightly at 6 months (24% coach, 17% LMP), the overwhelming majority of veterans with PTSD treated with EFT remained free of clinically defined PTSD. The trend for better outcomes for LMP did not reach statistical significance.

Conclusion: 6 sessions of EFT whether administered by a coach or an LMP is efficacious in treating PTSD among veterans, suggesting that EFT provided by lay coaches would be an effective strategy to address PTSD in this population.

Neurophysiological indicators of EFT treatment of post-traumatic stress

Authors: Paul G. Swingle, Ph.D.; Lee Pulos, Ph.D. & Mari K. Swingle, M.A.

Abstract: Clients previously involved in a motor vehicle accident who reported traumatic stress associated with the accident received two sessions of Emotional Freedom Techniques (EFT) treatments. All clients reported improvement immediately following treatment. Brainwave assessments before and after EFT treatment indicated that clients who sustained the benefit of the EFT treatments had increased 13-15 Hz amplitude over the sensory motor cortex, decreased right frontal cortex arousal and an increased 3-7 Hz / 16-25 Hz ratio in the occiput.

The benefits of psychoneurological research to reveal the processes of subtle energy healing are discussed. **KEYWORDS:** Emotional freedom technique, traumatic stress, EEG

Post-earthquake rehabilitation of clinical PTSD in Haitian seminarians

Author: Gurret, J-M., Caufour, C., Palmer-Hoffman, J., & Church, D. (2012). Post-earthquake rehabilitation of clinical PTSD in Haitian seminarians. *Energy Psychology: Theory, Research, and Treatment*, 4(2), 33-40.

Abstract: Seventy-seven male Haitian seminarians following the 2010 earthquake were assessed for posttraumatic stress disorder (PTSD) using the PTSD Checklist (PCL). Forty-eight (62%) exhibited scores in the clinical range (>49). The mean score of the entire sample was 54. Participants received 2 days of instruction in Emotional Freedom Techniques (EFT).

Following the EFT training, 0% of participants scored in the clinical range on the PCL. A paired t-test analysis of the pre–post PCL scores indicated a statistically significant decrease ($p < .001$), to a mean of 27 at the posttest. Posttest PCL scores decreased an average of 72%, ranging between a 21% reduction to a 100% reduction in symptom severity. These results are consistent with other published reports of EFT's efficacy in treating PTSD symptoms in traumatized populations, such as war veterans and genocide survivors.

Keywords: Haiti, posttraumatic stress disorder, PTSD, EFT, Emotional Freedom Techniques.

The impact of EFT and Matrix Reimprinting on the civilian survivors of war in Bosnia: A pilot study

Author: Boath, E., Stewart, T., & Rolling, C. (2014). The impact of EFT and matrix reimprinting on the civilian survivors of war in Bosnia: A pilot study. *Current Research in Psychology*, 5, 64-72.

Abstract: A pilot study was carried out to establish the feasibility and effectiveness of Matrix Reimprinting (MR) in treating post traumatic stress symptoms in civilian survivors of the war in Bosnia. Two Healing Hands Network Centres in Bosnia in Sarajevo and Hadzici. Clients accessing the Healing Hands Network in Bosnia were invited to participate in the pilot study of MR. At the start and end of their treatment, clients were asked to complete a modified version of the PTSD Checklist-Civilian Checklist (PCL-C; Blanchard et al., 1996) at baseline, immediately after the two week MR intervention and then at 4 weeks follow-up. Eighteen clients were included MR pilot study. There was a significant reduction in the mean scores from baseline to immediately post intervention ($p = 0.009$) and again at the 4 week follow-up ($p = 0.005$). The size of the immediate effect was sustained at follow-up ($p = 0.65$). The qualitative analysis (via. an evaluation form at four weeks follow-up) identified the following four themes: Theme 1: Physical and psychological changes Theme 2: The strength to move on and to self-care Theme 3: Rapport with the MR Practitioners Theme 4: Recommending it for others. Despite the limited sample size, significant improvements were shown.

The qualitative and quantitative results support the potential of MR as an effective treatment for post traumatic stress symptoms. Further controlled studies are required.

Psychological symptom change in veterans after six sessions of Emotional Freedom Techniques (EFT): An observational study

Author: Church, D., Geronilla, L., & Dinter, I. (2009). Psychological symptom change in veterans after six sessions of Emotional Freedom Techniques (EFT): An observational study. *International Journal of Healing and Caring*, 9(1).

Abstract: Protocols to treat veterans with brief courses of therapy are required, in light of the large numbers returning from Iraq and Afghanistan with depression, anxiety, PTSD and other psychological problems. This observational study examined the effects of six sessions of EFT on seven veterans, using a within-subjects, time-series, repeated measures design. Participants were assessed using a well-validated instrument, the SA-45, which has general scales measuring the depth and severity of psychological symptoms. It also contains subscales for anxiety, depression, obsessive-compulsive behaviour, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychosis, and somatization. Participants were assessed before and after treatment, and again after 90 days. Interventions were done by two different practitioners using a standardized form of EFT to address traumatic combat memories. Symptom severity decreased significantly by 40% ($p < .001$), anxiety decreased 46% ($p < .001$), depression 49% ($p < .001$), and PTSD 50% ($p < .016$). These gains were maintained at the 90-day follow-up.

Six trauma imprints treated with combination Intervention: Critical incident stress debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT)

Author: Green, M. M. (2002). Six trauma imprints treated with combination Intervention: Critical incident stress debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT). *Traumatology*, 8(1), 18-22.

Abstract: Green Cross Project volunteers in New York City describe a unique intervention which combines elements of Critical Incident Stress Debriefing (CISD) with Thought Field Therapy and Emotional Freedom Techniques. Six trauma imprints were identified and treated in a number of the clients. The combination treatments seemed to have a beneficial effect in alleviating the acute aspects of multiple traumas. Here are the stories of two Spanish speaking couples who were treated in unison by bilingual therapists two to three weeks after the attack on the World Trade Center.

Telephone delivery of EFT remediates PTSD symptoms in veterans

Author: John Hartung & Phyllis Stein

Abstract: Telephone-mediated psychotherapy is a resource for persons who have difficulty accessing office visits because of geography, economic restrictions, or fear of stigma.

In the present report, phone-delivered Emotional Freedom Techniques (EFT) was compared with EFT provided in a therapy office while subjects in both conditions also received concurrent standard care. Forty-nine veterans with clinical PTSD symptoms were treated with 6 one hour sessions, either in an EFT coach's office (n = 25) or by phone (n = 24).

In each condition, some subjects were treated immediately, whereas others received delayed treatment after a 1-month waiting period. No change in PTSD symptom levels was reported by either the phone or office delayed-treatment group following the wait period, whereas both groups improved significantly after EFT treatment.

Differences in benefit were found between phone and office delivery methods. Significant improvement in PTSD symptoms was found after 6 phone sessions but after only 3 office sessions. A 6-month post-treatment assessment indicated 91% of subjects treated in the office and 67% of those treated by phone no longer met PTSD diagnostic criteria ($p < .05$).

The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol

Author: Church, D. (2010). The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol. *Traumatology*, 15(1), 45-55.

Abstract: With a large number of US military service personnel coming back from Iraq and Afghanistan with posttraumatic stress disorder (PTSD) and co-morbid psychological conditions, a need exists to find protocols and treatments that are effective in brief treatment timeframes. In this study, a sample of 11 veterans and family members were assessed for PTSD and other conditions. Evaluations were made using the SA-45 (Symptom Assessment 45) and the PCL-M (Posttraumatic Stress Disorder Checklist - Military) using a time-series, within-subjects, repeated measures design. A baseline measurement was obtained thirty days prior to treatment, and immediately before treatment. Subjects were then treated with a brief and novel exposure therapy, EFT (Emotional Freedom Techniques), for five days. Statistically significant improvements in the SA-45 and PCL-M scores were found at post-test. These gains were maintained at both the 30- and 90-day follow-ups on the general symptom index, positive symptom total and the anxiety, somatization, phobic anxiety, and interpersonal sensitivity subscales of the SA-45, and on PTSD. The remaining SA-45 scales improved post-test but were not consistently maintained at the 30- and 90-day follow-ups. One-year follow-up data was obtained for 7 of the participants and the same improvements were observed. In summary, after EFT treatment, the group no longer scored positive for PTSD, the severity and breadth of their psychological distress decreased significantly, and most of their gains held over time. This suggests that EFT can be an effective post-deployment intervention.

Psychological intervention including Emotional Freedom Techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study

Author: Sheldon, T., 2014. Psychological intervention including Emotional Freedom Techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Current Research in Psychology*, 5, 40-63.

Abstract: Post-traumatic Stress Disorder (PTSD) is a significant public health concern and can have long-term emotional, social and financial consequences for individuals and society. Lifetime prevalence in the general population is estimated at 8% and rates of exposure to Post-Traumatic Events (PTE) indicate approximately 50 to 65% have been exposed to at least one PTE in their lives. This indicates that approximately 15 to 25% of people exposed may also have a diagnosis of PTSD at some time in their life. It is therefore paramount that sufferers receive effective treatment. A case of successful treatment using Emotional Freedom Technique (EFT) combined with more conventional psychological treatment for a woman, DS, suffering from acute PTSD with travel anxiety post a motor vehicle accident is presented. The client's progress was evaluated at baseline and post treatment. After six sessions, over an eight week period, improvements were noted on all identified goals and on all assessment tools such that at post treatment DS no longer met the criteria for PTSD. The case highlights the utility of single case designs to evaluate the clinical decisions made in selection of treatment of PTSD. Theoretical implications of this study are discussed and an evaluation of using EFT in this case is provided.

The efficacy of Emotional Freedom Techniques (EFT) for treating trauma in a female population following an earthquake in Indonesia

Author: Tuti Rahmi

Abstract: This study aimed to describe the trauma that happened to Housewife in Teluk Bayur of South Padang and how the effectiveness of the Emotional Freedom Technique in Overcoming Trauma of Earthquake. The design of research is Quasi experimental which is one group pre-post test design. Analysis of the data is a paired t-test to measure the hypothesis. The result shows t value is 7.466 and $p = 0.00$ indicating a significant difference between pre-test and post test which shows the effectiveness of Emotional Freedom Technique.

Online delivery of emotional freedom techniques in the treatment of food cravings and weight management: A randomized controlled trial

Background:

The combination of dietary restraint and physical exercise as a recommended treatment for weight loss has had limited long-term success. One factor proposed as limiting weight management techniques efficacy is the failure to target psychological processes linked with overeating. Consistent with prior research that has identified the efficacy of emotional freedom techniques (EFT) in reducing food cravings and aiding weight loss, this pilot randomised controlled trial (RCT) examined the impact of online delivery of EFT intervention on food cravings and weight management.

Methods:

Participants were randomly assigned to an eight-week online EFT intervention group or waitlist control group. The sample comprised primarily of women (96%) aged between 41 and 60 years. Of the treatment group, 65% consumed their craved foods daily and had an average Body Mass Index in the obese range (33.3). Outcome measures assessed included food cravings, dietary restraint, subjective power of food, weight, somatic (body sensation), anxiety, and depressive symptoms.

Results:

Post-intervention analyses revealed significant reductions on all measures for participants in the EFT condition (n = 314) with Cohen's effect size values suggesting moderate to high practical significance for the online intervention. However, there were no significant differences for participants in the waitlist control group (n = 137). In this crossover study design, post-test waitlist data was then collapsed into the EFT treatment group data for follow-up analyses, which indicated treatment gains on all measures at 6-month (n = 216) and 12-month (n = 145) follow-up.

Conclusions:

Findings constitute preliminary support for the utility of online EFT as an accessible tool to assist the management of food cravings and body weight.

Food for thought: A randomised controlled trial of Emotional Freedom Techniques and Cognitive Behavioural Therapy in the treatment of food cravings

Abstract:

Addressing the internal determinants of dysfunctional eating behaviours (e.g. food cravings) in the prevention and treatment of obesity has been increasingly recognised. This study compared Emotional Freedom Techniques (EFT) to Cognitive Behavioural Therapy (CBT) for food cravings in adults who were overweight or obese ($N = 83$) in an 8-week intervention. Outcome data were collected at baseline, post-intervention, and at 6- and 12-months follow-up. Overall, EFT and CBT demonstrated comparable efficacy in reducing food cravings, one's responsiveness to food in the environment (power of food), and dietary restraint, with Cohen's effect size values suggesting moderate to high practical significance for both interventions. Results also revealed that both EFT and CBT are capable of producing treatment effects that are clinically meaningful, with reductions in food cravings, the power of food, and dietary restraint normalising to the scores of a non-clinical community sample. While reductions in BMI were not observed, the current study supports the suggestion that psychological interventions are beneficial for food cravings and both CBT and EFT could serve as vital adjunct tools in a multidisciplinary approach to managing obesity.

Emotional Freedom Techniques for food cravings in overweight adults: A comparison of treatment length.

Background:

Because patients vary in their response to treatment, including adherence, the effect of treatment length in the use of EFT on food cravings was examined by comparing retrospective data from two studies in order to ascertain if shorter programs are as effective. This may then impact treatment adherence and completion.

Methods:

In study one, 96 overweight and obese adults were randomly allocated to a 4-week treatment for their food craving or waitlist condition. In study two, an 8-week EFT program for 47 adults, the same variables were measured as per study one. Participants were assessed for degree of food craving, perceived power of food, restraint capabilities and psychological symptoms at pre-, post-, 6- and 12-month follow-up.

Results:

Outcomes indicated significant reductions in food cravings, subjective power of food, dietary restraint, Body Mass Index, and weight for both interventions. There were no significant differences between the intervention groups in terms of the effect size of outcomes for the variables measured, thus indicating that the 4-week EFT treatment could achieve the outcomes that the 8-week program did.

Conclusions:

While the efficacy of EFT as an adjunct to standard dietary and exercise programs has been established through several clinical trials, it has not been clear as to the optimal length of program required to achieve successful results. This comparison of a brief 4-week (8-hour) program versus an 8-week (16-hour program) indicated significant reductions in all measures for both intervention lengths. Length of treatment may be important when considering adherence and motivation.

Online delivery of emotional freedom techniques in the treatment of food cravings and weight management: A randomised controlled trial

Background:

The combination of dietary restraint and physical exercise as a recommended treatment for weight loss has had limited long-term success. One factor proposed as limiting weight management techniques efficacy is the failure to target psychological processes linked with overeating. Consistent with prior research that has identified the efficacy of emotional freedom techniques (EFT) in reducing food cravings and aiding weight loss, this pilot randomised controlled trial (RCT) examined the impact of online delivery of EFT intervention on food cravings and weight management.

Methods:

Participants were randomly assigned to an eight-week online EFT intervention group or waitlist control group. The sample comprised primarily of women (96%) aged between 41 and 60 years. Of the treatment group, 65% consumed their craved foods daily and had an average Body Mass Index in the obese range (33.3). Outcome measures assessed included food cravings, dietary restraint, subjective power of food, weight, somatic (body sensation), anxiety, and depressive symptoms.

Results:

Post-intervention analyses revealed significant reductions on all measures for participants in the EFT condition (n = 314) with Cohen's effect size values suggesting moderate to high practical significance for the online intervention. However, there were no significant differences for participants in the waitlist control group (n = 137). In this crossover study design, post-test waitlist data was then collapsed into the EFT treatment group data for follow-up analyses, which indicated treatment gains on all measures at 6-month (n = 216) and 12-month (n = 145) follow-up.

Conclusions:

Findings constitute preliminary support for the utility of online EFT as an accessible tool to assist the management of food cravings and body weight.

Online delivery of Emotional Freedom Techniques for food cravings and weight management: 2-year follow-up

Background: Growing obesity rates are a problem worldwide. Several studies of emotional freedom techniques (EFT), a brief psychophysiological technique, have indicated that it may be a promising addition to traditional weight loss interventions.

Objective: The current study evaluated food cravings, dietary restraint, subjective power of food, weight changes, and self-reported symptoms (e.g., somatic, anxious, and depressive) 2 years after an 8-week online self-directed EFT intervention with additional online support.

Design: Participants were initially randomly allocated to a treatment or waitlist group. The treatment group was instructed to self-pace through an online EFT treatment program made up of seven modules throughout the 8-week intervention period, and the waitlist was also completed at the end of this period.

Results: Analyses of the online EFT intervention program indicated significantly reduced scores for food cravings (-28.2%), power of food (-26.7%), depression (-12.3%), anxiety (-23.3%), and somatic symptoms (-10.6%) from pre to postintervention and from pre (baseline) until the 2-year follow-up and significantly improved scores for restraint (+13.4%). Further improvements were experienced for carbohydrates and fast food cravings between 6 months and 2 years. Body Mass Index and weight significantly decreased from pre- to 12 months follow-up although there were no differences at the 2-year point.

Conclusions: As an online intervention program, EFT was very effective in reducing food cravings, perceived power of food, psychologic symptomatology, and improving dietary restraint and maintaining those improvements over a 2-year period. The addition of EFT to traditional weight loss interventions is timely and supported by this research.

Food for thought: A controlled trial of Emotional Freedom Techniques and cognitive behavioural therapy in the treatment of food cravings

Authors: Stapleton, P., Bannatyne, A., Porter, B., Urzi, K.C., & Sheldon, T. (2016). Food for thought: A randomised controlled trial of emotional freedom techniques and cognitive behavioural therapy in the treatment of food cravings. *Applied Psychology: Health and Well-Being*, 8(2), 232–257.
doi:10.1111/aphw.12070

Abstract: Addressing the internal determinants of dysfunctional eating behaviours (e.g., food cravings) in the prevention and treatment of obesity has been increasingly recognised. This study compared Emotional Freedom Techniques (EFT) to Cognitive Behavioural Therapy (CBT) for food cravings in adults who were overweight or obese (N = 83) in an 8-week intervention. Outcome data was collected at baseline, post-intervention, and at six and 12-months follow-up. Overall, EFT and CBT demonstrated comparable efficacy in reducing food cravings, one's responsiveness to food in the environment (power of food), and dietary restraint, with Cohen's effect size values suggesting moderate to high practical significance for both interventions. Results also revealed both EFT and CBT are capable of producing treatment effects that are clinically meaningful, with reductions in food cravings, the power of food, and dietary restraint normalising to the scores of a non-clinical community sample. While reductions in BMI were not observed, the current study supports the suggestion psychological interventions are beneficial for food cravings and both CBT and EFT could serve as vital adjunct tools in a multidisciplinary approach to managing obesity.

A randomized clinical trial of a meridian-based intervention for food cravings with six month follow-up

Authors: Peta Stapleton, Terri Sheldon, Brett Porter, and Jennifer Whitty, School of Medicine, Griffith University, Australia, The Lakeside Rooms, Robina, Australia

Abstract: This randomised, clinical trial tested whether The Emotional Freedom Technique (EFT) reduced food cravings. This study involved 96 overweight or obese adults who were allocated to the EFT treatment or 4-week waitlist condition. Degree of food craving, perceived power of food, restraint capabilities and psychological symptoms were assessed pre- and post- a 4-week treatment program (mixed method ANOVA comparative analysis), and at 6-month follow-up (repeated measure ANOVA with group data collapsed).

EFT was associated with a significantly greater improvement in food cravings, the subjective power of food and craving restraint than waitlist from pre- to immediately post-test ($p < .05$). Across collapsed groups, an improvement in food cravings and the subjective power of food after active EFT treatment was maintained at 6 months, and a delayed effect was seen for craving restraint. Although there was a significant reduction in measures of psychological distress immediately after treatment ($p < .05$), there was no between-group difference.

Results: These findings are consistent with the hypothesis that EFT can have an immediate effect on reducing food cravings and can result in maintaining reduced cravings over time.

Clinical benefits of Emotional Freedom Techniques on food cravings at 12-months follow-up: A randomized controlled trial

Author: Peta Stapleton, Terri Sheldon, & Brett Porter

Abstract: This randomized, single-blind, crossover trial tested whether participants who used Emotional Freedom Techniques (EFT) maintained reduced food cravings after 12-months and updates previously reported 6-month findings. Ninety-six overweight/obese adults were allocated to a 4-week EFT treatment or waitlist condition.

Degree of food craving, perceived power of food, restraint capabilities, and psychological symptoms were assessed pre- and post-test and at 12-month follow-up for collapsed groups. Significant improvements occurred in weight, body mass index, food cravings, subjective power of food, craving restraint, and psychological coping for EFT participants from pre-test to 12 months ($p < .05$).

It appears EFT can result in participants maintaining reduced cravings over time and affect weight and BMI in overweight and obese individuals.

Emotional freedom techniques in the treatment of unhealthy eating behaviours and related psychological constructs in adolescents: A randomized controlled pilot trial

Author: Stapleton, P., Chatwin, H., William, M., Hutton, A. Pain, A., Porter, B. & Sheldon, T. (2016). Emotional freedom techniques in the treatment of unhealthy eating behaviors and related psychological constructs in adolescents: A randomized controlled pilot trial. *Explore, the Journal of Science and Healing*, 12(2), 113-122.

Abstract: In Australia and throughout much of the world, rates of obesity continue to climb as do the prevalence of eating disorders, particularly in adolescents. Psychological consequences of childhood obesity include low self-esteem, depression, body dissatisfaction, and social maladjustment (Young-Hyman et al., 2012).

Objective: This feasibility study sought to examine the impact of a six-week Emotional Freedom Techniques (EFT) group treatment program upon eating behaviours, self-esteem, compassion, and psychological symptoms.

Design: Forty-four students were randomly allocated to either the EFT group or the waitlist control group.

Results: Results revealed a delayed effect for both groups at post-intervention, with improved eating habits, self-esteem, and compassion at follow-up. Findings provide preliminary support for EFT as an effective treatment strategy for increasing healthy eating behaviours and improving associated weight-related psychopathology.

Keywords: EFT, obesity, self-esteem, psychological distress, eating behaviour, compassion

The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers

Author: Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(5), 40-44.

Abstract: This study examined whether self-intervention with Emotional Freedom Techniques (EFT), a brief exposure therapy that combines a cognitive and a somatic element, had an effect on healthcare workers' psychological distress symptoms. Participants were 216 attendees at 5 professional conferences. Psychological distress, as measured by the SA-45, and self-rated pain, emotional distress, and craving were assessed before and after 2-hours of self-applied EFT, utilizing a within-subjects design.

A 90-day follow-up was completed by 53% of the sample with 61% reporting using EFT subsequent to the workshop. Significant improvements were found on all distress subscales and ratings of pain, emotional distress, and cravings at post-test (all $p < .001$). Gains were maintained at follow-up for most SA-45 scales. The severity of psychological symptoms was reduced (-45%, $p < .001$) as well as the breadth (-40%, $p < .001$), with significant gains maintained at follow-up. Greater subsequent EFT use correlated with a greater decrease in symptom severity at follow-up ($p < .034$, $r = .199$), but not in breadth of symptoms ($p < .0117$, $r = .148$). EFT provided an immediate effect on psychological distress, pain, and cravings that was replicated across multiple conferences and healthcare provider samples.

Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings

Abstract: Examining the effectiveness of psychological interventions in treating secondary psychological outcomes of obesity has become prioritized in recent times. The objective of the present study was to compare an eight-week Cognitive-Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT) intervention program, in the treatment of food cravings and secondary psychological outcomes among overweight or obese adults ($N = 83$).

Method: A controlled non-inferiority trial was performed comparing group-delivered CBT to group-delivered EFT. Participants completed the Patient Health Questionnaire at pre- and post-intervention, and at six and 12-months follow-up.

Results: The CBT group did not report any significant changes in anxiety scores over time, but the decrease in depression symptoms pre-to post-intervention was significant and this was maintained at 6- and 12-months. Anxiety and depression scores significantly decreased from pre-to post-intervention for the EFT group, and was maintained at 6- and 12-month follow-up. Somatoform scores significantly decreased from pre-intervention to all follow-up points for the CBT group, while the EFT group did not report any significant changes in somatoform symptoms. Results also revealed that EFT is capable of producing reductions in anxiety and depression symptoms, and may be comparable to gold standard approaches such as CBT.

Conclusion: The current study supports the hypothesis that psychological intervention is beneficial for treating psychological comorbidities of obesity and points to the role mental health issues may play in this area.

The effect of EFT (Emotional Freedom Techniques) on psychological symptoms in addiction treatment: A pilot study

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Abstract: Studies have found a frequent co-occurrence of psychological symptoms such as anxiety and depression with addiction. This pilot study examined the effect of EFT (Emotional Freedom Techniques), a widely practiced form of energy psychology, on 39 adults self-identified with addiction issues attending an EFT weekend workshop targeting addiction.

Measures: Subjects completed the SA-45, a well-validated questionnaire measuring psychological distress. It has two global scales assessing intensity and breadth of psychological symptoms and 9 symptom subscales including anxiety and depression. The SA-45 was administered before and after the workshop. Twenty-eight participants completed a 90-day follow-up.

Results: A statistically significant decrease was observed in the two global scales and all but one of the SA-45 subscales after the workshop, indicating a reduction in psychological distress (positive symptom total -38%, $P < .000$). Improvements on intensity and breadth of psychological symptoms, and anxiety and obsessive-compulsive subscales were maintained at the 90-day follow-up ($P < .001$).

Conclusion: These findings are consistent with those noted in studies of other populations, and suggest that EFT may be an effective adjunct to addiction treatment by reducing the severity of general psychological distress. Limitations of this study include a small sample size, lack of a control or comparison group, and attrition between primary and follow-up data points.

Quitting Smoking: How to use Emotional Freedom Techniques

Author: Stapleton, P., Porter, B., & Sheldon, T. (2013). Quitting smoking: How to use Emotional Freedom Techniques. *International Journal of Healing and Caring*, 13(1), 1-9.

Abstract: Emotional Freedom Techniques (EFT) have been gaining strength in the published literature as strategies to reduce arousal symptoms such as anxiety. EFT falls under the umbrella of energy psychology techniques which combine physical or somatic processes with cognitive focus in order to reduce psychological distress. This article discusses the practical application of EFT to smoking cessation, and the associated physical and psychological concerns that can be addressed.

Practical application of Emotional Freedom Techniques for food cravings

Author: Stapleton, P., Sheldon, T., & Porter, B. (2012). Practical application of Emotional Freedom Techniques for food cravings. *Wholistic Healing Publications*, 12(3).

Abstract: Emotional Freedom Techniques (EFT) has been shown to have a lasting effect on food cravings, power over food and restraint ability, and ultimately results in weight loss. This paper discusses the approach utilized in a recent food craving clinical treatment trial (Stapleton, Sheldon, & Porter, 2012; Stapleton, Sheldon, Porter, & Whitty, 2011), and highlights the case of a single participant.

Sessions are described in detail and specific recommendations are made for the application of EFT to food cravings in overweight and obese individuals.

The effect of EFT (Emotional Freedom Techniques) on students' video game addiction

No Abstract

Energy Psychology—practices and theories of new combinations of psychotherapy

Author: Benor, D. J. (2014). Energy psychology—practices and theories of new combinations of psychotherapy. *Current Research in Psychology*, 5(1), 1-18. doi:10.3844/crpsp.2014.1.18

Abstract: Energy Psychology (EP) includes a spectrum of practices in which people tap on their bodies while focusing their minds on problems they want to change. EP therapies often are very rapidly effective. This article examines varieties of explanations for how EP works, including: Cognitive changes, psychological conditioning, expectation effects, distraction techniques, tapping on acupuncture points, shifts in other biological energies, wholistic healing, alternating stimulation of right and left sides of the body (presumably producing alternating stimulation of left and right brain hemispheres) and nerve conduction speeds.

Supporting chronic disease healthcare through remote Emotional Freedom Techniques (EFT) treatment and self-care: An evaluation using the WHO Determinants of Health

Author: Mahima Kalla, Monash University, Australia

Abstract: The United Nations World Health Organization (WHO) defines determinants that influence people's health, such as income, education, social support, physical environment, access to health services, personal behaviours, and gender. This study explores delivery of a therapeutic intervention called Emotional Freedom Techniques (EFT) and self-administration of EFT in chronic disease patients from the perspective of the WHO determinants of health. Sixteen participants, including eight EFT practitioners and eight chronic disease patients, described their experiences of EFT in semi-structured interviews. Data was analyzed using Interpretative Phenomenological Analysis (IPA) methodology. Four major themes were identified: practitioner and client experiences of online EFT therapy, experiences of telephone EFT therapy, experiences in online support groups, and the use of EFT for self-care. Participant accounts illustrated EFT's value in alleviating barriers to access to health services and facilitating self-care in chronic disease patients. Online and telephone delivery of EFT offered a useful alternative for residents of remote and rural areas without access to mental health services. EFT is effective in groups using online videoconferencing platforms to provide a social support network. Additionally, EFT is favoured by the study's participants for self-care, maintaining positive mood, and for general well-being.

Keywords: Emotional Freedom Techniques (EFT), telemental health applications, WHO determinants of health, self-care, remote consultation

Emotional Freedom Techniques, Sage Handbook of Counselling and Psychotherapy

Author: Bullough, J. (2012). Emotional Freedom Techniques. In C. Feltham & I. Horton (Eds.), *The Sage Handbook of Counseling and Psychotherapy* (3rd ed). Los Angeles, CA: Sage.

Abstract: Emotional freedom techniques (EFT) is the popular name for a therapeutic approach that combines the well-proven techniques of exposure and cognitive restructuring with a crucial new component, namely simultaneous somatic stimulation. In EFT, this somatic stimulation takes the form of tapping certain electromagnetically sensitive points on the body while at the same time focusing conscious attention on the issue presented for therapy.

The procedure is unconventional, yet can produce empirically demonstrated improvements with profound psychological and/or physiological consequences in a relatively small number of sessions, sometimes a single session (Church et al., 2009). It also often works where other approaches do not.

A virtual emotional freedom practitioner to deliver physical and emotional therapy

Abstract: The role of virtual humans in a range of health scenarios, including therapy and counselling, is being explored as a substitute for human therapists and counsellors. This research study investigates the potential benefits of a virtual practitioner to deliver the Emotional Freedom Technique (EFT). EFT is a kind of psychological acupressure technique to optimize emotional and physical health. Importantly, our study compares two different types of virtual therapists; one that exhibits empathic behaviour and another that delivers the therapy in a neutral manner.

Our experimental design, consisting of one within-subjects factor (empathic/neutral therapist) and one between-subjects factor (order), measured the differences in emotional outcomes and sense of rapport. Our evaluation with 63 participants showed benefits for both virtual therapists. While both therapists achieved the same level of rapport, when order was taken into account, the empathic agent received higher ratings for sense of rapport in the second interaction.

We conclude that with increased tailoring, the empathic agent would create a stronger sense of rapport than the neutral agent. It remains an open question whether increased tailoring and more empathic behaviours, would result in significant improvements in the emotional benefits delivered by an empathic agent over a neutral and less tailored agent.

Emotional Freedom Techniques: Finally, a unifying theory for the practice of holistic nursing, or too good to be true?

Author: Patrice Rancour, MS, RN, PMHCNS-BC

Abstract: The Emotional Freedom Technique (EFT) is defined and described as a clinical procedure for the relief of psychological and physical distress that patients often bring to the attention of nurses. Frequently referred to as “tapping,” this technique combines the cognitive reprocessing benefits of exposure and acceptance therapy with the energetic disturbance releases associated with acupuncture and other energy therapies.

More than 60 research articles in peer-reviewed journals report a staggering 98% efficacy rate with the use of this procedure from psychological distress (posttraumatic stress disorder, phobias, anxiety, depression, etc.) to physical conditions (asthma, fibromyalgia, pain, seizure disorders, etc.) to performance issues (athletic, academic). Perhaps because of this, this technique has encountered a fair degree of skepticism within the health care community. Easily taught as a self-help aid that patients can administer to themselves, EFT becomes an efficacious tool in the hands of nurses who are seeking whole person approaches for the healing of a wide variety of psychological and physical conditions. A conceptual framework, mechanisms of action, evidence of safety, literature review, and case studies are also included.

Application of Emotional Freedom Techniques

Authors: Church, D., & Brooks, A. J. (2010). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal*, 9(4), 46–48.

Abstract: This paper describes an intervention called Emotional Freedom Techniques (EFT). EFT is a brief exposure therapy combining cognitive and somatic elements and focuses on resolving emotional trauma that might underlie a presenting condition.

Research indicates that EFT is an effective treatment for anxiety, depression, posttraumatic stress disorder, phobias, and other psychological disorders, as well as certain physical complaints. This article describes the techniques, how EFT is taught in a workshop setting, and provides case examples. The clinical benefits of EFT and future research directions are discussed.

Change is possible: EFT (Emotional Freedom Techniques) with life-sentence and veteran prisoners at San Quentin State Prison

Authors: Hari Lubin & Tiffany Schneider

Abstract: Counseling with prisoners presents unique challenges and opportunities. For the past seven years, a project called “Change Is Possible” has offered EFT (Emotional Freedom Techniques) counseling to life sentence and war veteran inmates through the education department of San Quentin State Prison in California.

Prisoners receive a series of five sessions of Emotional Freedom Techniques (EFT) from an EFT practitioner, with a three session supplement one month later. Emotionally-triggering events, and the degree of intensity associated with them, are self-identified before and after EFT.

Underlying core beliefs and values are also identified. In this report, the EFT protocol and considerations specific to this population are discussed.

Prisoner statements are included, to reveal self-reported changes in their impulse control, intensity of reaction to triggers, somatic symptomatology, sense of personal responsibility, and positive engagement in the prison community.

Future research is outlined, including working within the requirements specific to a prison population in a manner that permits the collection of empirical data.

Emotional Freedom Techniques: A safe treatment intervention for many trauma based issues

Abstract: Callahan (1985) developed a procedure of tapping on acupressure points for treating mental problems. Craig and Fowlie (1995) modified Callahan's procedure to a simplified version called Emotional Freedom Techniques (EFT). EFT is easy to teach and is effective with symptoms of PTSD. This article presents EFT as an adjunct to the Critical Incident Stress Reduction debriefing procedures. The use of EFT in debriefings results in shorter and more thorough sessions. It often reduces the emotional pain of the debriefing.

This paper provides complete instructions and safeguards for using EFT when debriefing in disaster situations and with other applications. Included are references for further reading and training.

A survey of energy psychology practitioners: Who they are, what they do, who they help

Author: David Feinstein, Ashland, Oregon

Abstract: An online survey of the members of the Association for Comprehensive Energy Psychology (ACEP) was completed by 294 of the organization's 1,220 members (24%) in March 2016. The majority of respondents reported using acupoint tapping protocols as a core component in the successful treatment of generalized anxiety disorder, posttraumatic stress disorder (PTSD), phobias, and depression. All 106 of the respondents who had applied acupoint tapping for facilitating "peak performance" in contexts such as business, education, and sports reported the approach to have been "of great value" (68%) or "moderate value" (32%) for this objective, with none of the respondents having reported it to be of "little value." The survey also asked participants to estimate the number of sessions that are typically required to achieve each of seven "process outcomes" that are shared among various clinical approaches. For instance, the elimination of an unwanted physiological/emotional reaction to a specified trigger could typically be achieved in three or fewer acupoint tapping sessions according to 94% of the respondents, and within a single session according to 71% of the respondents. Two thirds of the licensed mental health professionals who reported that they use acupoint tapping protocols said they integrate them into existing therapeutic frameworks rather than use acupoint tapping as an independent modality. This finding suggests that the approach is portable and is being applied within the context of established therapeutic systems with the intention of more rapidly facilitating targeted neurological, emotional, and cognitive changes. In brief, the practitioner reports generated in the survey corroborate clinical trials and meta-analyses that suggest acupoint tapping protocols are rapid and effective with a range of conditions.

Keywords: acupoint tapping, biofield, chakra, Emotional Freedom Techniques, EFT, energy psychology, meridian, survey, Thought Field Therapy.

Emotional acupuncture

Author: Emotional acupuncture, [Lynch E.](#)

Abstract: Emotional freedom technique is gaining popularity in the UK for the treatment of psychological problems. Its supporters say it is particularly useful for people who have had traumatic experiences.

Energy psychology and psychotherapy: A study of the use of energy psychology in psychotherapy practice

Abstract: The aim of the study was to increase understanding of how energy psychology informs and affects counselling/ psychotherapy practice. By undertaking phenomenological interviews with experienced clinicians, the aim was to enrich and expand on the scientific approaches to energy psychology research.

Method: This research is based on in-depth semi- structured interviews using interpretative phenomenological analysis (IPA). Five experienced psychotherapists who are also practitioners of energy psychology were interviewed.

Findings: Four main themes emerged from the analysis: energy psychology as a potent intervention that facilitates shifts in emotions, cognitions, behaviours and physiology; the safety of energy psychology techniques; the role of the therapeutic relationship when using energy psychology techniques; and the challenges of integrating energy psychology into the work context, highlighting the need for more complex, systemic models to understand how people experience distress and how change is facilitated.

Conclusion: Overall, participants in this study found energy psychology to be a valuable supplement to counselling and psychotherapy. The implications for current practice are discussed.

Keywords: counselling; energy psychology; meridian energy therapies; psychotherapy; emotional freedom techniques; thought field therapy.

Subjective dimensions of meaning in the clinical encounter: Unifying personhood and disease

Author: Howard Christian, Ph.D.

Abstract: The practice of biomedicine operates within a restrictive model and worldview that reduces personal identity to the sum of its mind and body parts. Using the case examples of James, a 38-year old retail manager with testicular cancer, and Bjorn, a 37-year old business owner with gastro-esophageal reflux disease, this article aims to show the limitations of treating a person's disease when only dualist/physicalist assumptions are available and to establish an alternative, holistic framework to adequately model energy psychology techniques. At the time of their diagnoses, subjective stories of male factor infertility and a work place redundancy (James), and of losing the breadwinning support of his wife when starting a new business and expecting his first child (Bjorn) demand our attention as clinicians and therapists. Yet the reductionist and exclusionist principles of biomedicine equally demand we ignore the narrative detail in favour of physical symptoms alone. By adopting a unitary MindBody philosophy in which mind, body, disease and story are assumed to be inseparable aspects of personhood, we can recognize hitherto unconsidered meaning in each client/patient encounter, which may ultimately bring the individual closer to wholeness. Extending this further, it is the author's contention that the same MindBody model can be applied to energy psychology and conventional psychodynamics to create a potent triumvirate of MindBody-Energy-Psychodynamics for a more effective interpersonal healing relationship and rapid emotional, mental and physical transformation.

Keywords: mind, body, holism, biomedicine, spontaneous remission, narrative

Stress management for the treatment of sleep disorders in lawyers: Pilot experimental study in Athens, Hellas

Authors: Christina D, Panagiotis K, Liza V, George CP (2016) Stress Management for the Treatment of Sleep Disorders in Lawyers: Pilot Experimental Study in Athens, Hellas. J Sleep Disor: Treat Care 5:2. doi:10.4172/2325-9639.1000171

Abstract: The products of the hypothalamic - pituitary - adrenal axis (HPA) and the autonomic nervous system as a result of stressful life events are closely related to the occurrence of chronic insomnia. The aim of the present study was to investigate whether a stress management intervention program can reduce the subjective reactions which are associated with stress and the symptoms of insomnia in a sample of 40 lawyers of Athens Bar Association.

Method: This was a two-armed, parallel group, randomized controlled study with about a 1:1 allocation ratio of lawyers with [primary insomnia](#) to the intervention and the wait-list control group and a follow up period of 8-weeks. The stress management technique program, included progressive muscle relaxation (PMR), relaxation breathing technique, autogenic training, Guided Imagery and EFT (Emotional Freedom Technique). Validated scales were used to measure variables (AIS, PSS 14, Dass-21, HLC, Rosenberg Self-esteem scale and Greek PSQI).

Results: A total of 40 people were selected to enter the study and were randomly allocated into two groups, intervention group and control group (21 and 19 respectively). Individuals in the intervention group experienced a statistical significant improvement in sleep parameters. There was a statistically significant reduction in depression ($p=0.015$) and stress levels ($p=0.029$) pre- and post-intervention in the stress management group. Furthermore, we recorded a moderate amelioration in insomnia and sleep quality (effect sizes 0.3 and 0.32 respectively).

Conclusion: We provide evidence that stress management may merit some benefits at improving sleep, by means of both insomnia and [quality of sleep](#) improvement.

A virtual emotional freedom therapy practitioner (Demonstration)

Author: Ranjartabar, H., & Richards, D. (2016). *A virtual emotional freedom therapy practitioner* (Demonstration). Proceedings of the 2016 International Conference on Autonomous Agents & Multiagent Systems (AAMAS), 1471–1473. Retrieved from <http://dl.acm.org/citation.cfm?id=2937216>

Abstract: The role of virtual humans in a range of health scenarios, including therapy and counseling, are being explored. To help people in managing their emotional health this research project novelly investigates the value of a virtual practitioner to deliver the Emotional Freedom Technique (EFT). EFT, also known as the Tapping Method, is a kind of psychological acupuncture technique to optimize emotional and physical health. Significantly, we compare two different types of virtual EFT therapists: one that seeks to exhibit empathetic behaviour with another that delivers the therapy in a neutral manner. An initial online semi-interactive study with 37 participants reported benefits for both therapists from baseline emotion, and these improvements increased with a subsequent session. The empathic agent delivered slight but non-significant improvements but did not achieve a higher level of rapport with the human.

The effect of emotional freedom technique (EFT) therapy on the reduction of aggression in single mothers

Abstract: The present study was aimed to determine the efficacy of emotional freedom technique (EFT) therapy on the reduction of aggression in single mothers. The statistical population consisted of women referring to welfare centres in Tehran aged 25 to 40 in 2013. The method was quasi-experimental with a control group pre-test post-test design. The investigated sample in this study was 30 women who had high scores on tests of aggression and assigned randomly to the experimental group (15 subjects) and control group (15 people). Abolmaaly Aggression Test (2012) was used to collect the data. The experimental group was under the emotional freedom technique therapy by the researcher and two fellow clinicians for 12 sessions, while the control group received no treatment. MANCOVA test was used for data analysis.

The results showed that EFT therapy significantly reduced aggression

Qualitative analysis of the influence of an Emotion Freedom Techniques (EFT) group treatment program for Hwa-Byung (suppressed anger) patients

Author: Freedom Techniques (EFT) group treatment program for Hwa-Byung (suppressed anger) patients. *Journal of Oriental Neuropsychiatry*, 25(1), 29-38. doi:10.7231/jon.2014.25.1.029

Abstract: The objective of this study was to examine the effects of Emotion Freedom Techniques (EFT) group treatment program for Hwa-byung (suppressed anger) patients.

Methods: Thirteen Hwa-byung patients participated in a four week program of EFT group treatment. One-hour sessions were administered weekly. Between sessions, participants self-administered EFT in order to control their symptoms. Four weeks after the program ended, we interviewed the participants using a semi-structured interview. Data collected was summarized using qualitative analysis.

Results: The EFT group treatment program produced positive effects in physical, cognitive and emotional symptoms. Most of the participants experienced relief from Hwa-byung symptoms like chest tightness, hot flashes, and insomnia. Their ability to cope with stress improved and their re-experiencing of past memories decreased. Their distorted self-images were improved. A decrease in negative emotions and an increase in positive emotions was noted. Participants were able control their symptoms between sessions with EFT. In addition, the group therapy format helped participants to develop social support.

Conclusion: An EFT group treatment program can relieve the physical, cognitive and emotional symptoms of Hwa-byung. This program can be applied in psychotherapeutic treatment of Hwa-byung.

Emotional Freedom Techniques (EFT) remediates dental fear: A case series

Author: Angela M. Cartland

Abstract: The suitability of Emotional Freedom Techniques (EFT) as a treatment for dental fear was investigated, using a case series design. The sample comprised four women with high dental fear and one woman with anxiety in regards to gagging (but low dental fear), all aged between 52 and 70 ($M = 60.8$). Over eight weeks, repeated measures were collected during a three-week baseline phase, a four-week treatment phase, and at post-test. Follow-up was conducted at an average of 7.5 months. Weekly target measures tracked state anxiety, state dental anxiety, and the averseness of common dental stimuli. Trait dental fear, negative dental beliefs, and traumatic stress were evaluated at pre-test and post-test. During the treatment phase, four sessions of EFT treatment (of one-hour duration) were administered to each participant. By study's end, participants' scores (collectively) on one to six (out of 10) commonly feared dental stimuli had moved into the normal range. Pre-test and post-test analysis indicated that all four of the high dental fear participants achieved reliable and clinically significant change on measures of trait dental fear and/or state dental anxiety, and, for three of them, on negative dental beliefs.

These changes mean a reduction in scores away from the clinical mean toward the normal mean, of a size equal to or greater than two standard deviations of the clinical mean, and which could not be due to measurement error (that is, it is more than 1.96 times as large as the standard error of the difference) but can be trusted to be reliable using the Reliable Change Index ($RCI > 1.96, p < .05$). Follow-up data for the three participants that responded to the request indicated that gains were held and in some cases increased. Results are consistent with randomized controlled trials, systematic reviews, and meta-analyses showing that EFT is an evidence-based treatment for anxiety.

Keywords: Cognitions, dental anxiety, dental fear, EFT, Emotional Freedom Techniques, exposure, single case design, tapping, trauma, treatment

Clinical story of a 6-year-old boy's eating phobia: An integrated approach

Author: [Wendy Anne McCarty](#)

Abstract: This article presents a clinical story of a one-session therapeutic intervention for a young boy's lifelong eating phobia as an example of an integrated therapeutic approach utilizing prenatal and perinatal psychology (PPN) understanding of early experiences as potential origins for life patterns and an energy psychology healing modality intervention-emotional freedom technique (EFT).

Key principles of the Integrated Model and corresponding elements of an integrated therapeutic approach are presented. The session took place without the child present. Nonlocal intuitive perception, mind-to-mind communication, and a nonlocal application of EFT are discussed as integral aspects of the therapeutic approach. The notion of the Integrated PPN Practitioner is introduced.

Emotional Freedom Techniques (EFT) for traumatic brain injury

Authors: Craig, G., Bach, D., Groesbeck, G., & Benor, D. J. (2009). Emotional Freedom Techniques (EFT) For traumatic brain injury. *International Journal of Healing and Caring*, 9(2), 1-12.

Abstract: This article describes the resolution in one session of several residual symptoms following severe Traumatic Brain Injury (TBI) six years earlier in a 51 year-old woman. The intervention was Emotional Freedom Techniques (EFT), developed by GC, the first author of this article. Mind Mirror electroencephalogram (EEG) monitoring during EFT sessions revealed increasing patterns of relaxation and centeredness as the treatment progressed. Implications for further research and for assessment and treatment of wartime TBI, PTSD and depression are discussed.

Keywords: Emotional Freedom Techniques, EFT, Energy Psychology, traumatic brain injury, TBI, Post Traumatic Stress Disorder, PTSD, Depression, Mind Mirror Electroencephalogram, EEG, Vertigo

Treating trauma using shamanic and non-local methods: theory, mechanisms, and relevance to current clinical practice

Author: Evelyn M. Brodie, London, United Kingdom

Abstract: Many leading doctors and psychologists now speculate that unresolved trauma is responsible for many of the chronic diseases of Western populations. The body learns and then defaults to a maladaptive reaction to stress and becomes unable to maintain normal homeostasis. Trauma also leads to dissociation as a survival mechanism and a splitting of the psyche. Shamanic healers have had their own way of dealing with trauma, which they call “soul loss,” for hundreds of years. One of their techniques is the process of soul retrieval, in which they journey into the “underworld” to access the “lost soul part.” Accessing and using altered states of consciousness is now gaining credibility through the quantum physics of non-locality and its many scientific spin-offs, including work with near-death experiences and holonomic brain models. This article reviews the current thinking on trauma and non-locality; describes how soul retrieval can be used to help effect a rapid change in the long-standing limiting beliefs held by distressed clients, assisting them to regain a sense of purpose and direction in their lives as their psyche becomes more complete; and relates ancient shamanic concepts such as soul loss to modern psychological concepts such as dissociation.

Keywords: trauma, trauma therapy, non-locality, soul retrieval, non-local mind, non-local healing, shamanic healing, temenos, dissociation, neural reprogramming.

Emotional Freedom Technique, in *Practising Midwife* journal

Author: Mitchell, M. (2009). Emotional Freedom Technique. *Practising Midwife*, 12(7), 12-14.

Abstract: A significant number of the population use complementary therapies to support health and wellbeing, as well as during times of ill health (Ernst and White 2000). Women are by far the greatest consumers of complementary and alternative medicine (CAM), and there is some suggestion that its use is increased in pregnancy and childbirth (Ranzini et al 2001), although there are no large-scale studies to support this. It is essential, therefore, that midwives should be informed about complementary therapies that women may access, and appreciate women's desire to choose approaches that are perceived as supportive and beneficial.

One route that pregnant women may choose to investigate is emotional freedom techniques (EFT). Although currently a little known therapy, as someone who has recently undertaken training I believe that it is likely to grow in popularity. Here, I aim to provide an overview of the beliefs and techniques of EFT and discuss its potential use in pregnancy and childbirth.

Emotional freedom technique: Energy psychology integration in the workplace setting

Author: Janice Scott

Abstract: This article discusses the application of one of the energy psychology (EP) methods, emotional freedom technique (EFT), in the workplace setting. As the trauma support group manager for trains, working in the London Underground counselling and trauma service, I have integrated EFT into my counselling practice with traumatised members of Transport for London (TFL); trauma volunteer training; support of colleagues in the workplace and in my own self-support and self-supervision processes. My interest in EFT developed through my wish to understand and learn an approach that appeared to offer a simple and effective way of reducing the impact of pain, distress and trauma on individuals. I found the technique to be simple and easy to learn and teach, easy to apply and for those individuals who like EFT, it can be experienced as life changing. I will be drawing on examples of EFT application in a variety of situations in this article.

Energy Psychology treatment for orphan heads of households in Rwanda: An observational study

Author: Barbara Stone, Lori Leyden & Bert Fellows

Abstract: A team of 4 energy therapy practitioners visited Rwanda in September of 2009 to conduct trauma remediation programs with 2 groups of orphan genocide survivors with complex posttraumatic stress disorder (PTSD) symptoms. Results from interventions with the first group were reported previously (Stone, Leyden, & Fellows, 2009).

This article reports results from the second group composed of orphan head of households. The authors used a multimodal intervention with 3 energy psychology methods (Tapas Acupressure Technique, Thought Field Therapy, and Emotional Freedom Techniques), with techniques selected on the basis of participant needs.

Interventions were performed on 2 consecutive workshop days and were followed by 2 days of practitioners making field visits with students. Data were collected using the Child Report of Posttraumatic Stress (CROPS) to measure pre- and post intervention results and a time-series, repeated measures design (28 orphans with clinical PTSD scores completed a pre-test; 21 completed 1-week post-tests; 18 completed 3-month post-tests; and 10 completed 6-month post-tests).

The average overall reduction in PTSD symptoms was 37.3% ($p < .009$). These results are consistent with other published reports of the efficacy of energy psychology in remediating PTSD symptoms.

Energy Psychology treatment for posttraumatic stress in genocide survivors in a Rwandan orphanage: A pilot investigation

Author: Barbara Stone, Lori Leyden, & Bert Fellows

Abstract: A team of four energy therapy practitioners visited Rwanda in September of 2009 to conduct trauma remediation programs with orphan genocide survivors with complex posttraumatic stress disorder (PTSD).

The program consisted of holistic, multi-dimensional rapport-building exercises, followed by an intervention using Thought Field Therapy (TFT). Interventions were performed on three consecutive days.

Data were collected using the Child Report of Posttraumatic Stress (CROPS) to measure pre- and post-intervention results, using a time-series, repeated measures design. N = 48 orphans at the Remera Mbogo Residential High School Orphanage with clinical PTSD scores completed a pre-test. Of these, 34 (71%) completed a post-test assessment. They demonstrated an average reduction in symptoms of 18.8% ($p < .001$). Seven students (21%) dropped below the clinical cut off point for PTSD, with average score reductions of 53.7% ($p < .001$).

Integrating Energy Psychology into treatment for adult survivors of childhood sexual abuse

Author: Kirsten Schulz

Abstract: This study evaluated the experiences of 12 therapists who integrated energy psychology (EP) into their treatments for adult survivors of childhood sexual abuse.

Participants completed an online survey and the qualitative data was analyzed using the Constant Comparative method. Seven categories containing 6 themes emerged as a result of this analysis.

The categories included: (1) Learning about EP; (2) diagnosis and treatment of adult CSA using EP; (3) treatment effectiveness of EP; (4) relating to clients from an EP perspective; (5) resistance to EP; (6) the evolution of EP; and (7) therapists' experiences and attitudes about EP.

These themes are compared and contrasted with existing literature. Clinical implications are discussed, as well as suggestions for future research. The results provide guidelines for therapists considering incorporating these techniques into their practices.

Preliminary evidence for the treatment of type I 'yips': The efficacy of the Emotional Freedom Techniques

Author: Rotherham, M., Maynard, I., Thomas, O., Bawden, M., & Francis, L. (2012). Preliminary evidence for the treatment of type I 'yips': The efficacy of the Emotional Freedom Techniques. *Sport Psychologist, 26*, 551-570.

Abstract: This study explored whether a meridian-based intervention termed the Emotional Freedom Techniques (EFT) could reduce Type I 'yips' symptoms. EFT was applied to a single figure handicap golfer in an attempt to overcome the performance decrements the player had suffered. The participant underwent four 2-hr sessions of EFT. The EFT involved the stimulation of various acupuncture points on the body. The appropriate acupuncture points were tapped while the participant was tuned into the perceived psychological causes (significant life event) associated with his 'yips' experience.

Dependent variables included: visual inspection of the 'yips', putting success rate and motion analysis data. Improvements in 'yips' symptoms occurred across all dependent measures. Social validation data also illustrated that these improvements transferred to the competitive situation on the golf course. It is possible that significant life events may be a causal factor in the 'yips' experience and that EFT may be an effective treatment for the 'yips' condition.

Single session EFT (Emotional Freedom Techniques) for stress-related symptoms after motor vehicle accidents

Author: Larry Burk

Abstract: Motor vehicle accidents (MVA) are a common cause of posttraumatic stress disorder (PTSD). Energy psychology (EP) approaches such as EFT (Emotional Freedom Techniques) are a new form of exposure therapy used to treat PTSD from a variety of different causes.

These techniques provide an attractive alternative to more well-established approaches such as cognitive behavioral therapy because of their potential for accelerated healing similar to what has been demonstrated with eye movement desensitization and reprocessing.

There are only a few reports in the literature of the use of EP for the treatment of PTSD resulting from MVA. This clinical report presents 3 case histories documenting the use of single-session EFT for the treatment of acute psychological trauma immediately after a car accident, urticaria as a component of acute stress disorder 2 weeks after a car accident, and PTSD and whiplash syndrome 11 months after a car accident.

These cases are discussed in the context of a review of the current literature on PTSD after MVA and are followed by recommendations for future research.

It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in Psychotherapy for Trauma

Author: White, I. C. (2015). *It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in psychotherapy for trauma* (Master's thesis). Dublin Business School, Ireland. <http://hdl.handle.net/10788/2054>

Abstract: Energy psychology is a novel and controversial family of mind/body approaches used in the treatment of a variety of psychological disorders including post-traumatic stress disorder, anxiety, and depression. The approaches are based on combining concepts from traditional Chinese medicine with simple cognitive interventions. Initial empirical investigation supports claims of efficacy. The aim of this study is to expand and enrich existing research about the use of energy psychology in psychotherapy for trauma, through analysing the accounts of three experienced psychotherapists. Interpretative phenomenological analysis (IPA) was applied to the central research question: How does Energy Psychology impact and inform the life and work of experienced psychotherapists who use Energy Psychology in the treatment of trauma? Four themes emerged: transformation; paradigm shift; state of presence; and spiritual realization. The participants attributed significant changes in their understanding of psychotherapeutic change, personal philosophy, and overall contentment in life to their experience of using energy psychology, leading to the central hypothesis of this study – energy psychology has the potential to catalyse a process of transformation that results in a lived experience of serenity and flourishing. Two new understandings of underlying mechanisms that contribute to the efficacy of energy psychology are theorized: 1) energy psychology shares mechanisms in common with meditative practices that may contribute to positive impacts on autonomic dysregulation; 2) energy psychology provides a manual technique that supports the process known as focusing. Non-specific factors that are common to many forms of psychotherapy also contribute to efficacy. Energy psychology is a suitable treatment in evidence based practice for clients presenting with trauma who: 1) do not favour or may experience re-traumatization during exposure or reliving experiences; 2) are at risk of decompensation due to flooding of traumatic material in the early stages of treatment.

Energy for healing trauma: Energy Psychology and the efficient treatment of trauma and PTSD

Author: Gallo, F. P. (2013). Energy for healing trauma: Energy Psychology and the efficient treatment of trauma and PTSD. *Energy Psychology: Theory, Research, and Treatment*, 5(1), 19–31.

Abstract: Recently there has been increasing interest in investigating energy psychology theoretically and as clinical intervention. This article provides an overview of energy psychology, including its history, theory, active ingredients, and empirical research on the effects in general and for the treatment of trauma and PTSD. Personal and case vignettes are also provided to illustrate the treatment process. The therapeutic effects are also discussed with respect to neuroscience, cognitive restructuring, reciprocal inhibition, genetics, distraction, placebo effect, memory reconsolidation, energetic and spiritual considerations.

Six trauma imprints treated with combination Intervention: Critical incident stress debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT)

Author: Green, M. M. (2002). Six trauma imprints treated with combination Intervention: Critical incident stress debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT). *Traumatology*, 8(1), 18-22.

Abstract: Green Cross Project volunteers in New York City describe a unique intervention which combines elements of Critical Incident Stress Debriefing (CISD) with Thought Field Therapy and Emotional Freedom Techniques. Six trauma imprints were identified and treated in a number of the clients. The combination treatments seemed to have a beneficial effect in alleviating the acute aspects of multiple traumas. Here are the stories of two Spanish speaking couples who were treated in unison by bilingual therapists two to three weeks after the attack on the World Trade Center.

Psychological intervention including Emotional Freedom Techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study

Author: Terri Sheldon, DOI: 10.3844/crpsp.2014.40.63, *Current Research in Psychology*, Volume 5, Issue 1, Pages 40-63.

Abstract: Posttraumatic Stress Disorder (PTSD) is a significant public health concern and can have long-term emotional, social and financial consequences for individuals and society. Lifetime prevalence in the general population is estimated at 8% and rates of exposure to Post-Traumatic Events (PTE) indicate approximately 50 to 65% have been exposed to at least one PTE in their lives. This indicates that approximately 15 to 25% of people exposed may also have a diagnosis of PTSD at some time in their life. It is therefore paramount that sufferers receive effective treatment. A case of successful treatment using Emotional Freedom Technique (EFT) combined with more conventional psychological treatment for a woman, DS, suffering from acute PTSD with travel anxiety post a motor vehicle accident is presented.

Results: The client's progress was evaluated at baseline and post treatment. After six sessions, over an eight week period, improvements were noted on all identified goals and on all assessment tools such that at post treatment DS no longer met the criteria for PTSD. The case highlights the utility of single case designs to evaluate the clinical decisions made in selection of treatment of PTSD. Theoretical implications of this study are discussed and an evaluation of using EFT in this case is provided.

A case report of schizophreniform disorder treated by Oriental medical treatment and Emotional Freedom Techniques

Authors: Ji-Won Lee, Hye-Jin Cha, Young-Min Seo, Deok- Won Seo, Se-Jin Park Dept. of Oriental Neuropsychiatry, Dong-Seo Oriental Medical Center.

Abstract: Schizophreniform Disorder can be put as pre-stage of Schizophrenia, which is known as one of the most common mental disorder. Many studies have shown that Antipsychotic Treatment for Schizophrenia has many side effects such as EPS(Extrapyramidal Symptoms), and recently it has been found that even Non-Antipsychotic Treatment has side effects such as weight gain. This clinical study was aimed to search the therapeutic effects of Oriental medicine in Schizophreniform Disorder, and in reducing the side effects of Western medicine.

Method: We treated the patient diagnosed as Schizophreniform Disorder, whose chief complaint was auditory hallucination, with herbal medicine and acupuncture. Improvement in her clinical symptoms were recorded daily. We also used Emotional Freedom Techniques to control her anxiety effectively.

Results: Auditory hallucination and extrapyramidal symptoms such as tremor disappeared. The patient's anxiety was controlled by Emotional Freedom Techniques effectively.

A case report of a somatization disorder patient with histrionic personality disorder

Author: Kim, S-J., Ryu, C-G., Cho, A-R., Seo, J-H., Kim, J-N., Sung, W-Y., & Park, J-H. (2012). A case report of a somatization disorder patient with histrionic personality disorder. *Journal of Oriental Neuropsychiatry*, 23(2), 85-98. doi:10.7231/JON.2012.23.2.085

Abstract: The histrionic personality disorder (HPD) is characterized by a pattern of excessive emotion and attention-seeking, including seductive behaviour. HPD is closely related to somatization disorder, which is characterized by various physical symptoms that have no pathological manifestation. This report is on the case of 55 year old woman with HPD, and suffering from various physical symptoms that coincide with the DSM-IV diagnostic criteria for somatization disorder.

Methods: The patient was treated with oriental medical treatments (acupuncture, moxibustion, cupping therapy, and herbal medications), clinical hypnotherapy, and emotional freedom techniques. The effects of treatment were measured by VAS.

Results: Chest pain was improved by hypnotherapy and oriental medical treatments. The patient's pantalgia and abdominal discomfort were controlled effectively by emotional freedom techniques.

Conclusions: This result suggests that EFT might be effective for the defensive and dependent somatization disorder patient with HPD.

A case report of a patient with weakness of heart and gall bladder type somatization disorder induced by stress

Author: Seo, J-H., Kang, H-Sun., Kim, Ja-Y., Sung, W-Y., Na, Y-J., & Kim, J-W. (2007). A case report of a patient with weakness of heart and gall bladder type somatization disorder induced by stress. *Journal of Oriental Neuropsychiatry*, 18(3), 249-260.

Abstract: Clinicians note an increase in minor stress associated with somatization disorder. This clinical report describes a patient with somatization disorder induced by stress who was treated with a typical oriental medical protocol (herbal medicine and acupuncture) to reinforce the heart and gall bladder, in combination with EFT for psychological conditions. Symptom levels on the State Trait Anxiety Inventory and the Beck Depression Inventory were assessed before and after treatment. The results show that typical oriental medical treatments for reinforcing the weakness of heart and gall bladder meridians, in combination with EFT, are efficient in the treatment of somatization disorder.

Keywords: Somatization disorder, EFT, Heart, Gall bladder, Meridian.

A case study of Tourette's Syndrome with adjunct neuro-feedback treatment

Author: Chun, Y-H., & Kim, B-K. (2008) A case study of Tourette's Syndrome with adjunct neuro-feedback treatment. *Journal of Oriental Neuropsychiatry*, 19(3), 277-288.

Abstract: The subject was a 13 year old boy diagnosed 5 years previously with Tourette's syndrome, in addition to a vocal tic and a motor tic. The course of treatment included Korean herbal medicine, 8-constitution acupuncture, Chimsband electromagnetic conductive strips, neuro-feedback, and EFT therapy. Pre-post measures were obtained using the Yale Global Tic Severity Scale (YGTSS). After a course of treatment lasting 9 months, his YGTSS score went from 119 to 38, indicating clinical improvement of his tic symptoms. We believe that Korean herbal medicine and neuro-feedback were particularly effective, especially SMR beta training. While EFT assisted the patient's recovery, its application was time-consuming. Improvement was also found using the Cans 3000. We believe that Tourette's requires extensive courses of treatment, and do not predict success from brief protocols.

Veterans: Finding their way home with EFT

Author: Dinter, I. (2008). Veterans: Finding their way home with EFT. *International Journal of Healing and Caring*, 8(3).

Abstract: Helping Veterans heal from the trauma of war has been a journey into a spiritual place that I might not have been able to reach otherwise. I am filled with gratitude for every soldier who has allowed me to get an insight into his or her world. These are my most amazing mentors who are giving me their loving trust and support to continue this journey. As a life coach, specializing in Emotional Freedom Techniques (EFT), I have been blessed and honoured to help many Veterans heal from their trauma of war. I have worked with US Marines who, even after 40 years, still can't find forgiveness for what happened in Vietnam. I have helped Veterans from most recent wars who have relived their nightmares of horror, overwhelm and danger every night. EFT4Vets, the training program for practitioners I have developed, understands PTSD symptoms as symptoms of the soul. It offers an integrated program for practitioners that will enable the EFT coach to assist the Veterans on the physical, mental, emotional, relational and soul levels. This program honours the transformational effect that using EFT for helping Veterans to release PTSD symptoms can have on the practitioner as well as the Veteran. Building rapport and trust between the practitioner and the client before the work together begins is an integral part of the training, and so is the thorough teaching of specific applications and techniques of EFT for Veterans through presentation, demonstration and practice.

Working with military service members and veterans: A field report of obstacles and opportunities

Author: Dinter, I. (2009). Working with military service members and veterans: A field report of obstacles and opportunities. *Energy Psychology: Theory, Research, and Treatment*, 1(1), 89-92.

Abstract: The first few moments of an encounter with a veteran may be crucial in establishing a therapeutic alliance. A posture of respect and acknowledgment of their service provides a good start. Political observations should be avoided. Many service members identify with the archetypal warrior, laying down their lives to protect others and have a sense of betrayal that their purpose has been interrupted. They are often reluctant to talk about their experiences, or engage with a mental health practitioner, because of similar past experiences that did not bring relief. EFT is useful in this context because it can be used without the veteran describing the emotionally triggering event. Veterans may experience these as real, present-time events, not as memories distant in time. Service members may also be afraid that their mental health symptoms may make them appear weak to their comrades and superiors, potentially damaging their careers. Symptoms like flashbacks and nightmares often occur when healthcare providers are unavailable, and a portable self-help method like EFT is useful at such times. EFT also provides a coping technique to families of service providers and improves resilience. Successful implementation in a military culture requires sensitivity to these issues.

Keywords: veterans, PTSD, therapeutic alliance, memories, flashbacks, EFT, Emotional Freedom Techniques

Effect of trance techniques on emotion and pain: Utilizing NLP and EFT

Author: Lee, H-J. (2012). *Effect of trance techniques on emotion and pain: Utilizing NLP and EFT* (Unpublished master's thesis). Kwangju Women's University, South Korea.

The effect of Emotional Freedom Techniques (EFT) on stress biochemistry: A randomized controlled trial

Abstract: This study examined the changes in cortisol levels and psychological distress symptoms of 83 nonclinical subjects receiving a single hour long intervention. Subjects were randomly assigned to either an emotional freedom technique (EFT) group, a psychotherapy group receiving a supportive interviews (SI), or a no treatment (NT) group. Salivary cortisol assays were performed immediately before and 30 minutes after the intervention. Psychological distress symptoms were assessed using the symptom assessment-45. The EFT group showed statistically significant improvements in anxiety (-58.34% , $p < 0.05$), depression (-49.33% , $p < 0.002$), the overall severity of symptoms (-50.5% , $p < 0.001$), and symptom breadth (-41.93% , $p < 0.001$). The EFT group experienced a significant decrease in cortisol level (-24.39% ; SE, 2.62) compared with the decrease observed in the SI (-14.25% ; SE, 2.61) and NT (-14.44% ; SE, 2.67) groups ($p < 0.03$). The decrease in cortisol levels in the EFT group mirrored the observed improvement in psychological distress.

Epigenetic effects of PTSD remediation in veterans using Clinical Emotional Freedom Techniques: A randomized controlled pilot study

Abstract: To assess the feasibility of measuring changes in gene expression associated with post-traumatic stress disorder (PTSD) treatment using emotional freedom techniques (EFT).

Design: Participants were randomized into an EFT group receiving EFT and treatment as usual (TAU) throughout a 10-week intervention period and a group receiving only TAU during the intervention period and then receiving EFT. **Setting:** A community clinic and a research institute in California. **Participants:** Sixteen veterans with clinical levels of PTSD symptoms. **Intervention:** Ten-hour long sessions of EFT. **Measures:** Messenger RNA levels for a focused panel of 93 genes related to PTSD. The Symptom Assessment 45 questionnaire, Hospital Anxiety and Depression Scale, Insomnia Severity Scale, SF-12v2 for physical impairments, and Rivermead Post-concussion Symptoms Questionnaire.

Analysis: Pre-, post-treatment, and follow-up mean scores on questionnaires were assessed using repeated measures 1-way analysis of variance. A Student t test and post hoc analyses were performed on gene expression data. **Results:** Post-traumatic stress disorder symptoms declined significantly in the EFT group (-53%, $P < .0001$). Participants maintained their gains on follow-up. Significant differential expression of 6 genes was found ($P < .05$) when comparing the expression levels before and after the intervention period in participants receiving EFT.

Conclusion: Study results identify candidate gene expression correlates of successful PTSD treatment, providing guidelines for the design of further studies aimed at exploring the epigenetic effects of EFT.

Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT (Emotional Freedom Techniques)

Author: Dawson Church, National Institute for Integrative Healthcare, Jerrod Nelms, Western Kentucky University

Abstract: Clinical EFT (Emotional Freedom Techniques) combines acupoint stimulation with elements of cognitive and exposure therapy. Numerous studies have demonstrated the efficacy of EFT for depression, anxiety, phobias, PTSD, and other psychological conditions. The current study assesses whether acupoint stimulation is an active ingredient or whether treatment effects are due to non-specific factors. Thirty-seven participants with “frozen shoulder” consisting of limited range of motion (ROM) and pain were randomized into a wait list, or one of two treatment groups. ROM, pain, and the breadth and depth of psychological conditions such as anxiety and depression were assessed before and after a 30-minute treatment session, and 30 days later. One treatment group received Clinical EFT, while the other received an identical cognitive/exposure protocol but with diaphragmatic breathing (DB) substituted for acupoint stimulation. No significant improvement in any psychological symptom was found in the wait list. Participants in the both the EFT and DB groups demonstrated significant post-test improvement in psychological symptoms and pain. Follow-up showed that both groups maintained their gains for pain, with EFT superior to DB, but only the EFT group maintained gains for psychological symptoms ($p < 0.001$). Large EFT treatment effects were found, with a Cohen’s $d = .9$ for anxiety and pain, and $d = 1.1$ for depression. Though EFT showed a greater trend for improved ROM in most dimensions of movement, changes were non-significant for most measures in all groups. Reductions in psychological distress were associated with reduced pain as well as with improved ROM. The results are consistent with five earlier dismantling studies showing that acupoint stimulation is an active ingredient in EFT treatment. The study adds further support to other clinical trials indicating that Clinical EFT is an efficacious evidence-based treatment for pain and psychological conditions.

Keywords: range of motion, ROM, EFT, Emotional Freedom Techniques, Diaphragmatic Breathing, pain, depression, anxiety.

Differential gene expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA assessment

Author: Marjorie E. Maharaj, Department of Applied Psychology, Akamai University, Hilo, HI

Abstract: Biopsychology is a rapidly expanding field of study since the completion of the Human Genome Project in 2003. There is little data measuring the effect of psychotherapeutic interventions on gene expression, due to the technical, logistical, and financial requirements of analysis. Being able to measure easily the effects of therapeutic experiences can validate the benefits of intervention. In order to test the feasibility of gene expression testing in a private practice setting, this study compared messenger ribonucleic acid (mRNA) and gene expression before and after psychotherapy and a control condition. With four non-clinical adult participants, it piloted a novel methodology using saliva stored at room temperature. A preliminary test of the interleukin-8 (IL8) gene in both blood and saliva was performed in order to determine equivalency in the two biofluids; convergent validity was found. Following saliva test validation, a broad, genome-wide analysis was performed to detect differential gene expression in samples collected before and after treatment with Emotional Freedom Techniques (EFT), an evidence-based practice combining acupuncture and cognitive exposure. The control treatment was non-therapeutic social interaction. To establish a baseline, participants received the control first, followed a week later by EFT. Analysis of samples was performed at three time points: immediately before treatment, immediately after, and 24 hours later. Differential expression between EFT and control was found in numerous genes implicated in overall health ($p < 0.05$). Further, the differentially expressed genes in this study were shown to be linked to immunity, pro or anti-inflammatory, as well as neuronal processes in the brain. Ten of the 72 differentially expressed genes are identified as promising targets for downstream research. The data show promise for the future use of salivary samples to determine the effects of therapy; this pilot protocol also illustrated the challenges and limitations of novel technologies employed in biopsychology.

Keywords: epigenetics, DNA, mRNA, gene expression, protein synthesis, brain plasticity, neurogenesis, biopsychology

Neurophysiological indicators of EFT treatment of post-traumatic stress

Authors: Paul G. Swingle, Ph.D.; Lee Pulos, Ph.D. & Mari K. Swingle, M.A.

Abstract: Clients previously involved in a motor vehicle accident who reported traumatic stress associated with the accident received two sessions of Emotional Freedom Techniques (EFT) treatments. All clients reported improvement immediately following treatment. Brainwave assessments before and after EFT treatment indicated that clients who sustained the benefit of the EFT treatments had increased 13-15 Hz amplitude over the sensory motor cortex, decreased right frontal cortex arousal and an increased 3-7 Hz / 16-25 Hz ratio in the occiput. The benefits of psychoneurological research to reveal the processes of subtle energy healing are discussed.

Keywords: Emotional Freedom Technique, Traumatic Stress, EEG.

Modulating gene expression through psychotherapy: The contribution of non-invasive somatic interventions

Author: David Feinstein Dawson Church

Abstract: Mapping the relationship between gene expression and psychopathology is proving to be among the most promising new frontiers for advancing the understanding, treatment, and prevention of mental disorders. Each cell in the human body contains some 23,688 genes, yet only a tiny fraction of a cell's genes are active or "expressed" at any given moment. The interactions of biochemical, psychological, and environmental factors influencing gene expression are complex, yet relatively accessible technologies for assessing gene expression have allowed the identification of specific genes implicated in a range of psychiatric disorders, including depression, anxiety, and schizophrenia. Moreover, successful psychotherapeutic interventions have been shown to shift patterns of gene expression. Five areas of biological change in successful psychotherapy that are dependent upon precise shifts in gene expression are identified in this paper. Psychotherapy ameliorates (a) exaggerated limbic system responses to innocuous stimuli, (b) distortions in learning and memory, (c) imbalances between sympathetic and parasympathetic nervous system activity, (d) elevated levels of cortisol and other stress hormones, and (e) impaired immune functioning. The thesis of this paper is that psychotherapies which utilize non-invasive somatic interventions may yield greater precision and power in bringing about therapeutically beneficial shifts in gene expression that control these biological markers. The paper examines the manual stimulation of acupuncture points during psychological 3 exposure as an example of such a somatic intervention. For each of the five areas, a testable proposition is presented to encourage research that compares acupoint protocols with conventional therapies in catalyzing advantageous shifts in gene expression.

Keywords: Acupuncture, DNA, Epigenetics, Exposure, Gene Expression.

Taming the amygdala: An EEG analysis of exposure therapy for the traumatized

Author: Melvin Harper

Abstract: Animal and human studies have shown that the emotional aspects of fear memories mediated in the lateral nucleus of the amygdala can be extinguished by application of low-frequency tetanic stimulation or by repetitive sensory stimulation, such as tapping the cheek. Sensory input creates a remarkable increase in the power of the low-frequency portion of the electroencephalogram (EEG) spectrum. Glutamate receptors on synapses that mediate a fear memory in attention during exposure therapy are depotentiated by these powerful waves of neuronal firings, resulting in disruption of the memory network. In this study, the role of sensory input used in the principal exposure therapies is examined through analysis of the raw EEG data obtained in clinical and lab tests. Nearly all sensory inputs applied to the upper body result in wave power sufficiently large to quench fear–memory networks regardless of input location and type and whether the sensory input is applied unilaterally or bilaterally. No power advantage is found for application of sensory input at energy meridians or gamut points. The potential for new or extended applications of synaptic depotentiation in amygdalar memory networks is discussed.

Emotional Freedom Techniques (EFT) as an effective adjunctive choice in the neurotherapeutic treatment of seizure disorders

Author: Paul G. Swingle

Abstract: Neurotherapy, including brainwave biofeedback, has been found to be an effective treatment for seizure disorders. A principal component of this treatment is an increase in the amplitude of the Sensory Motor Rhythm (SMR) over the sensory motor cortex in the brain.

Electroencephalographic (QEEG) assessment of brainwave activity indicated that Emotional Freedom Technique (EFT) increased SMR amplitude. The present article reviews the research on the effects of components of the EFT procedure on brainwave functioning that have been found to be beneficial in the treatment of seizure disorders.

Is acupoint tapping an active ingredient or an inert placebo in Emotional Freedom Techniques (EFT)? A randomized controlled dismantling study

Author: Louis Fox, Liverpool John Moores University

Abstract: EFT or Emotional Freedom Techniques is the most widely used energy psychology method. It combines psychological exposure with the stimulation of acupuncture points (acupoints).

This study used 2 conditions. EFT and a control group to assess emotional self-report and mindfulness. The sample consisted of 20 undergraduates; 8 study-related emotions and mindfulness were measured immediately before and 7 days after each 40-min intervention with the Achievement Emotions Questionnaire and Philadelphia Mindfulness Scale.

Mixed analysis of variance with paired-sample t tests showed that EFT participants experienced significantly greater increases in enjoyment ($p < .005$) and hope ($p < .05$) and significantly greater decreases in anger ($p < .05$) and shame ($p < .05$) than did the control group. When data from all emotion-dependent variables were grouped together, analysis showed that EFT participants experienced a significantly greater increase in “positive emotions” ($p < .01$) and significantly greater decrease in “negative emotions” ($p < .01$) than did the control group. No significant change was found for mindfulness.

Tapping on acupoints, combined with the vocalization of self-affirming statements, appears to be an active ingredient in EFT rather than an inert placebo. The results were consistent with other published reports demonstrating EFTs efficacy for addressing psychological conditions in students.

Keywords: Emotional Freedom Techniques, EFT, achievement emotions, mindfulness, undergraduates, study anxiety, acupoint tapping.

Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study

Authors: Rachel Rogers and Sharon Sears, Fort Lewis College

Abstract: Previous studies have demonstrated that Clinical EFT (Emotional Freedom Techniques) is an evidence-based method that relieves stress and a variety of psychological conditions. EFT combines techniques drawn from conventional methods such as cognitive therapy with the novel ingredient of acupressure. The goal of the current study was to determine whether or not EFT could quickly reduce stress symptoms in college students, and to compare the efficacy of acupoint stimulation to the stimulation of sham points. Participants were 56 university students randomly assigned to either the EFT (n = 26) or sham group (n = 30). They were assessed for nine common stress symptoms before and after a single 15-20 minute group treatment session. Sessions occurred on campus in groups of five to 10 students. Participants in both groups repeated statements from a script containing eight sets of stressful cognitions centered on feeling overwhelmed and hopeless, and ending with positive affirmations. Those in the EFT group stimulated the points described in manualized form of the method, while those in the second group stimulated sham acupressure points. There were no significant differences in stress symptoms between the two groups at pre-test. Post-test, symptoms were reduced in the EFT group by 39.3% and in the sham acupressure group by 8.1% ($p < .001$), demonstrating that the stimulation of actual points is superior to sham points even when all other components of treatment remain identical. The results of this study are consistent with previous dismantling studies demonstrating that acupressure is an active ingredient in the EFT protocol and not a placebo or inert component of treatment. Clinical EFT is an effective immediate treatment for common stress symptoms.

Keywords: EFT, Emotional Freedom Techniques, Clinical EFT, dismantling, sham, acupressure, students, stress

Influence of Spiritual Therapy Emotional Freedom Technique (SEFT) on cortisol levels and immunoglobulin E (study of anxiety in pregnant women in independent practice midwives Semarang)

Author: Yuniarti Yuniarti, Ari Suwondo, Runjati Runjati, Sandy Isna Maharani, Herlina Ofiwijayanti, Stefani Anastasia

Abstract: Pregnant women primigravida experience fear, anxiety, and fear before delivery. Worries and anxieties of pregnant women if not handled properly will have an impact and influence on the physical and psychic, both the mother and foetus.

Method: In this study, we proposed a method named SEFT (Spiritual Therapy Emotional Freedom Technique) to reduce the stress and depress among the primigravida in giving birth. This study employed a quasi-experimental design with pretest-posttest control group. Fifteen trimester primigravida with a gestational age of 28 to 35 weeks in three private midwifery practice Mandiri (BPM) in the Banyumanik and Tembalang district were involved by consecutive sampling technique both in experimental and control group. SEFT therapy, a knock technique on the nine meridian points including a point at the top of the head, was provided to the respondents in the experimental group for 14 days (two weeks) every night. From the data, we highlight a significant increasing level of cortisol levels among the primigravida who enter the last stage of pregnancy from 269.29 ± 14.75 nmol/L to 334.39 ± 19.81 nmol/L. The stress and anxiety before delivery elevate the IgE levels from 206.17 ± 55.4 IU/mL to 220.33 ± 56.23 IU/mL.

Results: we revealed a significant contribution of SEFT therapy to reduce the levels of cortisol (p value < 0.001) and IgE (p value < 0.01). The data indicated the primigravida who obtained SEFT are more relaxed to face the delivery. The results recommend SEFT as the alternative solution for the primigravida who stress and depress facing delivery.

Energy healing at the frontier of genomics

Author: Garret Yount

Abstract: Modern genomics has revealed that the biological source of human complexity is in the regulation of gene expression, or the process of turning genes “on and off” and modulating their products.

This chapter describes molecular road maps that could potentially link the effects of healing energy interventions with recently discovered molecules that are potent regulators of gene expression, called microRNAs.

Since there are more than a thousand human microRNAs and each of them is believed to be able to regulate the expression of hundreds of target genes, these molecules have wide-ranging influence in biological processes. As an example, molecular routes are described that start with EFT-induced changes in cortisol levels and follow various established signaling pathways leading to the modulation of gene expression that contributes to cancer biology.

Keywords: EFT, gene expression, genomics, epigenetics, microRNA, non-coding RNA, cortisol, -inflammation.

How Emotional Freedom Techniques (EFT) may be utilizing memory reconsolidation mechanisms for therapeutic change in neuropsychiatric disorders such as PTSD and phobia: A proposed model

Author: Kalla, M., & Stapleton, P. (2016). How Emotional Freedom Techniques (EFT) may be utilizing memory reconsolidation mechanisms for therapeutic change in neuropsychiatric disorders such as PTSD and phobia: A proposed model. *Explore: The Journal of Science and Healing* (in press).

Abstract: Maladaptive fear memories attributed to Pavlovian associations are considered to be at the crux of neuropsychiatric disorders such as post-traumatic stress disorder and phobia. The memory reconsolidation theory suggests that upon retrieval, memories become labile for a few hours, during which yielding a prediction error can lead to therapeutic change. This article proposes that Emotional Freedom Techniques (EFT), a therapeutic intervention combining psychotherapy with a somatic acupoint stimulation component may be utilizing memory reconsolidation mechanisms to facilitate therapeutic change. The EFT protocol combines three crucial elements of therapeutic change, namely, retrieval of fear memories, incorporation of new emotional experiences and learnings into the memory creating a prediction error, and finally reinforcement of the new learning.

Energy psychology in rehabilitation: Origins, clinical applications, and theory

Author: Fred P. Gallo

Abstract: Three forces have dominated psychology and psychological treatment at different times since the early 1900s.

The first force was Freudian psychoanalysis and its offshoots that focus on unconscious psychodynamics and developmental fixations, with principal therapeutic techniques including free association, dream analysis, interpretation, and abreaction.

Second came behaviourism, spearheaded by Pavlov, Watson, and Skinner, which emphasized environmental stimuli and conditioning, its techniques including respondent and operant conditioning, exposure, desensitization, schedules of reinforcement, modeling, and more.

The third force involved humanistic and transpersonal approaches that attend to values and choice, including client-centered therapy, gestalt therapy, phenomenology, and cognitive therapy, some of the principal leaders being Rogers, Maslow, Perls, Rollo May, Binswanger, and Ellis.

Recently the new paradigm of energy psychology has emerged, which may be considered psychology's fourth force. The earliest pioneers included Goodheart, Diamond, and Callahan. This theoretical and practice approach offers the field some unique findings, as it views psychological problems as body/mind interactions and bioenergy fields, providing treatments that directly and efficiently address these substrates.

Some of energy psychology's techniques include stimulating acupoints and chakras, specific body postures, affirmations, imagery, manual muscle testing, and an emphasis on intention.

This review covers energy psychology's historical development and experimental evidence base. Case illustrations and treatment protocols are discussed for the treatment of psychological trauma and physical pain, two of the most important and ubiquitous aspects common to rehabilitation conditions.

Additionally, the research on energy psychology is highlighted, and the distinction between global treatments and causal energy diagnostic-treatment approaches to treatment is addressed.

The neurochemistry of counterconditioning: Acupressure desensitization in psychotherapy

Author: James R. Lane

Abstract: A growing body of literature indicates that imaginal exposure, paired with acupressure, reduces mid-brain hyperarousal and counter-conditions anxiety and traumatic memories.

Exposure therapies that elicit the midbrain's anxiety reflex and then replace it with a relaxation response are said to "reciprocally inhibit" anxiety. More recent research indicates that manual stimulation of acupuncture points produces opioids, serotonin, and gamma-aminobutyric acid (GABA), and regulates cortisol.

These neurochemical changes reduce pain, slow the heart rate, decrease anxiety, shut off the FFF response, regulate the autonomic nervous system, and create a sense of calm. This relaxation response reciprocally inhibits anxiety and creates a rapid desensitization to traumatic stimuli.

This paper explores the neurochemistry of the types of acupressure counter-conditioning used in energy psychology and provides explanations for the mechanisms of actions of these therapies, based upon currently accepted paradigms of brain function, behavioural psychology, and biochemistry.

A neurobiological basis for the observed peripheral sensory modulation of emotional responses

Author: Ronald A. Ruden

Abstract: A new therapy for phobias, PTSD, addictive behaviours and other psychological issues was first described by Dr. Roger Callahan and involves thought activation of the problem followed by tapping on certain acupoints in a specific sequence. In addition, a gamut procedure involving further tapping, eye movements and following simple commands is used. He calls his method Thought Field Therapy. In most cases, the problems were reportedly cured in a matter of minutes. We theorize about the neuroanatomical and neurophysiological mechanisms underlying the success of this technique. We propose that tapping and other sensory stimulation procedures globally increase serotonin. The important structures specifically involved in this therapy are the prefrontal cortex and the amygdala. The success of this technique requires that glutamate first be increased in the circuit that involves the conditioning stimulus and the unconditioned stimulus. This analysis does not define sequences for tapping. We suggest the name **Psychosensory Therapy** to encompass this specific treatment as well as to define a broader new paradigm for the treatment of these problems.

Evidence and potential mechanisms for mindfulness practices and Energy Psychology for obesity and binge eating disorder

Authors: Sojcher, R., Gould-Fogerite, S., & Perlman, A. (2012). Evidence and potential mechanisms for mindfulness practices and Energy Psychology for obesity and binge eating disorder. *Explore: The Journal of Science and Healing*, 8(5), 271-276. doi:10.1016/j.explore.2012.06.003

Abstract: Obesity is a growing epidemic. Chronic stress produces endocrine and immune factors that are contributors to obesity's etiology. These biochemicals also can affect appetite and eating behaviours that can lead to binge-eating disorder. The inadequacies of standard care and the problem of patient noncompliance have inspired a search for alternative treatments. Proposals in the literature have called for combination therapies involving behavioural or new biological therapies. This manuscript suggests that mind-body interventions would be ideal for such combinations. Two mind-body modalities, energy psychology and mindfulness meditation, are reviewed for their potential in treating weight loss, stress, and behaviour modification related to binge-eating disorder. Whereas mindfulness meditation and practices show more compelling evidence, energy psychology, in the infancy stages of elucidation, exhibits initially promising outcomes but requires further evidence-based trials.

Keywords: obesity, binge eating disorder, Emotional Freedom Techniques, EFT, mindfulness meditation, mindful eating, energy psychology

The Dream to Freedom Technique, a methodology for integrating the complementary therapies of Energy Psychology and dreamwork

Authors: By Robert J. Hoss & Lynne M. Hoss

Abstract: The psychological healing process often starts with surface-level problems, peeling away emotional layers until the core issue surfaces. When integrating energy psychology with dreamwork, however, it is possible to begin at a deeper level. Dreams focus on the more salient unprocessed emotional issues of the day, thus dreamwork can quickly bring to consciousness an issue that a person is dealing with on a subconscious level.

On the other hand, dreamwork alone – in the absence of other therapies – is not necessarily effective in reducing the emotional stress that may surface or moving through the emotional impasses. Energy Psychology (EP) in turn complements dreamwork by providing a method for reducing emotional stress, and reducing the emotional barriers to healing, once an issue is identified.

Combining the two disciplines integrates the primary benefits of both into one technique, which is useful for self-help or in a therapeutic setting. The Dream To Freedom technique combines a deep and rapid Gestalt-based approach for surfacing the emotional issues that the subconscious is working on, with the rapid and highly effective Emotional Freedom Techniques for quickly reducing emotional stress surrounding those core issues.

The protocol also provides a technique for closure which uses the dream's natural tendency for projection to provide insight.

Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis

Author: Ben Gurion University, Medical School for International Health, Beersheva, Israel

Abstract: Emotional Freedom Technique (EFT) combines elements of exposure and cognitive therapies with acupuncture for the treatment of psychological distress. Randomized controlled trials retrieved by literature search were assessed for quality using the criteria developed by the American Psychological Association's Division 12 Task Force on Empirically Validated Treatments. As of December 2015, 14 studies (n = 658) met inclusion criteria.

Results: Results were analyzed using an inverse variance weighted meta-analysis. The pre-post effect size for the EFT treatment group was 1.23 (95% confidence interval, 0.82-1.64; $p < 0.001$), whereas the effect size for combined controls was 0.41 (95% confidence interval, 0.17-0.67; $p = 0.001$). Emotional freedom technique treatment demonstrated a significant decrease in anxiety scores, even when accounting for the effect size of control treatment. However, there were too few data available comparing EFT to standard-of-care treatments such as cognitive behavioural therapy, and further research is needed to establish the relative efficacy of EFT to established protocols.

A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression

Abstract: Among a group of therapies collectively known as energy psychology (EP), emotional freedom techniques (EFT) is the most widely practiced. Clinical EFT is an evidence-based practice combining elements of cognitive and exposure therapies with the manual stimulation of acupuncture points (acupoints). Lacking is a recent quantitative meta-analysis that enhances understanding of the variability and clinical significance of outcomes after clinical EFT treatment in reducing depression.

Method: All studies (2005–2015) evaluating EFT for sufferers of depression were identified by electronic search; these included both outcome studies and randomized controlled trials (RCTs). Our focus was depressive symptoms as measured by a variety of psychometric questionnaires and scales. We used meta-analysis to calculate effect sizes at three time points including posttest, follow-ups less than 90 days, and follow-ups more than 90 days.

Results: In total, 20 studies were qualified for inclusion, 12 RCTs and 8 outcome studies. The number of participants treated with EFT included $N = 461$ in outcome studies and $N = 398$ in RCTs. Clinical EFT showed a large effect size in the treatment of depression in RCTs. At posttest, Cohen's d for RCTs was 1.85 and for outcome studies was 0.70. Effect sizes for follow-ups less than 90 days were 1.21, and for ≥ 90 days were 1.11. EFT were more efficacious than diaphragmatic breathing (DB) and supportive interview (SI) in posttest measurements ($P = .06$ versus DB, $P < .001$ versus SI), and sleep hygiene education (SHE) at follow-up ($P = .036$). No significant treatment effect difference between EFT and eye movement desensitization and reprocessing (EMDR) was found. EFT were superior to treatment as usual (TAU), and efficacious in treatment time frames ranging from 1 to 10 sessions. The mean of symptom reductions across all studies was -41% .

Conclusion: The results show that Clinical EFT were highly effective in reducing depressive symptoms in a variety of populations and settings. EFT were equal or superior to TAU and other active treatment controls. The post-test effect size for EFT ($d = 1.31$) was larger than that measured in meta-analyses of antidepressant drug trials and psychotherapy studies. EFT produced large treatment effects whether delivered in group or individual format, and participants maintained their gains over time. This meta-analysis extends the existing literature through facilitation of a better understanding of the variability and clinical significance of depression improvement subsequent to EFT treatment.

The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis

Abstract: Over the past two decades, growing numbers of clinicians have been utilizing emotional freedom techniques (EFT) in the treatment of post-traumatic stress disorder (PTSD), anxiety, and depression. Randomized controlled trials (RCTs) have shown encouraging outcomes for all three conditions.

Objective: To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs.

Method: A systematic review of databases was undertaken to identify RCTs investigating EFT in the treatment of PTSD. The RCTs were evaluated for quality using evidence-based standards published by the American Psychological Association Division 12 Task Force on Empirically Validated Therapies. Those meeting the criteria were assessed using a meta-analysis that synthesized the data to determine effect sizes. While uncontrolled outcome studies were excluded, they were examined for clinical implications of treatment that can extend knowledge of this condition.

Results: Seven randomized controlled trials were found to meet the criteria and were included in the meta-analysis. A large treatment effect was found, with a weighted Cohen's $d = 2.96$ (95% CI: 1.96–3.97, $P < .001$) for the studies that compared EFT to usual care or a waitlist. No treatment effect differences were found in studies comparing EFT to other evidence-based therapies such as eye movement desensitization and reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study).

Conclusion: The analysis of existing studies showed that a series of 4–10 EFT sessions is an efficacious treatment for PTSD with a variety of populations. The studies examined reported no adverse effects from EFT interventions and showed that it can be used both on a self-help basis and as a primary evidence-based treatment for PTSD.

Keywords: Emotional freedom techniques, posttraumatic stress disorder, veteran.

Empirically Supported Psychological Treatments: The Challenge of Evaluating Clinical Innovations

Authors: Church, D., Feinstein, D., Palmer-Hoffman, J., Stein, P. K., & Tranguch, A. (2014). Empirically supported psychological treatments: The challenge of evaluating clinical innovations. *Journal of Nervous and Mental Disease*, 202(10), 699-709.

Abstract: Clear and transparent standards are required to establish whether or not a therapeutic method is “evidence-based.” Even when research demonstrates a method to be efficacious, it may not become available to patients who could benefit from it, a phenomenon known as the “translational gap.” Only 30% of therapies cross the gap, while the lag between empirical validation and clinical implementation averages 17 years. To address these problems Division 12 of the American Psychological Association published a set of standards for “empirically- supported treatments” in the mid-1990s that allows the assessment of clinical modalities.

This paper reviews these criteria, identifies their strengths, and discusses their impact on the translational gap, using the development of a clinical innovation called Emotional Freedom Techniques (EFT) as a case study. Twelve specific recommendations for updates of the Division 12 criteria are made based on lessons garnered from the adoption of EFT within the clinical community. These recommendations would shorten the cycle from the research setting to clinical practice, increase transparency, incorporate recent scientific advances, and enhance the capacity for succinct comparisons among treatments.

Acupoint Stimulation in Treating Psychological Disorders: Evidence of Efficacy

Abstract: Energy psychology is a clinical and self-help modality that combines verbal and physical procedures for effecting therapeutic change. While utilizing established clinical methods such as exposure and cognitive restructuring, the approach also incorporates concepts and techniques from non-Western healing systems. Its most frequently utilized protocols combine the stimulation of acupuncture points (by tapping on, holding, or massaging them) with the mental activation of a targeted psychological issue. Energy psychology has been controversial, in part due to its reliance on explanatory mechanisms that are outside of conventional clinical frameworks and in part because of claims by its early proponents—without adequate research support—of extraordinary speed and power in attaining positive clinical outcomes.

This paper revisits some of the field's early claims, as well as current practices, and assesses them in the context of existing evidence. A literature search identified 51 peer-reviewed papers that report or investigate clinical outcomes following the tapping of acupuncture points to address psychological issues. The 18 randomized controlled trials in this sample were critically evaluated for design quality, leading to the conclusion that they consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions. Criteria for evidence-based treatments proposed by Division 12 of the American Psychological Association were also applied and found to be met for a number of anxiety-based conditions, including PTSD. Neurological mechanisms that may be involved in these surprisingly strong findings are also considered.

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Emotional Freedom Techniques to treat posttraumatic stress disorder in veterans: Review of the evidence, survey of practitioners, and proposed clinical guidelines

Abstract: High prevalence rates of posttraumatic stress disorder (PTSD) in active military and veterans present a treatment challenge. Many PTSD studies have demonstrated the efficacy and safety of Emotional Freedom Techniques (EFT).

Objectives: To develop clinical best practice guidelines for the use of EFT to treat PTSD, on the basis of the published literature, practitioner experience, and typical case histories.

Method: We surveyed 448 EFT practitioners to gather information on their experiences with PTSD treatment. This included their demographic profiles, prior training, professional settings, use of assessments, and PTSD treatment practices. We used their responses, with the research evidence base, to formulate clinical guidelines applying the "stepped care" treatment model used by the United Kingdom's National Institute for Health and Clinical Excellence.

Results: Most practitioners (63%) reported that even complex PTSD can be remediated in 10 or fewer EFT sessions. Some 65% of practitioners found that more than 60% of PTSD clients are fully rehabilitated, and 89% stated that less than 10% of clients make little or no progress. Practitioners combined EFT with a wide variety of other approaches, especially cognitive therapy. Practitioner responses, evidence from the literature, and the results of a meta-analysis were aggregated into a proposed clinical guideline.

Conclusion: We recommend a stepped care model, with 5 EFT therapy sessions for subclinical PTSD and 10 sessions for clinical PTSD, in addition to group therapy, online self-help resources, and social support. Clients who fail to respond should be referred for appropriate further care.

Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions

Author: Church, D. (2013). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions. *Psychology*, 4(8), 645-654. doi:10.4236/psych.2013.48092

Abstract: Emotional Freedom Techniques (EFT) has moved in the past two decades from a fringe therapy to widespread professional acceptance. This paper defines Clinical EFT, the method validated in many research studies, and shows it to be an “evidence-based” practice. It describes standards by which therapies may be evaluated such as those of the American Psychological Association (APA) Division 12 Task Force, and reviews the studies showing that Clinical EFT meets these criteria. Several research domains are discussed, summarizing studies of: (a) psychological conditions such as anxiety, depression, phobias and posttraumatic stress disorder (PTSD); (b) physiological problems such as pain and autoimmune conditions; (c) professional and sports performance, and (d) the physiological mechanisms of action of Clinical EFT. The paper lists the conclusions that may be drawn from this body of evidence, which includes 23 randomized controlled trials and 17 within-subjects studies. The three essential ingredients of Clinical EFT are described: exposure, cognitive shift, and acupressure. The latter is shown to be an essential ingredient in EFTs efficacy, and not merely a placebo. New evidence from emerging fields such as epigenetics, neural plasticity, psychoneuroimmunology and evolutionary biology confirms the central link between emotion and physiology, and points to somatic stimulation as the element common to emerging psychotherapeutic methods. The paper outlines the next steps in EFT research, such as smartphone-based data gathering, large scale group therapy, and the use of biomarkers. It concludes that Clinical EFT is a stable and mature method with an extensive evidence base. These characteristics have led to growing acceptance in primary care settings as a safe, rapid, reliable, and effective treatment for both psychological and medical diagnoses.

Keywords: clinical EFT, evidence, psychological treatment, Emotional Freedom Techniques, EFT, physiological conditions.

Emotional freedom techniques (EFT) as a practice for supporting chronic disease healthcare: A practitioners' perspective

Authors: Kalla, M., Simmons, M., Robinson, A., & Stapleton, P. (2017). Emotional freedom techniques (EFT) as a practice for supporting chronic disease healthcare: A practitioners' perspective. *Disability and Rehabilitation*, 1–9. doi:10.1080/09638288.2017.130612

Abstract: The objective of the present study was to explore Emotional Freedom Techniques (EFT) practitioners' experiences of using EFT to support chronic disease patients. This was part of a larger study exploring chronic disease patients' and EFT practitioners' experiences of using EFT to support chronic disease healthcare.

Method: A qualitative approach was deemed suitable for this study. Eight practitioners were interviewed using semi-structured interviews via telephone or Zoom (an online videoconferencing platform). Interviews were transcribed verbatim and data were analyzed using Interpretative Phenomenological Analysis methodology.

Results and Conclusion: This article presents two super-ordinate themes that explore application of EFT for addressing emotional issues faced by chronic disease patients, and for management of physical symptoms, respectively. Chronic disease patients may benefit from a holistic biopsychosocial, patient-centered healthcare approach. EFT offers potential as a technique that may be used by health practitioners to support the psychosocial aspect of chronic disease healthcare.

Keywords: emotional freedom techniques, EFT, biopsychosocial model, chronic disease, emotions, interpretative phenomenological analysis

The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis

Abstract: Emotional Freedom Techniques (EFT) is a type of therapy involving the stimulation of acupuncture points while using a spoken affirmation to target a psychological issue. While some studies cite data indicating EFT is highly efficacious, findings in other studies are unconvincing. The aim of this meta-analysis was to examine the effect of EFT, particular acupoint stimulation, in the treatment of psychological distress.

Method: A systematic review of the literature identified 18 randomised control trials published in peer reviewed journals involving a total of 921 participants.

Results: A moderate effect size (Hedge's $g = -0.66$: 95% CI: -0.99 to -0.33) and significantly high heterogeneity ($I(2) = 80.78$) across studies was found using a random effects model indicating that EFT, even after removing outliers (decreases in $I(2) = 72.32$ and Hedge's $g = -0.51$:95% CI: -0.78 to -0.23), appears to produce an effect. The analysis involved 12 studies comparing EFT with waitlist controls, 5 with adjuncts and only 1 comparison with an alternate treatment. Meta-regression and subgroup analyses were conducted to examine the effect of moderators on effect size of symptom change following EFT.

Conclusion: Due to methodological shortcomings, it was not possible to determine if the effect is due to acupoint stimulation or simply due to treatment elements common with other therapies.

Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective

Author: Feinstein, D. (2010). Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective. *Psychotherapy: Theory, Research, Practice, Training*, 47(3), 385-402.

Abstract: Combining brief psychological exposure with the manual stimulation of acupuncture points (acupoints) in the treatment of posttraumatic stress disorder (PTSD) and other emotional conditions is an intervention strategy that integrates established clinical principles with methods derived from healing traditions of Eastern cultures. Two randomized controlled trials and six outcome studies using standardized pre- and post-treatment measures with military veterans, disaster survivors, and other traumatized individuals corroborate anecdotal reports and systematic clinical observation in suggesting that (a) tapping on selected acupoints, (b) during imaginal exposure, (c) quickly and permanently reduces maladaptive fear responses to traumatic memories and related cues. The approach has been controversial. This is in part because the mechanisms by which stimulating acupoints can contribute to the treatment of serious or longstanding psychological disorders have not been established. Speculating on such mechanisms, the current paper suggests that adding acupoint stimulation to brief psychological exposure is unusually effective in its speed and power because deactivating signals are sent directly to the amygdala, resulting in the rapid attenuation of threat responses to innocuous stimuli. This formulation and the preliminary evidence supporting it could, if confirmed, lead to more powerful exposure protocols for treating PTSD.

A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT)

Authors: E.H. Boath, T Stewart, A.Carryer

Abstract: EFT (Emotional Freedom Technique) is a new and emerging energy psychology. This narrative systematic review aimed to identify and assess the quality of all published randomised controlled trials (RCTs) of EFT in order to: evaluate the effectiveness of EFT in treating a range of psychological disorders and to compare the effectiveness of EFT with other interventions used for treating those disorders. Methodology: A literature search was carried out of CINAHL, Cochrane Library, MEDLINE, PsycINFO, PsychARTICLES, Proquest, PubMed, Scencedirect, SPORTdiscus, Swetswise, Web of Knowledge, Web of Science and ZETOC, using the key terms EFT and energy psychology. Calls for published, unpublished and ongoing RCTs of EFT were sent to Newsletters and to the Association of Energy Psychology and the Foundation for Epigenetic Medicine. Contact was made with researchers and practitioners in the field. Conference proceedings and reference lists of retrieved articles were hand searched. Abstracts of articles were reviewed and full copies acquired if they title and/or abstract identified the paper as an RCT of EFT. Two authors independently rated and assessed the quality of each trial using the Critical Appraisal Skills Programme (CASP) for randomised controlled trials and the Jadad Scale.

Results: The search strategy identified a total of 42 published studies of EFT. Seven RCTs of EFT were included. Methodological flaws in the studies are highlighted and discussed. EFT was shown to be effective in treating Post Traumatic Stress Disorder (PTSD), Fibromyalgia, Phobias, test anxiety and athletic performance. EFT was shown to be superior to diaphragmatic breathing (DB), Progressive Muscular Relaxation (PMR), an inspirational lecture and a Support Group. Only Eye Movement, Desensitization and Reprocessing (EMDR) was superior to EFT. EFT may be an efficient and effective intervention for a range of psychological disorders. Given the methodological limitation of these RCTs, further good quality research on EFT is warranted

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Stress management techniques: Evidence-based procedures that reduce stress and promote health

Authors: Varvogli, L., & Darviri, C. (2011). Stress management techniques: Evidence-based procedures that reduce stress and promote health. *Health Science Journal*, 5(2), 74-89.

Abstract: According to the World Health Organization, stress is a significant problem of our times and affects both physical as well as the mental health of people. Stress is defined as a situation where the organism's homeostasis is threatened or the organism perceives a situation as threatening. Stress coping methods are the cognitive, behavioural and psychological efforts to deal with stress.

Method: After a thorough literature review in major databases (MEDLINE, Scopus, Science Direct) the following techniques were identified and are presented and briefly discussed here: progressive muscle relaxation, autogenic training, relaxation response, biofeedback, guided imagery, diaphragmatic breathing, transcendental meditation, cognitive behavioural therapy, mindfulness-based stress reduction and emotional freedom technique.

Conclusion: These are all evidence-based techniques, easy to learn and practice, with good results in individuals with good health or with a disease.

Keywords: stress, stress management techniques, evidence based techniques.

Trends in meridian-based psychotherapy—a review of research on Emotional Freedom Techniques (EFT)

Authors: Kim, S-Y., Yin, C-S., Choi, In, W., & Kim, J-W. (2013). Trends in meridian-based psychotherapy—a review of research on Emotional Freedom Techniques (EFT). *Journal of Oriental Neuropsychiatry*, 24(1). 89-100.

Abstract: The purpose of this study is to investigate the research regarding Emotional Freedom Technique (EFT) and to understand the trends in meridian-based psychotherapy.

Method: Every article relevant to EFT was obtained from Pubmed and Korean journal databases. Keywords used for searching included “EFT” and “Emotional freedom technique.”

Results: 1) 5 reviews, 11 randomized controlled trials, 3 controlled trials, 1 single group comparative study and 4 case studies were identified. 2) Anxiety disorders were most frequently studied. Other studies included insomnia, depression and pain symptoms. EFT interventions used many different protocols and assessed with various tools. 3) Review articles indicated that meridian-based psychotherapies, such as EFT, are based on the meridian theory of oriental medicine. They evaluate EFT positively for its effectiveness on psychiatric conditions.

Conclusion: EFT is increasingly studied and used in clinical practice in various fields. Objective evaluation tools and standardized intervention protocols are needed for the development of a new guideline for EFT.

Clinical EFT as single session therapy: Cases, research, indications, and cautions

Abstract: Clinical EFT (Emotion Freedom Techniques) is an evidence-based practice that combines elements of exposure and cognitive therapies with the manual stimulation of acupuncture points. The research literature indicates it to be efficacious for a number of psychological conditions in a variety of treatment time frames. Randomized controlled trials demonstrate that EFT effectively treats phobias and certain anxiety disorders in one session. A single session also results in a significant drop in cortisol and normalization of the EEG frequencies associated with stress. EFT has the client focus on specific traumatic memories; the emotional intensity of these memories usually diminishes rapidly during treatment. This makes EFT an efficient single-session treatment for emotional distress associated with episodic memories. For conditions such as complex co-morbid PTSD, combination treatments and longer courses are indicated, though even treatment-resistant clients often experience some relief after a single session. Psychological symptoms of PTSD, depression, and anxiety typically reduce simultaneously, along with physical symptoms such as pain and insomnia. Clinical EFT also offers a suite of techniques developed to address treatment barriers such as dissociation and overwhelming emotion. This review and case series examines the conditions for which a brief course of EFT treatment is appropriate, when it is not indicated, when it can be taught to the client as a form of self-care, and when professional administration is required. It also cautions against generalizing EFTs rapid efficacy for certain conditions; this may contribute to unreasonable expectations in therapist or client. EFT is recommended as a front line primary care intervention to improve mental health and physical symptoms. Keywords: PTSD, phobias, depression, anxiety, cortisol, psychotherapy, primary care, EFT (Emotional Freedom Techniques).

Mindful energy psychology: History, theory, research, and practice

Author: Fred P. Gallo, Hermitage, Pennsylvania

Abstract: The dialectic between acceptance and the desire for change reflects a core paradox within psychology. Two clinical methodologies that at first glance appear to be diametrically opposed have been incorporated into an approach that harnesses a reciprocal synergy, seamlessly integrating a focus on acceptance with a focus on change. Mindfulness practices, which involve purposeful, non-judgmental awareness and acceptance of the present moment, have been shown to promote general well-being as well as to alleviate many psychological and stress-related symptoms. Energy psychology, which utilizes both somatic and cognitive interventions, is believed to rapidly and with precision change the energetic and neurological underpinnings of a range of psychological disorders. Combining the two approaches into a “mindful energy psychology” resolves the acceptance/change paradox with an interplay that yields immediate, potent therapeutic benefits. This paper examines each approach and shows how they may be integrated into clinical practice.

Keywords: mindful, mindfulness, mindfulness based therapies, energy psychology, mindful energy psychology, tapping, energy tapping, meridian tapping, Thought Field Therapy, TFT, Emotional Freedom Techniques, EFT, Midline Energy Technique, MET, Tonglen, trauma, posttraumatic stress disorder, PTSD

Efficacy of 15 emerging interventions for the treatment of posttraumatic stress disorder: A systematic review

Author: Citation (APA style): Metcalf, O., Varker, T., Forbes, D., Phelps, A., Dell, L., DiBattista, A., Ralph, N., & O'Donnell, M. (2016). Efficacy of 15 emerging interventions for the treatment of posttraumatic stress disorder: A systematic review. *Journal of Traumatic Stress, 29*(1), 88-92. doi:10.1002/jts.2207.

Abstract: Although there is an abundance of novel interventions for the treatment of posttraumatic stress disorder (PTSD), often their efficacy remains unknown. This systematic review assessed the evidence for 15 new or novel interventions for the treatment of PTSD. Studies that investigated changes to PTSD symptoms following the delivery of any 1 of the 15 interventions of interest were identified through systematic literature searches. There were 19 studies that met the inclusion criteria for this study. Eligible studies were assessed against methodological quality criteria and data were extracted. The majority of the 19 studies were of poor quality, hampered by methodological limitations, such as small sample sizes and lack of control group. There were 4 interventions, however, stemming from a mind–body philosophy (acupuncture, emotional freedom technique, mantra-based meditation, and yoga) that had moderate quality evidence from mostly small- to moderate-sized randomized controlled trials. The active components, however, of these promising emerging interventions and how they related to or were distinct from established treatments remain unclear. The majority of emerging interventions for the treatment of PTSD currently have an insufficient level of evidence supporting their efficacy, despite their increasing popularity. Further well-designed controlled trials of emerging interventions for PTSD are required.

State-of-the-art prevention and treatment of PTSD: Pharmacotherapy, psychotherapy, and nonpharmacological somatic therapies

Authors: Westfall, N. C., & Nemeroff, C. B. (2016). State-of-the-art prevention and treatment of PTSD: Pharmacotherapy, psychotherapy, and nonpharmacological somatic therapies. *Psychiatric Annals*, 46(9), 533-549.

Abstract: Posttraumatic stress disorder (PTSD) is a distressing and disabling disease of great public health significance that is often associated with substantial psychiatric and medical comorbidity. It commonly goes unreported and untreated and many cases become chronic in course. Unfortunately, only a minority of patients with chronic PTSD achieves remission. Indeed, it is unusual for patients with PTSD to achieve complete symptom remission after receiving monotherapy with medications or psychotherapy. However, great advances in the prevention and treatment of PTSD have been made in the last quarter century since it was first recognized as a distinct diagnostic entity in the Diagnostic and Statistical Manual of Mental Disorders, third edition. This article discusses the current state-of-the-art prevention and treatment interventions for PTSD, including pharmacotherapies, psychotherapies, and nonpharmacological somatic treatments in active duty military personnel and veterans, adult civilians, and children and adolescents.

Application of Emotional Freedom Techniques

Authors: Citation (APA Style): Church, D., & Brooks, A. J. (2010). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal*, 9(4), 46–48.

Abstract: This paper describes an intervention called Emotional Freedom Techniques (EFT). EFT is a brief exposure therapy combining cognitive and somatic elements and focuses on resolving emotional trauma that might underlie a presenting condition. Research indicates that EFT is an effective treatment for anxiety, depression, posttraumatic stress disorder, phobias, and other psychological disorders, as well as certain physical complaints. This article describes the techniques, how EFT is taught in a workshop setting, and provides case examples. The clinical benefits of EFT and future research directions are discussed..

Energy psychology in the treatment of PTSD: Psychobiology and clinical principles

Author: Dawson Church^{1*} and David Feinstein² 1 Foundation for Epigenetic Medicine, Santa Rosa, CA, US 2 Innersource, Ashland, OR, US ABSTRACT.

Abstract: Energy Psychology (EP) protocols use elements of established therapies such as exposure and cognitive processing and combine them with the stimulation of acupuncture points. EP methods such as EFT (Emotional Freedom Techniques) and TFT (Thought Field Therapy) have been extensively tested in the treatment of post-traumatic stress disorder (PTSD). Randomized controlled trials (RCTs) and outcome studies assessing PTSD and co-morbid conditions have demonstrated the efficacy of EP in populations ranging from war veterans to disaster survivors to institutionalized orphans. Studies investigating the neurobiological mechanisms of action of EP suggest that it quickly and permanently mediates the brain's fear response to traumatic memories and environmental cues. This review examines the published trials of EP for PTSD and the physiological underpinnings of the method. It concludes by describing seven clinical implications for the professional community. These are: (1) the limited number of treatment sessions usually required to remediate PTSD; (2) the depth, breadth, and longevity of treatment effects; (3) the low risk of adverse events; (4) the limited commitment to training required for basic application of the method; (5) its efficacy when delivered in group format; (6) its simultaneous effect on a wide range of psychological and physiological symptoms, and (7) its suitability for non-traditional delivery methods such as online and telephone sessions.

Keywords: PTSD, EFT, Emotional Freedom Techniques, TFT, Thought Field Therapy, telemedicine, anxiety, depression, pain, training, group therapy.

A review of select CAM modalities for the prevention and treatment of PTSD

Author: James Lake, MD, Integrative Psychiatry, PTSD, Psychopharmacology, July 25, 2014

Abstract: The personal, social, and economic burden of human suffering related to PTSD are major issues facing society. Conventional pharmacotherapy and psychotherapy reduce the severity of some PTSD symptoms; however, their effectiveness is limited, and many patients discontinue these pharmacological and psychotherapeutic treatments before achieving full remission. The limited effectiveness of conventional approaches and unmet treatment needs of patients provide compelling arguments for effective conventional and complementary and alternative medicine (CAM) interventions aimed at preventing PTSD and treating chronic PTSD.

Emerging trauma therapies: Critical analysis and discussion of three novel approaches

Authors: Gurda, K. (2015). Emerging trauma therapies: Critical analysis and discussion of three novel approaches. *Journal of Aggression, Maltreatment and Trauma*, 24(7), 773-793.

doi:10.1080/10926771.2015.1062445

Abstract: Trauma-related disorders and treatment have gained increasing attention in the last 3 decades, spurring the development of novel treatment approaches. Many of these are incorporated into clinical practice despite lacking a solid evidence base or unbiased analyses to facilitate interpretation of existing information. Although treatments might draw on elements from validated therapies, questions regarding the incremental efficacy of new approaches persist. Three novel therapies that might warrant further examination include energy psychology, yoga, and brain-spotting. The emergence of novel, trauma-related therapies is examined, and the history, theory, practice, and evidence base of these 3 specific therapies are outlined. Directions for future work are discussed. Expositions such as this might serve as a helpful resource for clinicians seeking discernment regarding treatment for posttraumatic stress disorders

Complementary and alternative medicine in VA specialized PTSD treatment programmes

Author: Libby DJ¹, Pilver CE, Desai R

Abstract: This survey documented the provision of complementary and alternative medicine (CAM) treatments in U.S. Department of Veterans Affairs (VA) specialized posttraumatic stress disorder (PTSD) treatment programs.

Method: Program coordinators or designated staff from 125 of 170 VA specialized PTSD treatment programs completed and returned surveys between September 2010 and March 2011, indicating which of 32 CAM treatments were offered in that program.

Results: Ninety-six percent of programs reported use of at least one CAM treatment. Eighty-eight percent offered CAMs other than those that are commonly part of conventional PTSD treatments (guided imagery, progressive muscle relaxation, and stress management-relaxation therapies).

Conclusion: The widespread use of CAM treatments in VA PTSD programs presents an opportunity for researchers to assess the effect of CAM on mental health service use and PTSD symptoms among veterans. Future research should assess the effectiveness of CAM treatments and develop methods to tailor these treatments to veterans with PTSD.

Traditional Chinese medicine as a basis for treating psychiatric disorders: A review of theory with illustrative cases

Author: Aung SK¹, Fay H², Hobbs RF 3rd³

Abstract: Integrative medicine is becoming increasingly accepted in the global scheme of health care. Traditional Chinese Medicine (TCM) is often included among integrative medicine modalities. This article provides a background for integration of acupuncture and other TCM-derived approaches to managing psychiatric conditions.

Methods: Classical theories of TCM that pertain to psychiatric conditions are reviewed, focusing on concepts of energetic imbalance, the implications of mind-body-spirit connections, and treatment strategies that involve TCM modalities. An example of correlation between TCM patterns of disharmony and the Western diagnosis of generalized anxiety disorder (GAD) is given, along with an illustrative case in which counselling, medications, and acupuncture were combined in treatment. TCM principles are incorporated in certain energy psychology modalities, such as Emotional Freedom Technique (EFT). A case is presented demonstrating the integration of energy psychology with acupuncture, Qigong and hypnosis as an avenue for releasing pathogenic emotions. In classical TCM theory, assessing and treating spiritual disharmonies is fundamental for dealing with emotional disorders. Practical application in a clinical case is described.

Conclusion: TCM offers a cogent theoretical basis for assessing and clinically managing patients presenting with mental health issues. TCM principles integrate well with other systems, including Western medicine.

Keywords: Acupuncture; CAM; EFT; Hypnosis; Integrative Medicine; Psychiatric Disorders; TCM

Stress and health: Symptoms and techniques of psychotherapeutic management

*

Author: Panda, S. (2014). Stress and health: Symptoms and techniques of psychotherapeutic management. *Indian Journal of Positive Psychology*, 5(4), 516.

Abstract: Stress is defined as a state of threatened or perceived by the individual as threatened homeostasis and it is re-established by a complex repertoire of behavioural and physiologic adaptive responses of the organism. According to the World Health Organization, stress is a significant problem of our times and affects both physical as well as the mental health of people. Stress is defined as a situation where the organism's homeostasis is threatened or the organism perceives a situation as threatening. Stress can affect all aspects of your life, including your emotions, behaviours, thinking ability, and physical health. Stress coping methods are the cognitive, behavioural, and psychological efforts to deal with stress. After a thorough literature review, the following techniques were identified and are presented and briefly discussed here: progressive muscle relaxation, autogenic training, relaxation response, biofeedback, emotional freedom technique, guided imagery, diaphragmatic breathing, transcendental meditation, cognitive behavioural therapy, and mindfulness-based stress reduction. These are all evidence-based techniques, easy to learn and practice, with good results in individuals with good health or with a disease.

Performance anxiety

Author: Mitchell, David

Abstract: The different kinds of natural and complementary medicine therapies for the treatment of performance anxiety are discussed. Hypnotherapy and Emotional Freedom Technique besides acupuncture are some of the therapies used.

Controversies in Energy Psychology

Author: David Feinstein

Abstract

In the nearly three decades since tapping on acupuncture points was introduced as a method psychotherapists could use in the treatment of anxiety disorders and other emotional concerns, more than 30 variations of the approach have emerged.

Collectively referred to as energy psychology (EP), reports of unusual speed, range, and durability of clinical outcomes have been provocative.

Enthusiasts believe EP to be a major breakthrough while skeptics believe the claims are improbable and certainly have not been substantiated with adequate data or explanatory models. Additional controversies exist among EP practitioners.

This paper addresses the field's credibility problems among mental health professionals as well as controversies within EP regarding (a) its most viable explanatory models, (b) its most effective protocols, (c) how the approach interfaces with other forms of clinical practice, (d) the conditions it can treat effectively, (e) what should be done when the method does not seem to work, and (f) how the professional community should respond to the large number of practitioners who do not have mental health credentials.

Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behaviour and experience

Authors: Mollon, P. (2014). Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behaviour and experience. In K. White (Ed.), *Talking Bodies*. London, UK: Karnac.

Abstract: In recent years, the field of energy psychology has opened up hitherto unimaginable realms of psychotherapeutic healing of astonishing depth and speed. The claims of unusual success, by enthusiastic pioneers and 'early adopters' have been fully vindicated as research has accumulated. So what is energy psychology (or EP, as it is often abbreviated)? It is a family of therapeutic methods that involve [1] tapping or holding acupuncture meridians, or chakra energy centres, whilst [2] the client thinks of a target troublesome thought or memory. In doing this, the emotional distress is dissipated (provided the internal objections to resolving the distress have been addressed). Practitioners and clients find that these approaches are rapid, non-distressing, and can address deeper issues than talk based therapy (when used with knowledge and skill).

Energy Psychology: A review of the preliminary evidence

Authors: David Feinstein, Ph.D.

Abstract: Energy psychology utilizes imaginal and narrative-generated exposure, paired with interventions that reduce hyperarousal through acupuncture and related techniques. According to practitioners, this leads to treatment outcomes that are more rapid, powerful, and precise than the strategies used in other exposure-based treatments such as relaxation or diaphragmatic breathing. The method has been exceedingly controversial. It relies on unfamiliar procedures adapted from non-Western cultures, posits unverified mechanisms of action, and early claims of unusual speed and therapeutic power ran far ahead of initial empirical support. This paper reviews a hierarchy of evidence regarding the efficacy of energy psychology, from anecdotal reports to randomized clinical trials. Although the evidence is still preliminary, energy psychology has reached the minimum threshold for being designated as an evidence-based treatment, with one form having met the APA Division 12 criteria as a "probably efficacious treatment" for specific phobias; another for maintaining weight loss. The limited scientific evidence, combined with extensive clinical reports, suggests that energy psychology holds promise as a rapid and potent treatment for a range of psychological conditions.

Key words: Acupuncture, EFT, Energy psychology, TAT, TFT

Energy psychology in disaster relief

Authors: David Feinstein, Ph.D.

Abstract: Energy psychology utilizes cognitive operations such as imaginal exposure to traumatic memories or visualization of optimal performance scenarios—combined with physical interventions derived from acupuncture, yoga, and related systems—for inducing psychological change. While a controversial approach, this combination purportedly brings about, with unusual speed and precision, therapeutic shifts in affective, cognitive, and behavioural patterns that underlie a range of psychological concerns. Energy psychology has been applied in the wake of natural and human-made disasters in the Congo, Guatemala, Indonesia, Kenya, Kosovo, Kuwait, Mexico, Moldavia, Nairobi, Rwanda, South Africa, Tanzania, Thailand, and the U.S. At least three international humanitarian relief organizations have adapted energy psychology as a treatment in their post-disaster missions. Four tiers of energy psychology interventions include 1) immediate relief/stabilization, 2) extinguishing conditioned responses, 3) overcoming complex psychological problems, and 4) promoting optimal functioning. The first tier is most pertinent in psychological first aid immediately following a disaster, with the subsequent tiers progressively being introduced over time with complex stress reactions and chronic disorders. This paper reviews the approach, considers its viability, and offers a framework for applying energy psychology in treating disaster survivors.

Key words: acupuncture, energy psychology, Emotional Freedom Techniques, hyperarousal, Thought Field Therapy, trauma.

Oriental medical interventions for posttraumatic stress disorder: A model of Oriental medicine for disaster mental health

Authors: Kwon, Y-J., & Cho, S-H. (2011). Oriental medical interventions for posttraumatic stress disorder: A model of Oriental medicine for disaster mental health. *Journal of Oriental Neuropsychiatry*, 22(4), 77-86.

Abstract: Rates of assault as well as natural and human disasters are increasing. In Korea, however, Oriental medicine PTSD treatment research has been limited to motor vehicle accident survivors. Our objective is to develop a model for the application of evidence-based Oriental medicine interventions for PTSD to a wide spectrum of traumatic disasters.

Methods: An online search was performed for Korean research in Oriental medicine journals. International studies were sourced from Pubmed and the US Department of Veterans Affairs. We sorted studies into Randomized Controlled Trials (RCTs) and non-RCTs, and further analyzed them by the elapsed time from traumatic exposure to treatment.

Results: We confirmed that acupuncture, cognitive behavioral therapy (CBT) and progressive muscular relaxation (PMR) were effective in the acute stages immediately after a traumatic event. We further determined that Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Techniques (EFT) and relaxation therapy were efficacious in the chronic stages. Building on these findings, we propose a model of Oriental Medicine for disaster mental health.

Conclusions: An analysis of research into Oriental medicine shows that the above evidence-based interventions are efficacious for different stages of PTSD treatment. Oriental medicine is an appropriate mental health intervention in disasters.

Keywords: posttraumatic stress disorder, PTSD, Oriental medicine, disaster mental health.

Energy psychology (special issue of *New Jersey Psychologist* devoted to EFT and energy psychology)

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Authors: New Jersey Psychologist. (2015). Energy psychology (special issue). *New Jersey Psychologist*, 65(1).

This special issue is a collection of review articles on EFT and energy psychology, and includes articles by two former presidents of the New Jersey Psychological Association.

Energy Psychology: Time for a second look

Authors: Richard C. Kevin, Ph.D. Raleigh, NC www.drrkevin.com Reprinted with permission from The North Carolina Psychologist (January/February 2011, v. 63, #1, pp 8-9)

Abstract: Energy Psychology (EP) occupies a unique niche in the range of modalities used by psychologists and other mental health professionals. Like other techniques early in their potential arcs of transition from untested innovation to unremarkable standard practice, EP has committed defenders and implacable detractors. Unlike most well established therapies, EP originated outside of the Western psychological/medical tradition as an integration of Western psychotherapy and several forms of Eastern medicine. EP also has the unique status of having been banned by the APA Education Directorate as a topic for which CEU's can be granted. The controversy surrounding EP and its promise as a healing technique have the makings of a case study of how professional and academic psychology responds to innovation. What follows is a brief introduction to EP through my clinical experience and a summary of recent literature. My original interest in EP stemmed from experience with EMDR. Initially I had dismissed the reports of rapid resolution of PTSD and other symptoms through bilateral eye movements as the latest Miracle Cure de Jour and waited to see it fade or be discredited. But respected colleagues returned from trainings, utilized it in their practices, and began reporting favourable movement in their clients. Eventually I trained and cautiously began using EMDR myself. My experience was similar. Clients with relatively simple recent traumas often made rapid movement. Some long term clients with deep seated issues moved significantly faster when early traumas were addressed through EMDR. Explanations of the mechanisms of action were speculative but it was reassuring that the EMDR community encouraged and conducted empirical research. Today, while much remains unresolved and arguable regarding its mechanisms and active components, EMDR is widely accepted as a treatment for PTSD and other anxiety disorders (Van der Kolk, et. al., 2007).

Energy Psychology—practices and theories of new combinations of psychotherapy

Authors: Daniel J. Benor, *Current Research in Psychology*, DOI: 10.3844/crsp.2014.1.18

Abstract: Energy Psychology (EP) includes a spectrum of practices in which people tap on their bodies while focusing their minds on problems they want to change. EP therapies often are very rapidly effective. This article examines varieties of explanations for how EP works, including: Cognitive changes, psychological conditioning, expectation effects, distraction techniques, tapping on acupuncture points, shifts in other biological energies, wholistic healing, alternating stimulation of right and left sides of the body (presumably producing alternating stimulation of left and right brain hemispheres) and nerve conduction speeds.

Evidence and potential mechanisms for mindfulness practices and Energy Psychology for obesity and binge eating disorder

Authors: Sojcher, R., Gould-Fogerite, S., & Perlman, A. (2012). Evidence and potential mechanisms for mindfulness practices and Energy Psychology for obesity and binge eating disorder. *Explore: The Journal of Science and Healing*, 8(5), 271-276. doi:10.1016/j.explore.2012.06.003

Abstract: Obesity is a growing epidemic. Chronic stress produces endocrine and immune factors that are contributors to obesity's etiology. These biochemicals also can affect appetite and eating behaviors that can lead to binge-eating disorder. The inadequacies of standard care and the problem of patient noncompliance have inspired a search for alternative treatments. Proposals in the literature have called for combination therapies involving behavioral or new biological therapies. This manuscript suggests that mind-body interventions would be ideal for such combinations. Two mind-body modalities, energy psychology and mindfulness meditation, are reviewed for their potential in treating weight loss, stress, and behavior modification related to binge-eating disorder. Whereas mindfulness meditation and practices show more compelling evidence, energy psychology, in the infancy stages of elucidation, exhibits initially promising outcomes but requires further evidence-based trials.

Keywords: obesity, binge eating disorder, Emotional Freedom Techniques, EFT, mindfulness meditation, mindful eating, energy psychology

Theoretical and methodological problems in research on Emotional Freedom Techniques (EFT) and other meridian based therapies

Authors: Baker, A. H., Carrington, P., & Putilin, D. (2009). Theoretical and methodological problems in research on Emotional Freedom Techniques (EFT) and other meridian based therapies. *Psychology Journal*, 6(2), 34-46.

Abstract: Controlled research into Emotional Freedom Techniques (EFT) and other meridian-based therapies is at its beginnings. We examined several issues facing EFT researchers, including: the number and type of dependent measures; expectancy effects; the need for follow-up assessment; a newly proposed procedure for keeping participants blind; the duration of the intervention; the value of treating the hypothesized Energy Meridian System and EFT's operations as separate constructs; and the possibility that EFT's efficacy is mediated by processes long known to be associated with psychotherapy. Such issues are considered in the context of three recent EFT studies: Waite and Holder (2003); Wells et al. (2003); and Baker (2010). Some limitations of these studies are delineated and guidelines on EFT research are suggested.

Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the body

Authors: Mollon, P. (2007). Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the body. *Primary Care and Community Psychiatry*, 12(3-4), 123-127.

Abstract: A genre of psychotherapeutic enquiry, involving work with the body's energy system as well as the mind, began in the 1970s, arising from the field of Applied Kinesiology as elaborated by psychiatrist Dr. John Diamond. Clinical psychologist, Roger Callahan, built on this work to develop simple procedures for the rapid relief of anxieties and phobias. This approach, called Thought Field Therapy, was later applied to trauma and other forms of mental distress. In recent years a number of derivative methods have been developed. These can be combined with conventional psychodynamic or CBT approaches. A variety of forms of evidence support the use of these 'energy psychology' techniques, including a very large South American study.

Keywords: EFT, Emotional Freedom Techniques, Energy Psychology, meridians, Psychoanalytic Energy Psychotherapy, Seemorg Matrix, TAT, TFT, Thought Field Therapy.

Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health

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Authors: Church, D. (2010). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. In R. Klatz & R. Goldman (Eds.), *Anti-aging therapeutics* (Vol. 13, pp. 35–42). Chicago, IL: A4M (American Academy of Anti-Aging Medicine).

Abstract: In a series of studies published in 2000 and later, researchers began to demonstrate the importance of epigenetic influences on gene expression. Genes might be silenced through methylation, or their expression facilitated by acetylation. A further step occurred when behaviors and psychological states were noted to regulate the activity of genes. A body of evidence has now been accumulated that assesses the specific genes affected by behavioral influences such as nurturing, by lifestyle interventions such as meditation, by emotions, and by alleviating psychological conditions such as depression, anxiety and PTSD (posttraumatic stress disorder). Comparisons of the relative lengths of telomeres in identical twins, who start life with identical genes, show that emotional stress can result in one twin having a cellular age that is as much as 10 years older by age 40. New studies in the field of energy psychology also indicate that these psychological and emotional stressors may be remediated much more rapidly than previously believed possible, and that behavioral and psychological influences regulate the genes responsible for inflammation, immune function, and cellular regeneration, among others. These advances provide fruitful new avenues for research into the epigenetic properties of simple behavioral and emotional skills such as meditation, the Relaxation Response, and EFT (Emotional Freedom Techniques), and point to the potential of these methods as potent anti-aging and medical interventions.

Keywords: epigenetics, behavior, emotions, meditation, Relaxation Response, EFT, Emotional Freedom Techniques, stress, aging

Some Comments on “Energy Psychology: A Review of the Evidence”: Premature Conclusions Based on Incomplete Evidence?

Abstract: A review of the evidence on energy psychology (EP) was published in this journal. Although the author’s stated intention of reviewing the evidence is one we support, we note that important EP studies were omitted from the review that did not confirm claims being made by EP proponents. We also identify other problems with the review, such as the lack of specific inclusion and exclusion criteria, misportrayal of criticism of EP, incorrectly characterizing one of the studies as a randomized clinical trial, and lack of disclosure regarding an EP-related business. We note that in the APA, decisions on classification of therapies as empirically supported are most rightfully the function of Division 12-appointed committees of psychologists. It is not enough for any one individual or group of proponents of a particular approach to make such a determination.

A review of efficacy claims in energy psychology.

Abstract: In a recent article in this journal, Feinstein (see record 2008-07317-008) cited evidence that he claimed shows the efficacy of the emotional freedom technique and the Tapas acupressure technique, 2 energy psychology therapies. Further investigation into these claims reveals serious flaws in the methodology of the research cited by Feinstein. The small successes seen in these therapies are potentially attributable to well-known cognitive and behavioral techniques that are included with the energy manipulation. Psychologists and researchers should be wary of using such techniques, and make efforts to inform the public about the ill effects of therapies that advertise miraculous claims. (PsyCINFO Database Record (c) 2010 APA, all rights reserved).

Power Therapies and possible threats to the science of psychology and psychiatry

Abstract: Advocates of new therapies frequently make bold claims regarding therapeutic effectiveness, particularly in response to disorders which have been traditionally treatment refractory. This paper reviews a collection of new therapies collectively self-termed 'The Power Therapies', outlining their proposed procedures and the evidence for and against their use. These therapies are then put to the test for pseudoscientific practice.

Method: Therapies were included which self-describe themselves as 'Power Therapies'. Published work searches were conducted on each therapy using Medline and PsychInfo databases for randomized controlled trials assessing their efficacy, except for the case of Eye Movement Desensitization and Reprocessing (EMDR). Eye Movement Desensitization and Reprocessing has more randomized controlled studies conducted on its efficacy than any other treatment for trauma and thus, previous meta-analyses were evaluated.

Results and conclusions: It is concluded that these new therapies have offered no new scientifically valid theories of action, show only non-specific efficacy, show no evidence that they offer substantive improvements to extant psychiatric care, yet display many characteristics consistent with pseudoscience.

Keywords: Pseudoscience, PTSD, Social influence, Trauma, Treatment

The current status of energy psychology: Extraordinary claims with less than ordinary evidence

Abstract: Proponents of energy psychology techniques, such as Thought Field Therapy and Emotional Freedom Techniques, have sought “empirically supported therapy” status despite an unsupported and implausible theoretical basis and claims in response of representing a “pseudoscientific” movement.

Two major reviews of the supportive evidence which has accumulated over the past 30 years have been published recently. This current status report describes the history, theory, techniques, claims, and implications of the energy psychology movement, examines support for its theoretical base, its current outcome study support, and offers conclusions and recommendations as to its research and clinical prospects. It is concluded that there is scant support for the radical theories underlying energy psychology techniques, and that empirical support for their efficacy is methodologically weak, and has not been able to demonstrate an effect beyond nonspecific or placebo effects, or the incorporation of known-effective elements. The only dismantling studies to date have been disconfirmatory. Further research is highly unlikely to be scientifically productive, and scientist practitioners are advised to continue to adhere to well-established cognitive and behavioural principles.

Tapping their Patients' Problems Away?

Characteristics of Psychotherapists Using Energy Meridian Techniques

Abstract: The objective was to learn about the characteristics of psychotherapists who use energy meridian techniques (EMTs).

Method: We conducted an Internet-based survey of the practices and attitudes of licensed psychotherapists.

Result: Of 149 survey respondents (21.4% social workers), 42.3% reported that they frequently use or are inclined to use EMTs. EMT therapists reported higher use of a number of techniques from different theoretical orientations, reliance on intuition in decision making, positive attitudes toward complementary and alternative treatments, erroneous health beliefs, and importance placed on the intuitive appeal of evidence-based treatments. EMT therapists also had lower scores on a test of critical thinking.

Conclusion: Results suggest that a number of characteristics differentiate therapists who are inclined to use EMTs, which can aid in future educational efforts.

A Bigger Swamp Is Still a Swamp: Comments on Feinstein

Abstract: Gaudiano, Brown, and Miller (2012) report that of 149 licensed psychotherapists who responded to an Internet-based survey, 42.3% said that they frequently use or are inclined to use Energy Meridian Techniques (EMTs). Gaudiano et al. portray EMTs as lacking an empirical basis and displaying multiple characteristics of pseudoscience. They conclude that EMT therapists may be characterized as relying on intuition in decision-making, holding erroneous health beliefs, and showing lower scores on a test of critical thinking. This reply by clinicians who use EMTs demonstrates that, contrary to the claims of Gaudiano et al., there is a substantial body of research supporting the efficacy of EMTs, that theories underlying EMTs have an empirical basis, and that an affinity toward EMTs is not incompatible with critical thinking abilities.

Keywords: energy psychology, critical thinking, evidence-based practice, Thought Field Therapy, Emotional Freedom Techniques.

Critical Thinking in the Energy Therapies: Comments on Gaudiano

Abstract: Gaudiano, Brown, and Miller (2012) report that of 149 licensed psychotherapists who responded to an Internet-based survey, 42.3% said that they frequently use or are inclined to use Energy Meridian Techniques (EMTs). Gaudiano et al. portray EMTs as lacking an empirical basis and displaying multiple characteristics of pseudoscience.

They conclude that EMT therapists may be characterized as relying on intuition in decision making, holding erroneous health beliefs, and showing lower scores on a test of critical thinking. This reply by clinicians who use EMTs demonstrates that, contrary to the claims of Gaudiano et al., there is a substantial body of research supporting the efficacy of EMTs, that theories underlying EMTs have an empirical basis, and that an affinity toward EMTs is not incompatible with critical thinking abilities.

Keywords: Energy psychology, Critical thinking, Evidence-based practice, Thought Field Therapy, Emotional Freedom Techniques

Comment on “The Current Status of Energy Psychology”: Growing Evidence for Extraordinary Claims

Authors: David Feinstein

Abstract: In “The Current Status of Energy Psychology: Extraordinary Claims with Less than Ordinary Evidence,” Bakker (2013) maintains that energy psychology rests on “an unsupported and implausible theoretical basis” (p. 1).

He further asserts that attempts to establish empirical support for the efficacy of energy psychology have “not been able to demonstrate an effect beyond non-specific or placebo effects, or the incorporation of known effective elements” (p. 1).

This rejoinder will demonstrate that Bakker’s selection and reporting skews his data toward these assertions and that a more balanced review would conclude that

- a) scientific support for the efficacy of energy psychology is accumulating;
- b) initial findings suggest, in fact, that the method is surprisingly rapid and effective; and
- c) plausible mechanisms for the documented positive outcomes are consistent with established psychological principles and have been described in the literature.

Keywords: Amygdala, Emotional Freedom Techniques (EFT), energy psychology, memory reconsolidation, Thought Field Therapy (TFT)

Facts, Paradigms, and Anomalies in the Acceptance of Energy Psychology

Authors: David Feinstein, Ph.D. Ashland, Oregon

Abstract: Allegations of selection bias and other departures from critical thinking in Feinstein (2008a), found in the Pignotti and Thyer and the McCaslin commentaries (2009, this issue), are addressed. Inaccuracies and bias in the reviewers' comments are also examined. The exchange is shown to reflect a paradigmatic clash within the professional community, with energy psychology having become a lightning rod for this controversy. While postulated "subtle energies" and "energy fields" are entangled in this debate, the most salient paradigm problem for energy psychology may simply be that accumulating reports of its speed and power have not been explained using established clinical models.