CLINICAL STUDIES

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CLINICAL PAPERS FOR ANXIETY

NEW: Breathing therapy and EFT on public speaking anxiety in Turkish nursing students: A randomised controlled study

Summary: Public speaking is a common challenge that university students have to face. This study aims to determine the effects of Breathing Therapy and Emotional Freedom Techniques (EFT) on public speaking anxiety in Turkish nursing students. This randomised controlled study included 76 nursing students. Data were collected using the Descriptive Characteristics Form, Subjective Units of Disturbance Scale, The State-Trait Anxiety Inventory, and the Speech Anxiety Scale. Before the administration of Breathing Therapy and EFT, the students' median scores from the Subjective Units of Disturbance Scale, the State-Trait Anxiety Inventory, and the Speech Anxiety Scale were similar. However, the median scores of the Subjective Units of Disturbance Scale, the State-Trait Anxiety Inventory, and the Speech Anxiety Scale scores significantly decreased in both of the experimental groups after the interventions ($p < 0.001$). EFT ($d = 3.18$) was more effective than Breathing Therapy ($d = 1.46$) in reducing Speech anxiety. **It was found that Breathing Therapy and EFT are effective methods to reduce stress, anxiety, and speaking anxiety.**

Authors: Berna Dincer, Semanur Kumral Ozcelik, Zufunaz Ozer & Nefise Bahcecik

https://pubmed.ncbi.nlm.nih.gov/35162646/.

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NEW: Cognitive Behavioural Therapy and EFT in reducing anxiety and depression in Indian adults

Summary: WHO places Major Depressive Disorder (MDD), or depression, as the fourth leading cause of mental disability world-wide. According to a survey done by WHO in February 2017, found 7.5% of Indians suffer from major or minor mental disorders requiring expert intervention. National Mental Health Survey of India in 2015-2016 reports that one in 20 Indians suffer from Depression especially women in the age group of 40-49 years suffers more. Earlier research indicated that Cognitive Behavioural Therapy (CBT) represents a superior approach in treating mild to severe depression symptoms. Whereas Emotional Freedom Technique (EFT) has received increased attention. The objective of the current study is to evaluate the comparative effectiveness of CBT and EFT in the treatment of anxiety and depression in Indian adults. Random subjects (n = 10) were selected from Ahmedabad (a metro city) in India who were screened positive for anxiety disorder and depression using Depression, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). These subjects were randomly assigned to an 8-week CBT or EFT treatment program with 1 session per week. All participants were screened after 3 sessions, 5 sessions, 8 sessions and after 1 month of follow up using DASS21 and BDI2. Findings of the study depict that both intervention approaches produce significant reductions in anxiety and depressive symptoms. **The EFT treatment produced marked improvement in depression after 3 sessions**. After 8 weeks of intervention, the CBT group reported significant improvement in depression while EFT intervention therapy showed significant results after 1 month of follow up. The results are consistent with the previous studies by Hannah Chatwin et al. (2016). Present findings suggest that EFT is of paramount importance as pivotal tool in managing anxiety and depression in Indian population.

Authors: Dr. Shilpa Jasubhai & Prof. C. R. Mukundan

https://www.omicsonline.org/open-access/cognitive-behavioural-therapy-and-emotional-freedom-technique-in-reducing-anxiety-and-depression-in-indian-adults-1522-4821-1000403-102268.html

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NEW: The effect of progressive muscular relaxation and EFT on test anxiety in high school students: A randomised controlled trial

Summary: 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 randomised 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. 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.

Authors: Nilhan Sezgin & Bahar Ozcan

https://energypsychologyjournal.org/the-effect-of-progressive-muscular-relaxation-and-emotional-freedom-techniques-on-test-anxiety-in-high-school-students-a-randomised-controlled-trial/.

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NEW: Effects on Anxiety and Vital Signs of the Emotional Freedom Technique and Music Before Surgery for Lumbar Disc Hernia

Summary: Patients hospitalized for surgical treatment for lumbar disc herniation (LDH) are adversely affected psychologically, with fury, anger, helplessness, anxiety, and depression being observed in patients. Anxiety in particular is a common problem, with an incidence of around 90%. This study intended to determine the effects on patients' anxiety and vital signs of the emotional freedom technique (EFT) and music before LDH surgery. The research team designed a quasi-experimental study. The research was carried out in the neurosurgery clinic of a university hospital in Turkey. Participants were 162 adult patients at the clinic who had LDH surgery between February 2018 and September 2019.The Subjective Units of the Distress Scale (SUDS), and the State-Trait Anxiety Inventory-State Anxiety (STAI-S), were used to collect data. In the data analysis, the numbers, percentages, means, standard deviations, and chi-square values were found, and the t test and an analysis of variance (ANOVA) were used in the dependent and independent groups, respectively. The Tukey test was used for further analysis. EFT and music were determined to significantly reduce participants' state anxiety and subjective discomfort ($P < .001$). EFT significantly reduced the pulse and respiratory rates and the systolic blood pressure, and music significantly lowered the diastolic and systolic blood pressures ($P < .05$). Further analyses showed that **EFT was more effective on state anxiety and reducing the respiratory rate than music.** Both music and EFT before LDH surgery reduced anxiety and regulated vital signs, and EFT was found to be more effective than music in regulating anxiety and respiratory rate.

Authors: Remziye Cici & Meral Ozkan

https://pubmed.ncbi.nlm.nih.gov/34097649/.

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NEW: Effectiveness of music therapy and EFT on test anxiety in Turkish nursing students: A randomised controlled trial

Summary: Test anxiety, one of the forms of situational anxiety, is a crucial biopsychological factor negatively affecting the wellbeing and academic performance of students throughout their education. The study aimed to determine the effects of music therapy and EFT (Emotional Freedom Technique) on situational anxiety and vital signs in nursing students before they took an OSCE (Objective Structured Clinical Exam). This study was conducted with 90 volunteer students. A computer-based random number generator was used to randomly assign the students into three groups (Music, EFT, and control), each group consisted of 30 students. Data was collected using a Student Identification Form, the Situational Anxiety Scale, and the Vital Signs Form. Before the interventions, the mean anxiety scores of the students were similar. After the interventions, however, the mean anxiety scores of those in both experimental groups were significantly lower ($p < .05$). The difference between the mean vital signs of the groups was not statistically significant, except the pulse rate in the EFT and peripheral capillary oxygen saturation (SpO2) in the music group. According to the results of the study, both music therapy and **EFT led to a decrease in the nursing students' average scores before the OSCE, as measured by the Situational Anxiety Scale.**

Authors: Demet İnangil, Pınar Irmak Vural, Sibel Dogan & Gulşah Korpe

https://www.sciencedirect.com/science/article/abs/pii/S1876382019306699#:~:text=According%20to%20the%20results%20of,by%20the%20Situational%20Anxiety%20Scale.

Vitality LIVING College

NEW: Efficacy of EFT and Cognitive Behavioural Therapy on Stress, Anxiety, Depression, Short-term Memory, Psychophysiological Coherence and Heart Rate in Indian Adults

Summary: World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Depression affects a person's feelings, thinking, daily functioning, processing speed, memory, and executive functions. National Mental Health Survey of India in 2015-2016 reports that one in 20 Indians suffers from Depression. Earlier research indicated that Cognitive Behavioural Therapy (CBT) represents a superior approach in treating mild to severe depression symptoms, and Emotional Freedom Technique (EFT) received increased attention. The present study is in line with a study conducted in Australia in 2016 by Hannah Chatwin et al. The objective of the current study is to evaluate the efficacy of EFT and CBT in the treatment of stress, anxiety and depression, short-term memory loss, psychophysiological coherence and heart rate in Indian young adults. Subjects (n = 14), selected at random, from Ahmedabad (a metro city) in India, were screened for stress, anxiety and depression using Depression, These subjects were randomly assigned to an 8 once a week CBT or EFT treatment program. All participants were screened after 3 sessions, 5 sessions, 8 sessions and 6 months of follow up using DASS21, BDI2 and Digit Span Test. They were also screened after 1 month for stress, anxiety and depression using DASS21 and BDI2. Findings of the study depicted that both intervention approaches produced significant reductions in stress, anxiety and depressive symptoms and concurrent improvement in short-term memory (STM), psychophysiological coherence and heart rate. The EFT treatment produced marked improvement in depression after 3 sessions. After 8 weeks of intervention, the CBT group reported significant improvement in depression and short-term memory, while **EFT intervention therapy showed significant improvement in depression state after 1 month and 6 months of follow up respectively**. **Examination of individual cases showed, clinically significant improvement in stress, anxiety, depression symptoms, short-term memory and psychophysiological coherence across both interventions.** The results are consistent with the previous studies by Hannah Chatwin et al. (2016). Present findings suggest that EFT would be an effective intervention therapy in managing stress, anxiety, depression and STM and worthy of further investigation

Author: Shilpa Jasubhai

https://www.researchgate.net/publication/350374699_

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NEW: EFT and breathing awareness to reduce childbirth fear: A randomised controlled study

Summary: Emotional freedom techniques (EFT) and breathing awareness (BA) are applicable during labour. The present study aimed to determine the effectiveness of EFT and BA in the reduction of childbirth fear. This randomised controlled study included 120 pregnant women, of whom the EFT, BA and control groups. The women in the EFT and BA groups were offered their intervention in the latent, active and transition phases of labour. There was no significant difference in the sociodemographic and obstetric factors between the groups ($p > 0.05$). **The Subjective Units of Distress Scale in active and transition phases were significantly lower in the EFT group**. The difference in the scores for the Wijma Delivery Expectancy/Experience Questionnaire (version B) between the groups was significant ($p < 0.001$). Both EFT and BA were observed to be beneficial in clinical practice; the **EFT was found to be more effective and permanent.**

Authors: Pınar Irmak Vura & Ergul Aslan

https://pubmed.ncbi.nlm.nih.gov/31003663/

Vitality LIVING College

NEW: Emotional Freedom Technique : An Alternative Therapy in Destressing

Summary: In the present day competitive world, life is full of stress especially for students who are on the threshold of the beginning of their career. It also has been accepted that emotional disharmony is one of the important factors in physical symptoms and disease. Emotional Freedom Technique is being widely used as an alternate healing method for freedom from stress/ disease and with astounding results too on chronic illness. Such techniques are being accepted and used in medical and psychiatric circles as well as in the range of psychotherapies and healing disciplines. In this paper, an attempt was made to study the effects of Emotional Freedom Technique (EFT) on stress level of various subjects. It was hypothesized that there will be a significant drop in the stress level of the subjects after using the technique. A sample of university students was selected and the results were noted .Pre and post test design was used. It was concluded that the **Emotional Freedom Technique had a positive effect on the stress level of subjects as they felt more relaxed, comfortable and calm after going through EFT.** The long term benefits of this technique are discussed.

Authors: Padmakalli Banerjee, Amita Puri & Nadeem Luqman

https://www.ijaiem.org/Volume4Issue9/IJAIEM-2015-06-18-31.pdf

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NEW: EFT as an Alternative Therapy to Reduce Anxiety Disorders and Depression in People Who Are Positive Covid-19

Summary: The increasing number of deaths from Covid-19 is in line with anxiety disorders and depression in people who are positive for Covid-19. The emotional Freedom Technique (EFT) is known as an effective therapy to reduce mental health disorders in certain patients but has never been applied to people who are confirmed positive for Covid-19. This study aims to analyze the effectiveness of EFT as an alternative therapy in reducing anxiety and depression in people who are positive for Covid-19. This research design uses a quasi-experimental approach with a one-group pretest and posttest approach. A total of 22 people were isolated in the Health Training Unit (UPELKES) provided by the Pontianak Government in June 2021. The data analysis technique used paired t-test (95% CI). There was a significant decrease in anxiety (t value = 6,738) and depression scores (t value = 2,585) after EFT therapy was given (p-value < 0.05). Thus, **EFT can be an alternative therapy in overcoming anxiety and depression disorders in people who are confirmed positive for Covid-19.**

Authors: Padmakalli Banerjee, Amita Puri & Nadeem Luqman

https://repository.unmuhpnk.ac.id/1396/1/EFT%20%28Emotional%20Freedom%20Technique%29%20As%20An%20Alternative%20Therapy%20To%20Reduce%20Anxiety%20Disorders%20and%20Depression%20in%20People%20Who%20Are%20Positive%20Covid-19.pdf.

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NEW: EFT (tapping) to Improve Wellbeing and Reduce Anxiety in Primary School Classrooms

Summary: The use of Emotional Freedom Techniques (EFT) as a class exercise was investigated to ascertain its effectiveness for student wellbeing. Although EFT has been validated in clinical settings, studies have not yet established whether this approach could be applied in classrooms to curb anxiety and improve wellbeing. A pragmatic, mixed methods study was conducted with 138 students in northern Australian primary schools. Student anxiety dissipated over two stages of intervention. Aside from class tapping sessions, students sometimes tapped surreptitiously, and teachers applied tapping for themselves on occasions. Students generally preferred a quieter, individual approach during class tapping sessions. Broader themes derived from student and teacher data suggested that tapping is a mechanism for change, the skills are transferable, and unsurprisingly, tapping is not always effective. **EFT supports social and emotional learning** and aligns with the Australian school curriculum. **Findings suggest EFT used in classrooms can benefit students and teachers.**

Authors: Lambert, Margaret T, Smith, Sue Erica, Moss, Simon, Kirshbaum & Marilynne N.

https://eric.ed.gov/?id=EJ1357704

Vitality LIVING College

NEW: EFT as a Tool to Resolve Anxiety: A Case Study Approach

Summary: The present work examines the extent to which Emotional Freedom Technique (EFT) is effective as a tool in resolving anxiety. In recent years various mental health professionals have been focusing on the use of alternative therapies like Thought Field Therapy(TFT), Hypnotherapy, Past Life Regression Therapy, and Reiki but there is a paucity of empirical research on the underlying factors for managing emotional challenges and turmoil. One of the latest techniques, EFT, was established by Gary Craig. Case study method was used for the present case of one individual who had a very high level of anxiety. To measure the level of anxiety Subjective Units of Discomfort (SUD) scale, as an introspective technique for experienced emotional and psychosomatic discomfort, was used as a pre and post measure. Findings: Major findings were at two levels a) intensive effect of one traumatic event on the adult life (in this case anger leading to performance anxiety and fear of authority), and b) how EFT helps a person to understand and handle emotions in positive manner. **The implication of the study is that the person who practices EFT regularly would be in a better position to understand and handle disturbing emotions.** It is a cost effective, easy to learn, simple to use tapping technique that can be used anywhere, anytime, and any number of times in a day. It can be used for all emotions and body pains..

Author: Dr. Neerja Pandey

https://www.researchgate.net/publication/353512501_

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NEW: Dismantling an energy psychology technique for communication apprehension: A randomised mixed methods trial

Summary: Reducing communication apprehension (CA) in university public speaking classes has been traditionally achieved by strategies such as skills training, rehearsal, preparation, and repeated performance. Yet, some highly anxious speakers require more intensive interventions. Recently, Energy Psychology (EP) protocols such as Emotional Freedom Techniques (EFT) and Primordial Energy Activation and Transcendence (PEAT) have significantly reduced CA after brief interventions. Other studies have investigated the therapeutic effects of the various components of selected EP protocols through dismantling studies. This study contributes to existing EP dismantling and CA studies by exploring the efficacy of two modified PEAT protocols. Participants (N = 51) were randomly placed into one of three groups: a modified PEAT acupressure group, a modified PEAT non-acupressure group, and a no-treatment control group. **Mixed method analyses did not find a significant difference in CA scores ($p < .05$) or reported subjective experiences between groups at posttest, and highly anxious speakers benefitted more from the public speaking course than less anxious ones**. The authors suggest that dismantling the original PEAT technique may have limited its efficacy and further study on PEAT for CA is required.

Authors: John Fitch, Krista Kimmel Jennifer Fairchild & Joel DiGirolamo

https://www.researchgate.net/publication/337717576_

Vitality LIVING College

NEW: App-based delivery of Clinical EFT: Cross-sectional study of app user self-ratings

Summary: The burgeoning area of mobile health (mHealth) has experienced rapid growth in mobile apps designed to address mental health issues. Although abundant apps offer strategies for managing symptoms of anxiety and stress, information regarding their efficacy is scarce. This study aimed to assess the effect of an mHealth app on user self-ratings of psychological distress in a sample of 270,461 app users. An evidence-based psychophysiological intervention that combines acupressure with elements of cognitive and exposure therapies. App users provided self-ratings of emotional intensity before and after app sessions (termed "tapping meditations") using an 11-point Subjective Units of Distress scale. Across 12 anxiety-tapping meditations, the difference in emotional intensity ratings from presession (mean 6.66, SD 0.25) to post session (mean 3.75, SD 0.30) was statistically significant (P<.001; 95% CI -2.92 to -2.91). Across 11 stress-tapping meditations, a statistically significant difference was also found from presession (mean 6.91, SD 0.48) to post session (mean 3.83, SD 0.54; P<.001; 95% CI -3.08 to -3.07). The results are consistent with the literature on the efficacy of Clinical EFT for anxiety and stress when offered in conventional therapeutic formats. **The findings provide preliminary support for the effectiveness of the mHealth app in the immediate reduction of self-rated psychological distress.** As an adjunct to professional mental health care, the app promises accessible and convenient therapeutic benefits.

Authors: Dawson Church, Peta Stapleton & Debbie Sabot

https://pubmed.ncbi.nlm.nih.gov/32862128/.

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NEW: Group counseling with systematic desensitization and EFT to reduce public speaking anxiety

Summary: Public Speaking or the ability to speak in public is one of basic competencies that must be owned by students. However, apparently, there found many students having public speaking anxiety and in high category. Regarding this problem, this study was aimed at examining the effectiveness of a group counselling with desensitization technique and emotional freedom technique in reducing students' public speaking anxiety. The implementation of those techniques were done twice in each group counselling service. Meanwhile, the research method employed was mixed anova repeated measures test design by involving 16 students having high level public anxiety chosen from 100 students by using purposive sampling. Further, the results of mixed anova repeated measure showed that **the group counselling with systematic desensitization technique and emotional freedom technique (EFT) was proved to be effective in reducing the public speaking anxiety of students.** Besides, seen from the average score and time effect, **emotional freedom technique resulted higher decrease than systematic desensitization technique**. For more, the more emotional freedom technique was given, the higher decrease of the public speaking anxiety of students would result.

Authors: Ely Roy Madoni, Mungin Eddy Wibowo & Muhammad Japar

https://www.researchgate.net/publication/324328577_

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NEW: The use of EFT in women with panic disorder: A pilot study.

Summary: Panic disorder is a disabling condition associated with reduced quality of life and impaired functioning. It is one of the most common mental health conditions in the United States and several European countries, and causes a significant burden of disease on impacted families. Typically, women have double the prevalence rate of anxiety-related disorders as compared to men. This preliminary study aimed to explore whether Emotional Freedom Techniques (EFT) offers potential as a treatment to reduce fear of future panic attacks in women who suffer from panic attacks. Eight women participated in the study. Outcomes were measured using the Subjective Units of Distress (SUD) scale and the Panic and Agoraphobia Scale (PAS). **Results indicated reductions in both SUD and PAS scores at pre- and post-intervention**, though not statistically significant, likely due to the small sample size. Nonetheless, the findings of **this study support preliminary evidence that EFT may offer potential as a treatment for women with panic disorder**. Further research to confirm statistical significance and long-term impacts of EFT needs to be conducted.

Authors: Erin Taylor, Mahima Kalla, John Freedom & Karen Crowley

https://energypsychologyjournal.org/the-use-of-emotional-freedom-techniques-eft-in-women-with-panic-disorder-a-pilot-study/.

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

Summary: Emotional Freedom Technique (EFT) combines elements of exposure and cognitive therapies with acupressure 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.

Author: Morgan Cloud

https://pubmed.ncbi.nlm.nih.gov/26894319/

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

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

Authors: Barbara S Baker & Caroline J Hoffman

http://www.sciencedirect.com/science/article/pii/S1876382014003072

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

Summary: 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.

Author: David Feinstein

http://www.ajpssi.org/index.php/ajpssi/article/view/63

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

Summary: 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 focusing 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.**

Author: David Feinstein

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=11529

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

Summary: 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.

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

https://energypsychologyjournal.org/sharon-j-jones-jennifer-a-thornton-and-henry-b-andrews/

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

Summary: A randomised 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.

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

https://energypsychologyjournal.org/69/the-effect-of-progressive-muscular-relaxation-and-emotional-freedom-techniques-on-test-anxiety-in-high-school-students-a-randomised-controlled-trial/

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

Summary: 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 randomised 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.

Authors: Nilhan Sezgin & Bahar Ozcan

https://www.frontiersin.org/articles/10.3389/fpsyg.2022.856209/full

Vitality LIVING College

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

Summary: 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 though one round of EFT focusing 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 ($p=p<0.001$), 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 focused**; 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 curriculums for courses that include oral presentations and that **using EFT to reduce presentation anxiety may enhance academic performance**.

Authors: Elizabeth Boath, Anthony Stewart & Angela Carryer

http://journals.staffs.ac.uk/index.php/ipihe/article/view/33

Vitality LIVING College

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

Summary: 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. Women admitted for OBG surgeries were selected through consecutive sampling. Pre interventional 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. 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** ($p < 0.002$). EFT is a simple, cost effective, and evidence-based method that can be used in reducing the anxiety of patients undergoing surgery.

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

https://energypsychologyjournal.org/eft-reduces-anxiety-among-women-undergoing-surgery/

Vitality LIVING College

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

Summary: 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. 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). 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. **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). 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.

Authors: Elizabeth Boath, Angela Carryer & Anthony Stewart

https://energypsychologyjournal.org/abstracts/abstracts-volume-5-number-2-november-2013/is-emotional-freedom-techniques-eft-generalizable-comparing-effects-in-sport-science-students-versus-complementary-therapy-students/

Vitality LIVING College

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

Summary: 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.

Authors: Church D & Brooks A J

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=2442

Vitality LIVING College

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

Summary: 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). 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. 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.** 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.

Authors: Peta Stapleton, Amy Bannatyne, Hannah Chatwin, Keri-Charle Urzi, Brett Porter & Terri Sheldon

http://www.sciencedirect.com/science/article/pii/S1744388116301451

Vitality LIVING College

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

Summary: 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. 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. 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. The pilot study was conducted in a two-year college in the south eastern region of the United States. 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). 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. 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**. Overall, findings suggested that EFT can be an effective tool for stress management and anxiety relief in nursing students.

Author: Susan Librizzi Patterson

http://www.sciencedirect.com/science/article/pii/S0260691716000617?np=y

Vitality LIVING College

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

Summary: 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). The current pilot study aimed to evaluate the effectiveness of CBT and EFT in the treatment of depression and comorbid anxiety. The research team designed a pilot study structured as a randomised, controlled trial with 2 intervention arms. The study took place at Bond University in Gold Coast, Queensland, Australia. Participants (n = 10) were local community members who had screened positive for a primary diagnosis of MDD. 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). 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). 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. Overall, the findings provide evidence to suggest that EFT might be an effective treatment strategy worthy of further investigation.

Authors: Hannah Chatwin, Peta Stapleton, Brett Porter, Sharon Devine & Terri Sheldon

https://pubmed.ncbi.nlm.nih.gov/27330487/

Vitality LIVING College

Effectiveness of Emotional Freedom Techniques on occupational stress for preschool teachers

Summary: 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.

Authors: Haynes & Teresa

http://gradworks.umi.com/34/12/3412819.html

Vitality LIVING College

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

Summary: 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. 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. 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. 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. The RCMAS-2 was used to assess pre-intervention and post-intervention anxiety levels in participants. **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]). EFT is an efficacious intervention to significantly reduce anxiety for high-ability adolescents.

Authors: Amy H Gaesser & Orv C Karan

https://pubmed.ncbi.nlm.nih.gov/27642676/

Vitality LIVING College

Interventions to reduce anxiety for gifted children and adolescents.

Summary: Interventions to Reduce Anxiety for Gifted Children and Adolescents 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, h2= .08) and school setting (F [2, 149] = 21.41, p< .001, h2= .23) were significant factors in the anxiety levels of the gifted students. In Phase II, a randomised 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).

Author: Amy H. Gaesser

http://digitalcommons.uconn.edu/dissertations/377/

Vitality LIVING College

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

Summary: This study explored test anxiety benefits of Wholistic Hybrid derived from EMDR (WHEE), Emotional Freedom Techniques (EFT), and Cognitive Behavioural Therapy. Canadian university students with severe or moderate test anxiety participated. 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). 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. **WHEE and EFT show promise as effective treatments for test anxiety.**

Authors: Daniel J Benor, Karen Ledger, Loren Toussaint, Geoffrey Hett & Daniel Zaccaro

https://pubmed.ncbi.nlm.nih.gov/19913760/

Vitality LIVING College

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

Summary: 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 ($p < .001$). **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.**

Authors: Julie Palmer-Hoffman & Audrey J. Brooks

https://energypsychologyjournal.org/julie-palmer-hoffman-audrey-j-brooks/

Vitality LIVING College

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

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

Authors: Julie Palmer-Hoffman & Audrey J. Brooks

https://energypsychologyjournal.org/patricia-hodge/

Vitality LIVING College

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

Summary: 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.**

Authors: Dawson Church & Linda Geronilla

https://www.researchgate.net/publication/237301791_

Vitality LIVING College

Reducing anxiety in dental patients using EFT: A pilot study

Summary: 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 ($p < .001$). 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.**

Authors: Graham P. Temple & Phil Mollon

https://energypsychologyjournal.org/32-graham-temple-phil-mollon/

Vitality LIVING College

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

Summary: 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.**

Authors: Bita Saleh, Monica Tiscione & John Freedom

https://energypsychologyjournal.org/effect-of-eft-on-patients-with-dental-anxiety/

Vitality LIVING College

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

Summary: 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.

Author: Brattberg G

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=2446

Vitality LIVING College

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

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

Authors: Stewart A, Boath E, Carryer A, Walton I & Hill L

http://www.eftuniverse.com/research-studies/can-emotional-freedom-techniques-eft-be-effective-in-the-treatment-of-emotional-conditions-results-of-a-service-evaluation-in-sandwell

Vitality LIVING College

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

Summary: The purpose of this study was to evaluate the effects of EFT on panic disorder patients. 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. After treatment, both **physical and psychological symptoms decreased. This study suggested that EFT is an effective method for treating patients with panic disorders.**

Authors: Sang-Won Lee, Yu-Jin Lee, Song-Wun Yoo, Ru-Da Lee & Se-Jin Park

http://www.eftuniverse.com/research-studies/case-series-of-panic-disorder-patients-treated-with-oriental-medical-treatments-and-eft

Vitality LIVING College

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

Summary: 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.**

Authors: Wendy L Comeau & Mark Holder

https://www.researchgate.net/publication/264552510_

Vitality LIVING College

Can Matrix Reimprinting be effective in the treatment of emotional conditions in a public health setting? Results of a U.K. pilot study

Summary: 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. 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. 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. 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.

Authors: Antony Stewart, Elizabeth Boath, Angela Carryer

https://energypsychologyjournal.org/abstracts/abstracts-energy-psychology-journal-volume-5-number-1-may-2013/can-matrix-reimprinting-be-effective-in-the-treatment-of-emotional-conditions-in-a-public-health-setting-results-of-a-u-k-pilot-study/

Vitality LIVING College

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

Summary: 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.

Author: Pasahow R

https://eftuniverse.com/research-studies/anxiety/methodological-problems-in-waite-and-holder-2003-preclude-meaningful-interpretations-about-emotional-freedom-techniques-eft/

Vitality LIVING College

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

Summary: 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.

Authors: Sachin Jain & April Rubino

https://energypsychologyjournal.org/abstracts/abstracts-volume-4-number-2-november-2012/the-effectiveness-of-emotional-freedom-techniques-for-optimal-test-performance/

Vitality LIVING College

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

Summary: 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.

Author: Dawson Church

https://www.researchgate.net/publication/228642932_

Vitality LIVING College

CLINICAL PAPERS FOR ATHLETIC PERFORMANCE

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

Summary: 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.

Author: Dawson Church

https://www.researchgate.net/publication/228493408_

Vitality LIVING College

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

Summary: This study involved the use of a short session of Emotional Freedom Techniques (EFT) with two English ladies soccer teams. It is a randomised 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.

Authors: Llewellyn-Edwards T & Llewellyn-Edwards M

https://www.efttappingtraining.com/eft-research-paper/the-effect-of-eft-on-soccer-performance/

Vitality LIVING College

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

Summary: Church (2009) studied basketball free-throw performance of college varsity athletes, comparing a brief treatment of Emotional Freedom Techniques (EFT) with 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 the reported improvement within the EFT condition was not significant, whereas the control condition decrement was significant and robust; the positive effect of EFT thus took the form of an avoidance of the strong performance decrement seen in the control group; 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.

Author: Harvey Baker

https://energypsychologyjournal.org/harvey-baker/

Vitality LIVING College

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

Summary: 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.**

Authors: Rotherham M, Maynard I, Thomas O, Bawden M & Francis L

https://www.researchgate.net/publication/277278262_

Vitality LIVING College

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

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

Authors: Church D & Downs D

https://thesportjournal.org/article/sports-confidence-and-critical-incident-intensity-after-a-brief-application-of-emotional-freedom-techniques-a-pilot-study/

Vitality LIVING College

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

Summary: 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.

Author: Wooten H. R

https://www.taylorfrancis.com/chapters/mono/10.4324/9780203837009-12/healing-life-sport-dealing-student-athlete-loss-grief-transition-eft-thelma-duffey

Vitality LIVING College

CLINICAL PAPERS FOR DEPRESSION

NEW: The effectiveness of EFT on depression of postmenopausal women: A randomised controlled trial

Summary: Postmenopausal women are at greater risk of depression. An emotional freedom technique (EFT) is an evidence-based therapy combining cognitive and exposure components with acupressure. This study aimed to evaluate the effect of EFT on depression in postmenopausal women. This was a randomised controlled trial in which 88 women with mild to moderate depression recruited from a menopausal clinic in Ahvaz, Iran, and randomly assigned into two groups of EFT (n=44) and control for sham therapy (n=44). Women in the EFT group received two sessions of training and asked to continue EFT for 8 weeks, one time per day. The Beck Depression Inventory (BDI2) completed by women before and after the intervention. The control group received training on sham acupressure points similar to the intervention group. Data collected using a demographic and BDI2.The independent t-test, chi-square, and ANCOVA were used to analyze data. The mean depression score in the intervention group reduced from 20.93 ± 4.6 to 10.96 ± 4.38 in comparison to the control group that reduced from 19.18 ± 2.79 to 17.01 ± 6.05 after intervention (p=0.001). After the 8 week intervention, the frequency of moderate depression decreased from 56.8 to 9.35% in the intervention and from 50 to 29.5% in the control group. In total, 63.4 and 34.15% in the intervention and control groups were free of depression respectively after the intervention (p<0.001).**The results of this study showed that using EFT for 8 weeks could significantly reduce the mean score of depression in postmenopausal women**. Using this method in public health centers for postmenopausal women is recommended.

Authors: Asieh Mehdipour, Parvin Abedi, Somayeh Ansari & Maryam Dastoorpoor

https://pubmed.ncbi.nlm.nih.gov/34013673/.

Vitality LIVING College

NEW: Effectiveness of emotional freedom techniques (EFT) vs sleep hygiene education group therapy (SHE) in management of sleep disorders among elderly

Summary: Sleep disorders are common among elderly persons, with deleterious effects on their physical and mental health. Many approaches are used to manage such disorders. To compare the Emotional Freedom Techniques-Insomnia (EFT-I) and Sleep Hygiene Education (SHE) group therapy as two treatments for insomnia in a geriatric population when delivered, and their effects on sleep quality, depression, and life satisfaction. This open-label randomised controlled trial study was conducted at El-Abbasia Mental Hospital and Osana family wellness elderly nursing home at Maadi, Cairo. It included 60 elderly patients suffering insomnia sleep problems randomised into two equal groups: one group received a Sleep Hygiene Education (SHE) intervention, the other had a form of Emotional Freedom Techniques (EFT) adapted for use with insomnia (EFT-I). A self-administered questionnaire with tools for sleep quality (Pittsburgh Sleep Quality Index [PSQI]), depression, and life satisfaction was used to collect data. The two groups had equal median age (70 years), and almost similar gender and place of residence distribution. After the intervention, 73.3% of the EFT group had good sleep quality, compared to 100.0% in the SHE group ($P = 0.005$); the median score of depression (3.00) was higher in the EFT group compared with 0.00 in the SHE group ($P < 0.001$); as for life satisfaction, the difference was not statistically significant. The multivariate analyses identified the study intervention as the main statistically significant negative predictor of PSQI and depression scores, and a positive predictor of life satisfaction. Being in the SHE group was a negative predictor of PSQI and depression scores. **Both SHE and EFT approaches are beneficial for elderly patients' sleep quality**, with SHE being more effective in ameliorating sleep. Further replication of this study is needed on a large probability sample from different geographical areas to help for the generalization of the results.

Authors: Nagwa Souilm, Nancy Mahmoud Elsakhy, Yasir A Alotaibi & Safaa Abdelazem Osman Ali

https://pubmed.ncbi.nlm.nih.gov/35444166/.

Vitality LIVING College

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

Summary: 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. All studies (2005–2015) evaluating EFT for sufferers of depression were identified by electronic search; these included both outcome studies and randomised 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. 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%. 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.

Authors: Jerrod A Nelms & Liana Castel

https://pubmed.ncbi.nlm.nih.gov/27843054/

Vitality LIVING College

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

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

Authors: Barbara S. Baker & Caroline J. Hoffman

http://www.sciencedirect.com/science/article/pii/S1876382014003072

Vitality LIVING College

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

Summary: 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 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.**

Author: Dawson Church

https://www.hindawi.com/journals/drt/2012/257172/

Vitality LIVING College

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

Summary: A randomised 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. 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.**

Author: Dawson Church

https://pubmed.ncbi.nlm.nih.gov/24767263/

Vitality LIVING College

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

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

Authors: Antony Stewart, Elizabeth Hardie Boath, Angela Carryer & Ian Walton

https://www.researchgate.net/publication/262799354_

Vitality LIVING College

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

Summary: 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.

Author: Ann E. Reynolds

https://energypsychologyjournal.org/abstracts/abstracts-energy-psychology-journal-volume-7-number-1-may-2015/is-acupoint-stimulation-an-active-ingredient-in-eft-a-controlled-trial-of-teacher-burnout/

Vitality LIVING College

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

Summary: 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.**

Authors: Peta Stapleton, Dawson Church, Terri Sheldon, Brett Porter & Cassandra Carlopio

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3747476/

Vitality LIVING College

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

Summary: 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.

Authors: Dawson Church & Audrey J Brooks

https://www.researchgate.net/publication/285893177_

Vitality LIVING College

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

Summary: 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). 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. 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.** 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.

Authors: Peta Stapleton, Amy Bannatyne, Hannah Chatwin, Keri-Charle Urzi, Brett Porter & Terri Sheldon

http://www.sciencedirect.com/science/article/pii/S1744388116301451

Vitality LIVING College

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

Summary: 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). The current pilot study aimed to evaluate the effectiveness of CBT and EFT in the treatment of depression and comorbid anxiety. The research team designed a pilot study structured as a randomised, controlled trial with 2 intervention arms. The study took place at Bond University in Gold Coast, Queensland, Australia. Participants (n = 10) were local community members who had screened positive for a primary diagnosis of MDD. 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). 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). 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.** Overall, the findings provide evidence to suggest that EFT might be an effective treatment strategy worthy of further investigation.

Authors: Hannah Chatwin, Peta Stapleton, Brett Porter , Sharon Devine & Terri Sheldon

https://pubmed.ncbi.nlm.nih.gov/27330487/

Vitality LIVING College

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

Summary: 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 ($p < .001$). **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.**

Authors: Julie Palmer-Hoffman & Audrey J. Brooks

https://www.researchgate.net/publication/285896536_

Vitality LIVING College

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

Summary: 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.**

Authors: Dawson Church Linda Geronilla & Ingrid Dinte

https://www.researchgate.net/publication/237301791_

Vitality LIVING College

The effects of EFT on long-term psychological Symptoms

Summary: 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.**

Author: Jack E. Rowe

http://www.lifescriptcounseling.com/research/eft_groupoutcomes1.pdf

Vitality LIVING College

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

Summary: 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.

Author: Church D

https://www.researchgate.net/publication/228642932_

Vitality LIVING College

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

Summary: 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. **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.

Authors: Peta Stapleton, Sharon Devine, Hannah Chatwin, Brett Porter & Terri Sheldon

https://pubmed.ncbi.nlm.nih.gov/33309466/

Vitality LIVING College

CLINICAL PAPERS FOR PAIN & PHYSICAL SYMPTOMS

NEW: Effect of EFT on perceived stress, quality of life, and cortisol salivary levels in tension-type headache sufferers: A randomised controlled trial

Summary: To evaluate the short-term effects of the emotional freedom technique (EFT) on tension-type headache (TTH) sufferers. 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). The study was conducted at the outpatient Headache Clinic at the Korgialenio Benakio Hospital of Athens. Thirty-five patients meeting criteria for frequent TTH according to International Headache Society guidelines were enrolled. Participants were instructed to use the EFT method twice a day for two months. 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. **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. **EFT was reported to benefit patients with TTH**. This randomised controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.

Authors: Anastasia M Bougea, Nick Spandideas, Evangelos C Alexopoulos, Thomas Thomaides, George P Chrousos & Christina Darviri

https://pubmed.ncbi.nlm.nih.gov/23452711/.

Vitality LIVING College

NEW: Effects of EFT on the reduction of chronic pain in adults: A pilot study

Summary: 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 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.

Authors: Nick Ortner, Julie Palmer-Hoffman & Morgan Clond

https://www.researchgate.net/publication/277918209_

Vitality LIVING College

NEW: EFT Effects on Psychoimmunological Factors of Chemically Pulmonary Injured Veterans

Summary: 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.**

Authors: Abdolreza Babamahmoodi, Zahra Arefnasab, Ahmad Ali Noorbala, Mostafa Ghanei, Farhang Babamahmoodie, Ahmad Alipour, Mohammad Hossein Alimohammadian, Farhad Riazi Rad, Vahid Khaze & Haideh Darabi

https://pubmed.ncbi.nlm.nih.gov/25530137/.

Vitality LIVING College

NEW: Making sense of chronic disease using Emotional Freedom Techniques (EFT): An existential view of illness

Summary: This article explores chronic disease patients' personal symbolic meanings of their diseases, as emergent from their experience of Emotional Freedom Techniques (EFT) therapy. The present study is part of a larger study that explored chronic disease patients' and EFT practitioners experiences of using EFT to support chronic disease healthcare. Eight chronic disease patients who had received EFT were interviewed for this study. Semi-structured interviews were conducted face to face, or via telephone, or the online videoconferencing platform, Zoom. Interviews were transcribed verbatim and data was analysed using Interpretative Phenomenological Analysis methodology. Three themes emerged, namely 'illness as an embodiment of unresolved emotional issues', 'illness as body's call for time-out and attention', and 'illness as a boundary from other people'. **EFT offers promise as a suitable therapeutic approach to help chronic disease patients make sense of their life stories and lived experiences, and consequently, symbolic meanings of diseases.** The exploration of illness symbology and meaning-making may offer therapeutic value to patients, from both an existential and a health behaviors perspective.

Authors: Mahima Kalla, Margaret Simmons, Anske Robinson & Peta Stapleton

https://pubmed.ncbi.nlm.nih.gov/32335005/

Vitality LIVING College

NEW: Neural Changes After Emotional Freedom Techniques Treatment for Chronic Pain Sufferers

Summary: This clinical trial investigated the effect of an Emotional Freedom Techniques (EFT) intervention on brain activation in chronic pain sufferers using functional magnetic resonance imaging (fMRI). EFT is a brief stress reduction technique which combines stating a cognitive statement with somatic tapping on acupressure points. Twenty-four adults were allocated to a six-week online group EFT treatment and underwent resting-state fMRI pre and post the intervention. A repeated measures MANOVA indicated significant differences in the levels of pain severity (-21%), pain interference (-26%), quality of life (+7%), somatic symptoms (-28%), depression (-13.5%), anxiety (-37.1%), happiness (+17%), and satisfaction with life (+8.8%) from pre-to post-test. Cohen's effect sizes ranged from small (0.2) to large (0.75) values suggesting significance for the intervention. **fMRI analysis showed post-EFT treatment significantly decreased connectivity between the medial prefrontal cortex (a pain modulating area) and bilateral grey matter areas in the posterior cingulate cortex and thalamus**, both areas being related to modulating and catastrophizing of pain. There were no brain areas that showed significantly increased connectivity post-EFT treatment. Coupled with the psychological measures the findings support the effects of the EFT intervention in reducing chronic pain and its impacts. Recommendations for future research are discussed.

Authors: Stapleton Peta, Baumann Oliver, O'Keefe Tom & S Bhuta

https://pubmed.ncbi.nlm.nih.gov/35933806/

Vitality LIVING College

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

Summary: 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.**

Authors: Abdolreza Babamahmoodi, Zahra Arefnasab, Ahmad Ali Noorbala, Mostafa Ghanei & Farhang Babamahmoodie

https://pubmed.ncbi.nlm.nih.gov/25530137.

Vitality LIVING College

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

Summary: 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 randomised 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. 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.**

Authors: Dawson Church & Jerrod Nelms

https://www.researchgate.net/publication/306126423_

Vitality LIVING College

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

Summary: Chronic diseases are a major cause of death and illness in the world and diabetics 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** (Fob:7.24>Fcr:4.22) **showed that EFT method was effective in controlling blood glucose levels in diabetic patients.**

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

https://www.researchgate.net/publication/295161119_

Vitality LIVING College

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

Summary: 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.

Author: Kalla, M

https://www.researchgate.net/publication/270742470_

Vitality LIVING College

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

Summary: 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.

Authors: Nick Ortner, Julie Palmer-Hoffman & Morgan Ann Clond

https://www.researchgate.net/publication/277918209_

Vitality LIVING College

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

Summary: 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.

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

https://energypsychologyjournal.org/the-lived-experience-of-chronic-pain/

Vitality LIVING College

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

Summary: To evaluate the short-term effects of the emotional freedom technique (EFT) on tension-type headache (TTH) sufferers. 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). The study was conducted at the outpatient Headache Clinic at the Korgialenio Benakio Hospital of Athens. Thirty-five patients meeting criteria for frequent TTH according to International Headache Society guidelines were enrolled. Participants were instructed to use the EFT method twice a day for two months. 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. 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. **EFT was reported to benefit patients with TTH. This randomised controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.**

Authors: Bougea AM, Spandideas N, Alexopoulos EC, Thomaides T, Chrousos GP & Darviri C

https://www.ncbi.nlm.nih.gov/pubmed/23452711

Vitality LIVING College

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

Summary: 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.

Author: Brattberg, G

https://varkstaden.se/pdf_filer/EFT_article.pdf

Vitality LIVING College

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

Summary: 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.

Author: Paul G Swingle

https://energypsychologyjournal.org/paul-g-swingle/

Vitality LIVING College

Neurophysiological indicators of EFT treatment of post-traumatic stress

Summary: 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.**

Authors: Paul G Swingle, Lee Pulos, & Mari K Swingle

http://eft-research.s3.amazonaws.com/Neurophysiological%20Indicators%20of%20EFT%20Treatment%20of%20Post-Traumatic%20Stress.pdf

Vitality LIVING College

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

Summary: A randomised 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.**

Authors: Church, D., & Brooks, A. J

https://s3.amazonaws.com/eft-academic-articles/Pain%2C+depression%2C+and+anxiety+after+PTSD+symptom+remediation+in+veterans.pdf

Vitality LIVING College

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

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

Authors: Lee, Suh, Chung, & Kim

http://www.koreascience.or.kr/article/JAKO201110348681118.page

Vitality LIVING College

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

Summary: 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. Participants (N = 20) were elderly women (mean age = 80 4.75) with insomnia. They were randomised 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. 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. **EFT is an effective evidence-based treatment for geriatric insomnia and depression.** EFT is cost-effective, and efficacious when delivered in a group format.

Authors: Jung Hwan Lee, Sun Yong Chung & Jong Woo Kim

https://energypsychologyjournal.org/abstracts/abstracts-energy-psychology-journal-volume-7-number-1-may-2015/a-comparison-of-emotional-freedom-techniques-insomnia-eft-i-and-sleep-hygiene-education-she-in-a-geriatric-population-a-randomised-controlled-trial/

Vitality LIVING College

Spiritual Emotional Freedom Technique intervention to reduce pain in cancer patients

Summary: 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.

Authors: Hakam M, Yetti K & Hariyati T S

http://journal.ui.ac.id/health/article/view/375

Vitality LIVING College

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

Summary: 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.**

Authors: Dr. Neamat Sh Alwan, Dr. Zuhair & EL Nawajha

http://pakacademicsearch.com/pdf-files/art/448/6-17%20Vol%203,%20No%2018%20(2013).pdf

Vitality LIVING College

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

Summary: 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.**

Authors: Church D & Brooks A. J

https://s3.amazonaws.com/eft-academic-articles/HealthCare.pdf

Vitality LIVING College

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

Summary: 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.

Author: Connais C

https://eftuniverse.com/research-studies/pain-physical-symptoms/the-effectiveness-of-emotional-freedom-technique-on-the-somatic-symptoms-of-fibromyalgia/

Vitality LIVING College

CLINICAL PAPERS FOR PHOBIAS

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

Summary: 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.

Authors: Wells S, Polglase K, Andrews H. B, Carrington P & Baker A. H.

https://pubmed.ncbi.nlm.nih.gov/12945061/

Vitality LIVING College

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

Summary: 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. **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.

Authors: A. Harvey Baker & Linda S. Siegel

https://energypsychologyjournal.org/a-harvey-baker-linda-s-siegel/

Vitality LIVING College

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

Summary: 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. 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. The study utilized a crossover design with participants randomly assigned to either diaphragmatic breathing or EFT as the first treatment. The study was conducted at a regional university in the Southwestern United States. Twenty-two students meeting criteria for a phobic response to a specific stimulus (< 8 on an 11-point subjective units of distress scale). 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). **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. 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.

Authors: Salas M, Brooks A. J, & Rowe J. E.

https://pubmed.ncbi.nlm.nih.gov/21571234/

Vitality LIVING College

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

Summary: 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.

Authors: Peter Lambrou, George Pratt & Gaetan Chevalier. E.

https://www.researchgate.net/publication/228679917_

Vitality LIVING College

CLINICAL PAPERS FOR PTSD

NEW: Borrowing benefits: Group treatment with Clinical EFT is associated with simultaneous reductions in posttraumatic stress disorder, anxiety, and depression symptoms

Summary: Clinical Emotional Freedom Techniques (EFT) is an evidence-based treatment for depression and anxiety. The current study sought to elucidate the relationship between posttraumatic stress disorder (PTSD), depression, and anxiety in a nonclinical population. The sample (N = 81) comprised participants at five 2-day EFT workshops. All groups used an EFT protocol called Borrowing Benefits, in which the group facilitator works with a single client while other participants self-apply EFT. Participants were assessed on 9 specific conditions as well as on the breadth (Positive Symptom Total [PST]) and depth (General Symptom Index [GSI]) of psychological distress. **Physical pain and addictive cravings were also assessed. Significant reductions were observed in all measures** ($P < .03$). **Associations between PST, GSI, and PTSD were significant** ($P < .026$). Participants maintained all gains at 6-month follow-up ($P < .02$) with the exception of the Hostility subscale, while Cohen's d = 0.54 indicated a moderate treatment effect for PTSD. The relationship between psychological and physiological conditions identified in this study is consistent with that found in other studies. Group treatment is cost-effective and efficient, and the efficacy of EFT in groups indicates the utility of the Borrowing Benefits technique.

Authors: Dawson Church & Dennis House

https://pubmed.ncbi.nlm.nih.gov/29468884/

Vitality LIVING College

NEW: Comparison of Effectiveness of Eye Movement Desensitization and Reprocessing, Cognitive Behavioral Therapy, and Emotional Freedom Technique in Reducing Anxiety in Patients with Post-traumatic Stress Disorder

Summary: The aim of this study was to determine and compare the three therapeutic effects of Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT) and Emotional Freedom Technique (EFT) in reducing anxiety in patients with Post-Traumatic Stress Disorder (PTSD). Method was quasi-experimental with three experimental groups, one control group and pre-test, post-test and a two month follow-up. The statistical population was 486 patients referred to Kerman Neurology and Psychiatry Hospital in 2018. 60 men were selected in purposeful sampling method and randomly assigned to four groups of 15. In group 1, six 45-minute sessions of Shapiro solo EMDR (2014) were performed. In group 2 six 60-minute sessions of group CBT of Dugas & Robichaud (2007) were performed. And in group 3 six 60-minute sessions solo EFT of Church (2014) were performed. All the Four groups completed the Spielberger, Gorsuch, Lushene, Vagg & Jacobs's Anxiety Inventory (1983) in three stages. Data were analyzed using mixed analysis of variance. Results in group 1 showed that at the level of 99% confidence, **state anxiety (F = 42.36) and trait (F = 12.66), in group 2, state anxiety (F = 5.38) and trait and in group 3, state anxiety (F = 15.23) and trait (F = 18.50) were reduced. This effect remained stable at follow-up stage**. In addition, among the three methods, EMDR was more effective on state anxiety than the other two interventions (P= 0.015). Since, all the three methods can improve behavioral strategies by influencing irrational thoughts and Ayda Alamdar Baghini, Hassan Mohammad Tehrani & Masoumeh Behbodi

Authors: Ayda Alamdar Baghini, Hassan MohammadTehrani & Masoumeh Behbodi

https://apsy.sbu.ac.ir/article_97288.html?lang=en.

Vitality LIVING College

NEW: EFT remediates PTSD and psychological symptoms in veterans: A randomised controlled replication trial
Established and emerging PTSD treatments

Summary: 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 randomised 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.**

Authors: Dawson Church, Crystal Hawk, Audrey J Brooks, Olli Toukolehto, Maria Wren, Ingrid Dinter, Phyllis Stein

https://pubmed.ncbi.nlm.nih.gov/23364126/.

Vitality LIVING College

NEW: Guidelines for the treatment of PTSD using Clinical EFT

Summary: Clinical EFT (Emotional Freedom Techniques) is an evidence-based method that combines acupressure with elements drawn from cognitive and exposure therapies. The approach has been validated in more than 100 clinical trials. Its efficacy for post-traumatic stress disorder (PTSD) has been investigated in a variety of demographic groups including war veterans, victims of sexual violence, the spouses of PTSD sufferers, motor accident survivors, prisoners, hospital patients, adolescents, and survivors of natural and human-caused disasters. Meta-analyses of EFT for anxiety, depression, and PTSD indicate treatment effects that exceed those of both psychopharmacology and conventional psychotherapy. Studies of EFT in the treatment of PTSD show that (a) time frames for successful treatment generally range from four to 10 sessions; (b) group therapy sessions are effective; (c) comorbid conditions such as anxiety and depression improve simultaneously; (d) the risk of adverse events is low; (e) treatment produces physiological as well as psychological improvements; (f) patient gains persist over time; (g) the approach is cost-effective; (h) biomarkers such as stress hormones and genes are regulated; and (i) the method can be adapted to online and telemedicine applications. This paper recommends guidelines for the use of EFT in treating PTSD derived from the literature and a detailed practitioner survey. It has been reviewed by the major institutions providing training or supporting research in the method. **The guidelines recommend a stepped-care model, with five treatment sessions for subclinical PTSD, 10 sessions for PTSD, and escalation to intensive psychotherapy or psychopharmacology or both for nonresponsive patients and those with developmental trauma.** Group therapy, social support, apps, and online and telemedicine methods also contribute to a successful treatment plan.

Authors: Dawson Church , Peta Stapleton, Phil Mollon, David Feinstein, Elizabeth Boath, David Mackay & Rebecca Sims

https://pubmed.ncbi.nlm.nih.gov/30545069/.

Vitality LIVING College

NEW: The manual stimulation of acupuncture points in the treatment of post-traumatic stress disorder: A review of Clinical EFT

Summary: The manual stimulation of acupuncture points has been combined with components of cognitive and exposure therapies into a clinical and self-help approach known as Emotional Freedom Techniques (EFT). This review describes the approach, with a focus on PTSD in veterans and service members, provides an overview of how EFT is most commonly applied, and outlines obstacles and cautions related to its implementation. Peer-reviewed clinical trials and meta-analyses of EFT in the treatment of PTSD are assessed to identify the characteristics of the approach that render it suitable for the treatment of PTSD. The literature demonstrates that remediation of PTSD and comorbid conditions is typically accomplished within brief time frames, ranging from one session for phobias to between four and ten sessions for PTSD. **Clinical EFT has been shown to regulate stress hormones and limbic function and to improve various neurologic markers of general health**. The epigenetic effects of EFT include upregulation of immunity genes and downregulation of inflammation genes. **Six dismantling studies have indicated that the acupressure component of EFT is an active ingredient and not placebo.** Seven empirically supported strengths of the approach were identified that make it especially suitable for use with veterans and active military: (1) the depth and breadth of treatment effects; (2) the relatively brief timeframes required for successful treatment; (3) the low risk of adverse events; (4) the minimal training time required for the approach to be applied effectively; (5) the simultaneous reduction of physical and psychologic symptoms; (6) the utility and cost-effectiveness of clinical EFT in a large group format; and (7) the method's adaptability to online and telemedicine applications.

Authors: Dawson Church & David Feinstein

https://pubmed.ncbi.nlm.nih.gov/28874920/.

Vitality LIVING College

NEW: An Observational Study on Acupuncture for Earthquake-related Post-traumatic Stress Disorder: The Experience of the Lombard Association of Medical Acupuncturists/Acupuncture in the World, in Amatrice, Central Italy

Summary: Medical Acupuncturists/Acupuncture in the World in the earthquake-stricken area of Amatrice in Central Italy and measures the effect of acupuncture on earthquake-related pain and psychologic symptoms in the victims. The intervention lasted 5 weeks, from September to October 2016. Adult patients with psychologic symptoms and musculoskeletal pain were included. Treatments were performed by experienced medical acupuncturists. A verbal/numerical scale was developed to quantify the effect of intervention. A Wilcoxon rank-sum test was used for comparison of the scores before and after the acupuncture treatment of the patients, 68.3% reported having both pain and psychologic symptoms. The most frequently used meridian points were Kidney (13.17%), followed by Large Intestine (12.46%), Spleen (12.04%) and Gall Bladder (10.34%). After 3 treatments performed in daily sessions, 54.05% and 60.6% of patients reported marked improvements in psychologic and pain symptoms, respectively. Statistical analysis showed a significant difference between the scores reported before the first treatment and after the third treatment, both for pain (P = 0.000) and psychologic symptoms (P = 0.000). No serious adverse events were reported. **These results suggest that acupuncture could be a useful tool for reducing pain and psychologic symptoms related to earthquakes, but further research is required in this specific area.**

Authors: Carlo Moiraghi, Paola Poli & Antonio Piscitelli

https://pubmed.ncbi.nlm.nih.gov/31031878/

Vitality LIVING College

NEW: Research Review: Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: a network meta-analysis

Summary: Earthquakes are associated with severe psychiatric disorders, such as anxiety, depression, and post-traumatic stress disorder (PTSD). Current first-line therapies for PTSD have well-known side-effects. Acupuncture is a complementary approach to help patients cope with mental problems after natural disasters and public health events. This article describes an acupuncture intervention conducted by the Lombard Association of Post-traumatic stress disorder (PTSD) is a potentially chronic and disabling disorder that affects a significant minority of youth exposed to trauma. Individual forms of TF-CBT showed consistently large effects in reducing PTSD symptoms post-treatment compared with waitlist. The order of interventions by descending magnitude of effect versus waitlist was as follows: cognitive therapy for PTSD (SMD -2.94, 95%CrI -3.94 to -1.95), combined somatic/cognitive therapies, child-parent psychotherapy, combined TF-CBT/parent training, meditation, narrative exposure, exposure/prolonged exposure, play therapy, Cohen TF-CBT/cognitive processing therapy (CPT), eye movement desensitisation and reprocessing (EMDR), parent training, group TF-CBT, supportive counselling and family therapy (SMD -0.37, 95%CrI -1.60 to 0.84). Results for parent training, supportive counselling and family therapy were inconclusive. Cohen TF-CBT/CPT, group TF-CBT and supportive counselling had the largest evidence base. Results regarding changes in PTSD symptoms at follow-up and remission post-treatment were uncertain due to limited evidence. **Trauma-focused cognitive behavioural therapy, in particular individual forms, appears to be most effective in the management of PTSD in youth**. EMDR is effective but to a lesser extent. Supportive counselling does not appear to be effective. Results suggest a large positive effect for emotional freedom technique, child-parent psychotherapy, combined TF-CBT/parent training, and meditation, but further research is needed to confirm these findings as they were based on very limited evidence.

Authors: Ifigeneia Mavranezouli, Odette Megnin-Viggars, Caitlin Daly, Sofia Dias, Sarah Stockton, Richard Meiser-Stedman, David Trickey & Stephen Pilling

https://pubmed.ncbi.nlm.nih.gov/31313834/

Vitality LIVING College

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

Summary: 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 (RTCs) have shown promising outcomes for all three conditions. To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs. 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. Seven randomised 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). **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.

Authors: Brenda Sebastian & Jerrod Nelms

https://pubmed.ncbi.nlm.nih.gov/27889444/

Vitality LIVING College

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

Summary: 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.

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. 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.

Authors: Dawson Church, Sheri Stern, Elizabeth Boath, Antony Stewart, David Feinstein & Morgan Clond

https://pubmed.ncbi.nlm.nih.gov/28678690/

Vitality LIVING College

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

Summary: 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 randomised 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.

Authors: Thanos Karatzias, Kevin Power, Keith Brown, Theresa McGoldrick, Millia Begum, Jenny Young, Paul Loughran, Zoe Chouliara & Sally Adams

https://pubmed.ncbi.nlm.nih.gov/21629014/

Vitality LIVING College

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

Summary: 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 randomised 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.

Authors: Church D, Hawk C, Brooks AJ, Toukolehto O, Wren M, Dinter I & Stein P

https://pubmed.ncbi.nlm.nih.gov/23364126/

Vitality LIVING College

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

Summary: 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 ± 12.5) for veterans and 42.6 (SD ± 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 ± 1.2; $p < .001$) for veterans, with 28% still clinical. Spouses demonstrated substantial symptom reductions ($M = 28.7$, SE ± 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.

Authors: Church D, Hawk C, Brooks AJ, Toukolehto O, Wren M, Dinter I & Stein P

https://pubmed.ncbi.nlm.nih.gov/24439093/

Vitality LIVING College

Effects of integrative PTSD treatment in a military health setting

Summary: 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 (HSCL-25), which measures general mental health. Participants received two 2-1/2 hour treatment sessions per week for 4 consecutive weeks (eight sessions total). 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.

Authors: Ashley Nemiro & Sarah Papworth

https://www.stress.org/wp-content/uploads/2014/02/Integrative-PTSD-Treatment.pdf

Vitality LIVING College

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

Summary: 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 randomised 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. **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.

Authors: Dawson Church, Garret Yount, Kenneth Rachlin & Louis Fox

https://www.researchgate.net/publication/306089071_

Vitality LIVING College

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

Summary: 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. A randomised 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. **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.

Authors: Ashraf Al-Hadethe , Nigel Hunt1, Ghaffar Al-Qaysi & Shirley Thomas

https://www.scitechnol.com/peer-review/randomised-controlled-study-comparing-two-psychological-therapies-for-posttraumatic-stress-disorder-ptsd-emotional-freedom-techniq-2MfO.php?article_id=4608

Vitality LIVING College

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

Summary: 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 randomised 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.

Authors: DawsonChurch, TerrySparksJ & MorganClond

http://www.sciencedirect.com/science/article/pii/S1550830716300799

Vitality LIVING College

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

Summary: 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 randomised 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 ±4.82, post = 31 SD ±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 ±4.74, post = 3 SD ±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.**

Authors: Dawson Church, Oscar Pina & Carla Reategui

http://journals.sagepub.com/doi/abs/10.1177/1534765611426788

Vitality LIVING College

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

Summary: 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. A sample of 149 veterans with PTSD were approached to participate in the study; 59 were eligible and consented to participate. They were randomised 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 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. 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.**

Authors: Phyllis K. Stein & Audrey J. Brooks

https://energypsychologyjournal.org/phyllis-k-stein-audrey-j-brooks/

Vitality LIVING College

Post-earthquake rehabilitation of clinical PTSD in Haitian seminarians

Summary: 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.

Authors: Gurret, Caufour C, Palmer-Hoffman J & Church D

http://eft-academic-articles.s3.amazonaws.com/Post Earthquake+Rehabilitation+of+Clinical+PTSD+in+Haitian+Seminarians.pdf

Vitality LIVING College

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

Summary: 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.

Authors: Boath E, Stewart T & Rolling C

https://thescipub.com/pdf/crpsp.2014.64.72.pdf

Vitality LIVING College

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

Summary: 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.**

Authors: Church D, Geronilla L & Dinter I.

https://www.researchgate.net/publication/237301791_

Vitality LIVING College

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

Summary: 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.

Author: Green M

https://psycnet.apa.org/record/2014-10434-003

Vitality LIVING College

Telephone delivery of EFT remediates PTSD symptoms in veterans

Summary: 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** ($p < .05$).

Authors: John Hartung & Phyllis Stein

https://www.researchgate.net/publication/269811823_

Vitality LIVING College

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

Summary: 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.

Author: Church D.

https://www.researchgate.net/publication/228642932_

Vitality LIVING College

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

Summary: 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.

Author: Sheldon T

https://thescipub.com/pdf/crpsp.2014.40.63.pdf

Vitality LIVING College

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

Summary: 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.**

Author: Tuti Rahmi

https://ejournal.unp.ac.id/index.php/pedagogi/article/view/2212/1833

Vitality LIVING College

CLINICAL PAPERS FOR WEIGHT LOSS, CRAVINGS, & ADDICTION

NEW: Naturally thin you: Weight loss and psychological symptoms after a six-week online clinical EFT course

Summary: Traditional methods of delivering therapeutic interventions have increasingly been supplemented by online courses. The current study investigated the effects of Clinical EFT (Emotional Freedom Techniques) in 76 participants enrolled in a six-week online course called Naturally Thin You. Weight, restraint, the power of food in the external environment, happiness, and posttraumatic stress disorder (PTSD) symptoms were assessed before and after the course and at one-year follow-up. Participants received six live group teleclasses, access to online course materials and a private social media group, and a year of monthly support teleclasses. No particular diet was recommended; the course focused using EFT to treat the emotional triggers associated with food. Clinical EFTs Borrowing Benefits protocol, in which the group facilitator works with a single participant while others simultaneously self-apply EFT, was used during the teleclasses. Repeated measures ANOVA compared scores pre- to 12-month follow-up, and significant improvements were found for body weight ($P < .001$), depression symptoms ($P = 0.010$), restraint ($P = 0.025$), and the subjective power of food in the external environment ($P = 0.018$). Weight decreased an average of 1lb/week during the course, and 2lb/month between pretest and one-year follow-up. On follow-up, no change was observed in PTSD symptoms measured by a brief civilian trauma checklist, or anxiety, and increases in happiness were non-significant. **The results indicate Clinical EFTs utility to address the influence of food in the external environment and assist weight loss, and to promote beneficial long-term change when delivered in an online format.**

Authors: Dawson Church, Peta Stapleton, Lily Sheppard & Brett Carter

https://pubmed.ncbi.nlm.nih.gov/29370983/

Vitality LIVING College

NEW: Skinny Genes' Six-week, Online, Clinical Emotional Freedom Techniques Program: Durable Weight Loss and Improved Psychological Symptoms

Summary: With obesity a mounting global issue, efficacious treatments can make a contribution to both personal and public health. Prior clinical trials have demonstrated that an evidence-based method, Clinical Emotional Freedom Techniques (EFT), can produce a durable weight reduction. The study evaluated whether Skinny Genes, a six-week online program applying EFT to emotional eating, was associated with behavioral change and reductions in weight. A pre-post outcome study design evaluated the results of a convenience sample of participants enrolled in an online weight loss course. Participant were recruited through EFT websites. Pre, post and follow-up measures were available for 72 participants and all analysis was performed on this sample. Participants used EFT to address cognitions, behaviors, and adverse experiences that could contribute to binge eating, intermittent dieting, and resistance to exercise. Behaviors to restrain eating were measured using the Revised Restraint Scale (RRS); the association of food with reward using the Power of Food Scale (PFS); anxiety and depression using the Hospital Anxiety and Depression Scale (HADS). Weight was measured pre and postintervention and at six-month follow-up. Postintervention, a 36.8% reduction in anxiety ($P < .001$) and a 48.5% reduction in depression ($P < .001$) were found. The perceived power of food decreased significantly as did restraint behaviors. Participants lost an average of 12.9 lbs during the six weeks of the program ($P < .001$), and at follow-up, a further 2.6 lbs. All psychological gains were maintained ($P < .001$).**The findings are consistent with those of other clinical trials studying the benefits of EFT for weight loss, demonstrating simultaneous reductions in both weight and psychological distress.** The continued weight reduction found on follow-up was consistent with other EFT studies but counter to the pattern of weight regain noted in the literature. Addressing emotional issues using an online delivery format was associated with durable weight-loss maintenance as well as improved mental health. App-based and virtual programs such as Skinny Genes have the potential to bring effective therapies to underserved populations.

Authors: Dawson Church, Peta Stapleton & Danielle Raynor

https://pubmed.ncbi.nlm.nih.gov/35476748/.

Vitality LIVING College

NEW: An initial investigation of neural changes in overweight adults with food cravings after EFT

Summary: This pilot randomised clinical trial investigated the effect of Clinical Emotional Freedom Techniques (EFT) on brain activation in response to food craving stimuli using functional magnetic resonance imaging. EFT is a brief stress reduction technique which involves stating a cognitive statement with stimulation of acupressure points with a tapping technique. Fifteen overweight/obese adults were allocated to a four-week group EFT treatment or control condition and completed a measure of food craving. Random repeating images of high-calorie food designed to engage parts of the brain were presented during the pre and post fMRI scans. The Group x Time interaction for food cravings were significant for the EFT group when compared to the controls. Participant mean scores decreased by 18% for the EFT group and 5% for the control group. Brain activity was mapped using fMRI measures, and there was relative deactivation in the Superior Temporal Gyrus and lateral orbito-frontalcortex for the EFT treatment group only. The control group however, showed continued activation in these areas. **The findings indicated EFT may decrease limbic region brain activity and reduce food related symptoms in overweight/obese individuals.** This study also illuminates the **neurological mechanisms at work behind the many successful outcome studies of EFT for weight loss**. Recommendations for more comprehensive trials are discussed.

Authors: Peta Stapleton, Craig Buchan, Ian Mitchell, Yasmin McGrath, Paul Gorton & Brett Carter

https://www.researchgate.net/publication/331170630_

Vitality LIVING College

NEW: Portion perfection and Emotional Freedom Techniques to assist bariatric patients post surgery: A randomised control trial

Summary: The current study aimed to assess whether post-surgery care comprising Emotional Freedom Techniques (EFT), an emerging energy psychology intervention, combined with a behaviour -based nutrition and portion control eating plan in an online self-guided delivery would aid weight-loss and maintenance in bariatric patients. A 6-month randomised controlled parallel-group trial. Participants (N = 343; aged 21–69 years; BMI ≥30 kg/m2) had undergone bariatric surgery (12 + months prior) and were randomly assigned to one of three treatment groups: Portion Perfection for Bariatric Patients (PPBP; n = 109), PPBP combined with an eight-week online self-paced EFT treatment (n = 107), and a treatment as usual (TAU) control (n = 127). Participants completed measures of BMI, emotional eating, uncontrolled eating, food cravings, and self-esteem at 8-week post-treatment (n = 158) and 6-month follow-up (n = 109).Mixed-design analyses of variances were conducted to examine the effect of the interventions on outcome measures (pre-intervention, 8-week post-intervention, and 6-month follow-up). **Emotional eating decreased significantly from pre-intervention to post-intervention for the PPBP and PPBP with EFT groups**, and at 6-month follow-up for the TAU group only. There were no statistically significant between-group differences in other outcome variables. However, at 6-months the PPBP with EFT group experienced the greatest improvements in emotional eating (-16.33%), uncontrolled eating (-9.36%), and self-esteem (+4.43%), compared to PPBP only or TAU. The effect of EFT combined with the eating plan on psychological variables was largely inconsistent with prior research and discussion of how this may be optimised in future trials is discussed.

Authors: Peta Stapleton, Amanda Clark, Debbie Sabot, Brett Carter & Kelly Leecha

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7321973/.

Vitality LIVING College

NEW: Energy Psychology in the treatment of eating disorders.

Summary: Energy psychology comprises a body of knowledge and a family of therapeutic modalities that are concerned with the interface between mind and body, mediated by working with the body's subtle energy system. Although the mechanism is uncertain, research indicates that such methods do work, bringing about emotional, cognitive, and physiological changes rather faster than would be expected with purely talk-based psychotherapies. Another important component used by some practitioners is "energy testing" sometimes known as "muscle testing", although it is not the muscles tested, but small variations in muscle tone are considered to provide information about both psychological and energetic states. This chapter discusses two case studies where, energy testing revealed significant internal objections to resolving their eating disorders (EDs). It concludes that energy psychology modalities form useful additional components of psychotherapeutic approach to EDs, helping to **alleviate the intensity of emotional distress and facilitate the flow of energy and information.**

Author: Mollon & Phil

https://connect.springerpub.com/content/book/978-0-8261-7265-5/part/part05/chapter/ch20.

Vitality LIVING College

NEW: Comparison of the effectiveness of two modalities of group delivery of EFT intervention for food cravings: Online versus in-person

Summary: Recent research has demonstrated the effectiveness of Emotional Freedom Techniques (EFT), to address overeating behaviours in obese and overweight individuals both in-person (Church & Brooks, 2010; Stapleton et al., 2011, 2012, 2016, 2017) and online (Church, Stapleton, Sheppard & Carter, 2018; Church & Wilde, 2013). The aim of the present study was to determine whether an online EFT program was as efficacious as the in-person treatment. This was achieved by **comparing data from a randomised clinical trial (RCT) for an in-person EFT intervention for weight management (Stapleton et al., 2016), with an equivalent online RCT.** Each program targeted food cravings, the subjective power of food, dietary restraint, body mass index, weight, somatic symptomology, anxiety, and depression. **Results indicate both modalities were comparable in efficacy and both groups experienced significant reductions from pre-intervention to post-intervention**, with reductions remaining significant at follow ups for food cravings, power of food, depression and weight, with minor differences observed at post-intervention or 6-month follow up for dietary restraint, somatic symptoms, anxiety and body mass index. Follow-up analyses revealed a significant effect of depression, anxiety and weight on attrition in the online treatment group.

Authors: P. Stapleton & M. Stewart

https://www.scirp.org/journal/paperinformation.aspx?paperid=98546

Vitality LIVING College

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

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

Authors: Peta Stapleton, Trude Roos, Glenn Mackintosh, Emma Sparenburg, Debbie Sabot & Brett Carte

https://www.lidsen.com/journals/icm/icm-04-04-065

Vitality LIVING College

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

Summary: 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.**

Authors: Stapleton P, Bannatyne A, Porter B, Urzi K.C. & Sheldon

https://iaap-journals.onlinelibrary.wiley.com/doi/abs/10.1111/aphw.12070

Vitality LIVING College

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

Summary: 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. 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. 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. 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.**

Authors: Peta Stapleton & Hannah Chatwin

https://www.lidsen.com/journals/icm/icm-03-03-014

Vitality LIVING College

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

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

Authors: Peta Stapleton, Evangeline Lilley-Hale, Glenn Mackintosh & Emma Sparenburg

https://www.liebertpub.com/doi/10.1089/acm.2019.0309

Vitality LIVING College

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

Summary: 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. 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.**

Authors: Peta Stapleton, Terri Sheldon, Brett Porter & Jennifer Whitty

http://eft-academic-articles.s3.amazonaws.com/A%20Randomised%20Clinical%20Trial%20of%20a%20Meridian-Based%20Intervention%20for%20Food%20Cravings%20With%20Six-Month%20Follow-Up.pdf

Vitality LIVING College

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

Summary: This randomised, 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.**

Authors: Peta Stapleton, Terri Sheldon, & Brett Porter

https://research-repository.griffith.edu.au/bitstream/handle/10072/49453/81989_1.pdf?sequence%25252520=1

Vitality LIVING College

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

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

Authors: Stapleton P, Chatwin H, William M, Hutton A, Pain A, Porter B & Sheldon, T.

http://www.explorejournal.com/article/S1550-8307(15)00219-0/fulltext

Vitality LIVING College

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

Summary: 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.**

Authors: Church D & Brooks A. J

https://s3.amazonaws.com/eft-academic-articles/HealthCare.pdf

Vitality LIVING College

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

Summary: 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). 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. 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.** 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.

Authors: Peta Stapleton, Amy Bannatyne, Hannah Chatwin, Keri-Charle Urzi, Brett Porter & Terri Sheldon

http://www.sciencedirect.com/science/article/pii/S1744388116301451

Vitality LIVING College

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

Summary: 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. 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). 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.

Authors: Dawson Church & Audrey Brooks

https://journaljsrr.com/index.php/JSRR/article/view/1443

Vitality LIVING College

Quitting Smoking: How to use Emotional Freedom Techniques

Summary: 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.

Authors: Stapleton P, Porter B, & Sheldon T

https://pure.bond.edu.au/ws/portalfiles/portal/27285698/2013_Quitting_Smoking.pdf

Vitality LIVING College

Practical application of Emotional Freedom Techniques for food cravings

Summary: 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.

Authors: Stapleton P, Sheldon T & Porter B

https://www.researchgate.net/publication/265145082_Practical_Application_of_Emotional_Freedom_Techniques_for_Food_Cravings

Vitality LIVING College

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

Summary: 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.

Author: Benor, D. J

https://www.frontiersin.org/articles/10.3389/fpsyg.2022.856209/full

Vitality LIVING College

CLINICAL REPORTS

NEW: Anxiety and Depression among Parents of Children with Intellectual Disability in Pakistan

Summary: Studies have shown an association between parental distress and caretaking of children with developmental cognitive delays. There is little data in developing countries, such as Pakistan, concerning the impact of raising children with intellectual disability upon the quality of parent functioning and risk for psychopathology. To assess the level of psychopathology i.e. anxiety, depression and both anxiety and depression together among parents of children with intellectual disability (ID). This was a cross-sectional study conducted at a tertiary care hospital in Pakistan. The study was approved by the Institutional Research Committee. Participants were 198 parents (99 fathers/99 mothers) of 100 children with the diagnosis of ID. Informed consents were obtained. The parents were assessed for anxiety and depression using DSM IV criteria. Significantly high proportion of mothers (89%) had anxiety, depression, or both anxiety and depression together as compared to fathers (77%) (p-value <0.05). Among **mothers, 35% met criteria for anxiety, 40% for depression and 13% for both anxiety and depression. Among fathers 42% had anxiety, 31% depression and 3% both anxiety and depression**. **There was a significant association between gender of parent and individual psychiatric diagnosis of anxiety, depression and anxiety and depression together** (p-value <0.05). A significant association was also found between mother's anxiety, depression or both and degree of ID of their children (p-value <0.05).

Authors: Muhammad Waqar Azeem, Imtiaz Ahmad Dogar, Snehal Shah, Mohsin Ali Cheema, Alia Asmat, Madeeha Akbar, Sumira Kousar & Imran Ijaz Haider

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3825469/

Vitality LIVING College

NEW: Borrowing Benefits: Clinical EFT (Emotional Freedom Techniques) as an Immediate Stress Reduction Skill in the Workplace

Summary: Clinical EFT (Emotional Freedom Techniques) is an evidence-based practice that has demonstrated efficacy for anxiety, depression, and PTSD. While a literature search identifies over 100 EFT papers, none thus far report on its use with business executives. The current study assessed psychological indicators in business owners (N = 39) over 50 years old and whose companies grossed US$9 million or more annually. Participants attended a daylong seminar combining psychoeducation with EFT delivered in small group format using a manualized protocol known as Borrowing Benefits. All members of each group used EFT while witnessing sessions conducted by a certified Clinical EFT practitioner. **After treatment, the severity of psychological symptoms such as anxiety and depression declined by 34% ($p < 0.0008$). Pain was reduced by 41%, and cravings for problem food and drink items by 50%** (both $p < 0.0001$). The study focused on EFT's immediate stress-reduction effects and did not include a follow-up assessment. Consistent with the literature on Borrowing Benefits, EFT produced large reductions in stress symptoms when delivered in group format. As businesses seek methods of reducing stress in professional settings, **Clinical EFT groups offer a fast and effective technique to improve both the physical and psychological dimensions of employee well-being.**

Authors: Dawson Church & Iuliana David

https://www.scirp.org/journal/paperinformation.aspx?paperid=92996#:~:text=After%20treatment%2C%20the%20severity%20of,include%20a%20follow%2Dup%20assessment

Vitality LIVING College

NEW: Determining Highly Desirable Traits of an Effective Emotional Freedom Techniques Practitioner: A Delphi Study

Summary: Due to the distinct lack of definition surrounding the desirable attributes of an effective Emotional Freedom Techniques (EFT) practitioner, this study utilized a modified Delphi technique to explore this. This method is designed to achieve a consensus amongst skilled panelists when an accepted body of literature is lacking. A three-round modified Delphi approach was used and participants were skilled in delivering EFT as a practitioner (N = 22). The first round was an open-ended series of questions derived from the literature, and responses to these initial questions were analyzed using content analysis (nVivo), with common themes identified and grouped together. These themes were then utilised to develop more specific quantitative questions (Likert format) to be used in the subsequent rounds. Consensus was set at 75% agreement on an item and was reached for 11 out of the 15 traits of an effective EFT practitioner identified in round 1. Consensus was also reached for seven out of the eight traits of an ineffective EFT practitioner, but was not reached for many core elements in training. These included adequate training, knowledge of other energy techniques, and the use of structured interviews, among other issues. Consensus was also not reached for the use of screening processes prior to training. These results are discussed in terms of standardization in EFT.

Authors: Peta Stapleton & Hannah Chatwin

https://www.researchgate.net/publication/349002484_Determining_Highly_Desirable_Traits_of_an_Effective_Emotional_Freedom_Techniques_Practitioner_A_Delphi_Study.

Vitality LIVING College

NEW: Developing and Evaluating a Participatory Arts Programme for Cancer Patients and Their Caregivers

Summary: Cancer patients, survivors, and caregivers often encounter severe distress, having significant consequences to wellbeing, functionality, and physical health. This study developed and evaluated a participatory arts programme to determine if such could help to improve the wellbeing of cancer patients and their caregivers. To inform the development of a participatory arts programme, cancer patients and their caregivers were asked which activities they would wish to engage in (anonymous survey one), at the Organisation of European Cancer Institute (OECI)- a designated cancer centre. A programme was then developed and trialed for 1 year. Following participation, we explored the satisfaction and any benefits of taking part (anonymous survey two). Survey one had a participation rate of 70%. In this survey, participants indicated they preferred group-based activities (61%) over an individual approach to take place on a monthly basis (46%). The developed programme ran from December 2018 to December 2019, with 435 patients and caregivers taking part. Two hundred and eighteen completed survey two and revealed a positive response to both the structure and content of the programme and its impact on the wellbeing of patients and caregivers. The majority indicated they felt (much) better from participating in the participatory arts programme. This study points out the interest and potential value of a participatory arts programme to the perceived wellbeing. **This suggests such programmes could be incorporated into cancer care provision, to serve as psychosocial support.** The latter is particularly relevant for improving the lives, wellbeing and health of cancer patients and those supporting them.

Authors: Tessa Lefebvre, Laura Tack, Marlies Meersman, Hilde Vanneste & Lieselot Cool

https://pubmed.ncbi.nlm.nih.gov/32515661/

Vitality LIVING College

NEW: Effect of the Emotional Freedom Techniques on anger symptoms in Hwabyung patients: A comparison with the progressive muscle relaxation technique in a pilot randomised controlled trial

Summary: Hwabyung is a psychosomatic disease resulting from the suppression of anger over an extended period. The Emotional Freedom Techniques (EFT) are meridian-based psychotherapy known to cure many psychosomatic diseases. Progressive Muscle Relaxation (PMR) is a therapeutic method that relieves physical and psychological tension by repeated tensing and relaxation of the muscles. In this study, we compared the effects of EFT and PMR in patients with Hwabyung.40 patients were enrolled and randomised to receive 4 weeks of group sessions with either EFT (n = 20) or PMR (n = 20). Evaluations were conducted pre and post-treatment and at 4-week and 24-week follow-ups after session end. The Hwabyung Scale, Visual Analogue Scale of Hwabyung Symptoms (VAS-HS), Beck Depression Inventory (BDI), State-Trait Anxiety Inventory (STAI), and State-Trait Anger Expression Inventory (STAXI) were administered as self-report tools. The analysis excluded 8 patients who never attended treatment and 1 patient meeting the exclusion criteria. **EFT** (n = 15) and PMR (n = 16) **improved Hwabyung symptoms** (-13.95% and -11.46%, respectively), **state anxiety** (-12.57% and -12.64%, respectively), **and depression** (-32.11% and -18.68%, respectively) ($p < 0.05$ for all). Trait anger improved in EFT group (-13.4%, $p = 0.004$). There were no significant differences between the groups ($p > 0.05$) except for trait anger at post-treatment ($p = 0.022$ for between group). No adverse events were reported during the study.

Authors: Hui-Yong Kwak , Eun-Ji Choi , Jong-Woo Kim , Hyo-Weon Suh & Sun-Yong Chung

https://pubmed.ncbi.nlm.nih.gov/31558370/

Vitality LIVING College

NEW: The Effect of Emotional Freedom Technique on Fatigue among Women with Multiple Sclerosis: A Randomised Controlled Trial

Summary: This study aimed to investigate the effect of Emotional Freedom Technique (EFT) on the severity of fatigue among women with Multiple Sclerosis (MS). This was a single-blind, randomised controlled trial study conducted on 50 women with MS in Isfahan, Iran. Sampling was performed using simple sampling method, then the participants were randomly divided into two groups of case and sham using the minimization method. The EFT intervention was performed on the case group, 2 sessions per week for a 4-weeks period. In the sham group, with the same psychological part of the EFT technique like case group, mild tapping was applied on false points for the same period of time. Fatigue severity score was obtained using the Fatigue Severity Scale (FSS) before and immediately and 4 weeks after the intervention in the two groups. Data analysis was conducted using descriptive and inferential statistical methods. The results of the independent t-test indicated that the mean (SD) score of fatigue severity before the intervention was not significantly different between the case and sham groups 5.48 (0.75) and (5.39 (0.71) with ($p = 0.67$). However, this difference was significant immediately [(3.05 (0.89) and 5.15 (0.94)] and 4 weeks after the intervention 3.10 (0.81) and 5.59 (0.57) ($p < 0.001$).It seems that **EFT is effective in diminishing fatigue among patients with MS and is recommended as a convenient and safe non-medicament strategy for self-management of fatigue** among these patients, and can be used at the bedside by nurses.

Authors: Zeinab Ghaderi, Fatemeh Nazari & Vahid Shaygannejad

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8607895/#:~:text=According%20to%20the%20results%20of,fatigue%20management%20among%20these%20patients.

Vitality LIVING College

NEW: The effect of EFT on nurses stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomised controlled study

Summary: Infectious disease outbreaks pose psychological challenges to the general population, especially to healthcare workers. Nurses who work with COVID-19 patients are particularly vulnerable to emotions such as fear and anxiety, due to fatigue, discomfort, and helplessness related to their high intensity work. This study aims to investigate the efficacy of a brief online form of Emotional Freedom Techniques (EFT) in the prevention of stress, anxiety, and burnout in nurses involved in the treatment of COVID patients. The study is a randomised controlled trial. It complies with the guidelines prescribed by the Consolidated Standards of Reporting Trials (CONSORT) checklist. It was conducted in a COVID-19 department at a university hospital in Turkey. We recruited nurses who care for patients infected with COVID-19 and randomly allocated them into an intervention group (n = 35) and a no-treatment control group (n = 37). The intervention group received one guided online group EFT session. Reductions in stress ($p < .001$), anxiety ($p < .001$), and burnout ($p < .001$) reached high levels of statistical significance for the intervention group. The control group showed no statistically significant changes on these measures ($p > .05$). **A single online group EFT session reduced stress, anxiety, and burnout levels in nurses treating COVID-19.**

Authors: Berna Dincer & Demet Inangil

https://pubmed.ncbi.nlm.nih.gov/33293201/

Vitality LIVING College

NEW: Effect of Emotional Freedom Techniques on Psychological Symptoms and Cravings among Patients with Substance Related Disorders

Summary: Numerous researchers have found a recurrent co-occurrence of craving & psychological distress among addict patients'. Thus, this necessitate applying evidence-based practice like the EFT techniques that are characterised by its simplicity, and used it as a self-help tool for managing craving , and psychological symptoms like anxiety and depression. Aim: This study aimed to assess the effect of emotional freedom techniques on psychological symptoms & cravings among patients with substance related disorders. Quasi experimental research design was used. The present study was conducted at Elmaamoura Hospital for psychiatric Medicine in Alexandria. Subjects: The subjects of the study comprised of 90 patients. Tools: Three tools were used:, Tool I: Interview questionnaire sheet (Socio-demographic and clinical data)., Tool II: Substance-related disorders &Alcohol Cravings (The Penn Alcohol Craving Scale(PACS),Tool III: The Symptom Checklist 90 scale (SCL-90 R),Results: Applying psycho-educational program of emotional freedom techniques (EFT) significant reducing level of craving, and All statistically significant decrease was observed in the three global indices (GSI,PSDI,PST) and all of the SCL-90 subscales nine dimensions after the sessions , indicating a reduction in psychological distress($P < 0.005$). Applying psycho-educational program of emotional freedom techniques (EFT) significant reducing level of craving, significant improvements in psychological symptoms among substance related disorders patients'. **These results demonstrate that EFT could be an efficient adjunct tool for addiction treatment by reducing the high levels of craving & decreasing severity of the general psychological symptom distress among addict patients.**

Authors: Selwan Mahmoud, Omima Abo-Baker & Sahar Mahmoud

https://www.researchgate.net/publication/348782490_

Vitality LIVING College

NEW: The Effect of EFT (Emotional Freedom Technique) to the Self Esteem among Nurses

Summary: Nurses are imperative people as health providers for helping people in health services, but many have problems with self-esteem. Self-esteem is an essential component in building good mental and health. One of the complementary therapies that can help improve mental health is the Emotional Freedom Technique (EFT). Tapping on certain body spots with words or affirmations is EFT, a safe psychological energy therapy. This study aims to examine the effect of EFT on self-esteem. A pre and post test was used in this quasi-experimental investigation. The sampling technique used convenience sampling for 115 participants who joined EFT Training. Self-esteem was measured using the Rosenberg Self Esteem Scale, which was administered to all participants. It was decided to use the paired t-test to determine the mean difference between before and after the intervention. **EFT was effective in increasing self-esteem, with a substantial outcome** (P value=0.000). Emotional Freedom Technique (EFT) can be an alternative to boosting nurses' self-esteem.

Authors: Nenden Lesmana Wati, Tukimin Bin Sansuwito, Ramesh Prasath Rai, Irma Darmawati, Reni Anggareni, Mayasyanti Dewi Amir & Titin Nasiati

https://medic.upm.edu.my/upload/dokumen/2022012614523044_1026.pdf.

Vitality LIVING College

NEW: Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study

Summary: Academic stress poses a significant risk for the mental health of medical students and a feasible group intervention program for managing academic stress is required. The purpose of this study was to examine the clinical effectiveness of emotional freedom techniques (EFT) on the mental health of Korean medical students. Methods: The class of first-year medical school students (n=36) participated in an after-school EFT group intervention program comprising six sessions (15 minutes/session, three weeks) to analyze its clinical effectiveness as a single-group test-retest clinical study. The changes in the Perceived Stress Scale (PSS), Test Anxiety Inventory (TAI), Positive and Negative Affect Schedule (PANAS), and State-Trait Anxiety Inventory (STAI) scores were examined using a paired t-test and Cohen's D at post-EFT and two-week follow-up. Results: There were significant curtailments at post-EFT and follow-up measures in TAI-Total (t=2.704 and t=3.289), TAI-Worry (t=2.297 and t=2.454), TAI-Emotionality (t=2.763 and t=3.654), PSS-Negative Perspective (t=2.659 and t=3.877), and PANAS-Negative Affect (t=2.885 and t=3.259) subscales, however not in PSS-Positive Perspective (t=-1.279 and t=-1.101) and PANAS-Positive Affect (t=0.194 and t=-0.122) subscales. The trait anxiety (t=2.227) was significantly mitigated in the post-EFT measure and the state anxiety (t=2.30) in the follow-up measure. Conclusions: **The EFT group intervention alleviated test stress, negative affect, and anxiety in the Korean medical students.** This study contributes to an understanding of academic stress and EFT intervention in the competitive environment of medical education.

Authors: Seung Hwan Lee, Sang Yun Han, Soo Jin Lee & Han Chae

https://www.researchgate.net/publication/359650993_

Vitality LIVING College

NEW: The Effects of EFT on Coping with Premenstrual Syndrome: A Randomized Control Trial

Summary: The present study evaluated the efficacy of Emotional Freedom Techniques (EFT), commonly called "tapping," for premenstrual (PMS) symptoms. This study was conducted with the participation of 50 nursing students who scored 111 or higher on the Premenstrual Syndrome Scale (PMSS). The students in the experimental group were instructed to apply EFT. There were statistically significant differences between the mean depressive affect, fatigue, nervousness, sleep-related changes, and swelling subscale scores and the PMSS total scale score of the experimental group measured during the pretest and posttest ($p < 0.05$). **The results demonstrate the efficacy of EFT in reducing PMS symptoms.** As a fast and efficient self-treatment method, EFT can be easily implemented as a nonpharmacological intervention.

Authors: Nazife Bakir, Pınar Irmak Vural & Gulşah Korpe

https://pubmed.ncbi.nlm.nih.gov/34610147/

Vitality LIVING College

NEW: Effectiveness of EFT on Suicidal Ideation Among Young Adults

Summary: The present study examines the effectiveness of Emotional Freedom Technique (EFT) as an intervention for suicidal ideation among young adults. Suicide has been documented in various literature wherein its definition has constantly changed. So has the definition of suicidal ideation. As a result, there is no universally accepted consistent definition for either. An enormous part of our society including the young adults, commit suicide every year. The current situation calls for an easily assessable and effective intervention that can be implemented to deal with suicidal ideation, and eventually suicide. Respondents between the age of 18 and 40 years were assessed for the presence of suicidal ideation using Columbia-Suicide Severity Rating Scale at the beginning and end of intervention. 8 participants out of 20 respondents were provided with intervention. Participants were taken for initial EFT session to get better insight in their distress causing issues that lead them towards suicidal ideation and to provide them with the grasp of how EFT is conducted. Participants were then instructed to practice EFT on themselves on daily basis for next 21 days. In post intervention assessment **EFT not only proved to be effective on suicidal ideation but it also** provided participants with necessary insight, created and **enhanced self-love and made them self-aware and efficient in handling their emotions.** EFT is cost effective, easy to use technique that can be used for all emotions and body pains anytime, anywhere and any number of times.

Authors: Vikrant Patel & Dr. Neerja Pandey

https://ijip.in/articles/effectiveness-of-eft-on-suicidal-ideation-among-young-adults

Vitality LIVING College

NEW: EFT for Stroke Rehabilitation: A Single Case Study EFT–how to make it mainstream; a thematic analysis of practitioners views

Summary: A 37-year-old female with a history of complex trauma, anxiety, and depression was treated with Emotional Freedom Techniques (EFT) supplemented with guided imagery within the first 24 hours of having a stroke that affected the right side. CT scans indicated a haemorrhage and brain clot. Surgery was delayed as another seizure was expected. Interventions occurred during COVID-19 restrictions. The patient then engaged in 90 minutes of EFT every day over the course of a week while in hospital. After seven days she was discharged, and there were **significant reductions in depression, anxiety and pain, and mobility returned**. Upon discharge the patient had evident **improvement in balance and coordination and successfully completed a driving test** within the weeks that followed. Subsequent CT scans reveal very little scaring or evidence of the stroke, blood pressure remained stable, and no medication was warranted. This case study presents the practitioner's perspective of the sessions provided.

Authors: Sue Anne Fuller & Peta Stapleton

https://www.lidsen.com/journals/icm/icm-06-04-038.

Vitality LIVING College

NEW: Is online treatment as effective as in-person treatment?: Psychological change in two relationship skills groups

Summary: Psychotherapy has undergone a widespread change recently, with many interventions now available as wireless device apps or online courses. The current study compared the efficacy of an online program with a personal group treatment intervention. The in-person group (n = 37) attended a 6-day workshop called Tapping Deep Intimacy that focused on the development of interpersonal skills. The online group (n = 37) consumed to the same information in the form of a 12-week online course. The content of both courses was drawn from the curriculum for Whole Energy Lifestyle, which trains participants in 12 evidence-based interpersonal and stress-reduction skills designed to reduce emotional triggering and promote health. These include mindfulness, breathwork, meditation (EcoMeditation), heart coherence, Clinical Emotional Freedom Techniques, active listening, and qigong. In both groups, depression, anxiety, and relationship satisfaction were assessed pre, post, and at 1-year follow-up. Anxiety reduced in the in-person but not the online group. Significant improvements in depression ($p < 0.001$) were found in both groups, although sharper symptom declines were found in the in-person group. A 29% improvement in relationship satisfaction was found in both groups ($p < 0.003$), and both maintained their gains over time. Anxiety and depression symptoms were much higher in the in-person group pretest despite similar demographic characteristics, suggesting differences in the population that uses online courses. These **preliminary findings suggest that while online programs may play a role in the development of stress-reduction and interpersonal skills**, it cannot be assumed that they mirror the therapeutic efficacy of in-person treatment in every dimension.

Authors: Dawson Church & Morgan Clond

https://pubmed.ncbi.nlm.nih.gov/30958423/.

Vitality LIVING College

NEW: It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in psychotherapy for trauma.

Summary: Energy Psychology is a novel and controversial family of mind/body approaches that purport to offer an effective treatment for a variety of psychological disorders including Post-traumatic Stress Disorder (PTSD), anxiety, and depression. The approaches are based on combining concepts from Traditional Chinese Medicine with simple cognitive interventions. Initial empirical investigation has supported claims of efficacy. The aim of this study is to expand and enrich existing research about the use of Energy Psychology in the treatment of PTSD through analysing the accounts of three senior psychotherapists. Interpretative phenomenological analysis (IPA) was used to develop an understanding of 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 from the analysis: energy psychology catalyses a transformational process; a paradigm shift; a state of presence; and spiritual realisation. **The participants attributed significant changes in their personal philosophy, overall contentment in life, and understanding of psychotherapeutic change,** to their experience of using energy psychology, leading to the central hypothesis of the study, **that energy psychology has the potential to catalyse a process of transformation** that results in a lived experience of serenity and flourishing.

Author: Iseult White

http://takecare.ie/wp-content/uploads/2015/11/Thesis-Abstract.pdf

Vitality LIVING College

NEW: P-173 A role for emotional freedom technique in palliative patients? three case reports

Summary: Emotional Freedom Technique (EFT) is a simple and common self-help technique, which is also known as ‘Tapping’. It combines elements of exposure therapy, cognitive behavioural therapy and somatic stimulation. It is widespread in the public domain; Meta-analyses show that EFT is effective for anxiety, depression and Post Traumatic Stress Disorder (PTSD). There are no studies examining the effect of EFT for palliative patients. This case report presents three cases of emotional distress in palliative patients. Each patient was treated using EFT. Case Outcome Following treatment using EFT, all of the patients’ **emotional distress was decreased and within a very short time**. EFT is a very simple, effective and safe technique. EFT has the potential to be a powerful tool to improve the care of palliative patients who have distressing emotions. Future research on EFT and its effect on distressing emotions in palliative populations and their families is warranted.

Author: Seamus Coyle

https://spcare.bmj.com/content/7/Suppl_2/A71.2.

Vitality LIVING College

NEW: Psychological and medical applications of certain innovative therapies in correctional settings: Clinician, staff, and client observations from three institutions

Summary: Three field studies are described in which Emotional Freedom Techniques (EFT), Eye Movement Desensitisation and Reprocessing (EMDR), and similar innovative therapies were used to treat residents of different correctional settings. Clients in a juvenile residential facility, an adult community corrections center, and an adult county jail were treated for psychological and medical complaints. The authors summarise how the practices were adapted to specific settings, how challenges were approached, and what staff and clients said about the programs. Though the sites and applications differed, some common findings and recommendations for future research are noted.

Author: John Hartung & Norma Alicia Leal Morales

https://energypsychologyjournal.org/abstracts/abstracts-volume-11-number-1-may-2019/psychological-and-medical-applications-of-certain-innovative-therapies-in-correctional-settings/.

Vitality LIVING College

NEW: A randomised wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment in cancer survivors (EMOTICON)

Summary: Cancer-related cognitive impairment (CRCI) is a prevalent source of comprised quality of life in cancer survivors. This study evaluated the efficacy of Emotional Freedom Techniques (EFT) on self-reported CRCI (sr-CRCI). In this prospective multicentre randomised wait-list controlled study(ClinicalTrials.gov Identifier: NCT02771028), eligible cancer survivors had completed curative treatment, were 18 years or older and screened positive for sr-CRCI with ≥ 43 on the Cognitive Failures Questionnaire (CFQ). Participants were randomised to the immediate treatment group (ITG) or wait-list control (WLC) group, based on age (< or ≥ 65 years), gender, treatment (chemotherapy or not), and centre. The ITG started to apply EFT after inclusion and performed this for 16 weeks. The WLC group could only start the application of EFT after 8 weeks of waiting. Evaluations took place at baseline (T0), 8 weeks (T1) and 16 weeks (T2). The primary outcome was the proportion of patients with sr-CRCI according to the CFQ score. Between October 2016 and March 2020, 121 patients were recruited with CFQ ≥ 43 indicating sr-CRCI. At T1, the number of patients scoring positive on the CFQ was significantly reduced in the ITG compared to the WLC group (40.8% vs. 87.3% respectively; $p<0.01$). For the WLC group, a reduction in CFQ scores was observed at T2, comparable to the effect of the ITG at T1. Linear mixed model analyses indicated a statistically significant reduction in the CFQ score, distress, depressive symptoms, fatigue and also an improvement in quality of life. This study provides evidence for the application of EFT for sr-CRCI in cancer survivors and suggests that EFT may be useful for other symptoms in cancer survivors.

Authors: Laura Tack, Tessa Lefebvre, Michelle Lycke, Chistine Langenaeken & Christel Fontaine

https://pubmed.ncbi.nlm.nih.gov/34466793/.

Vitality LIVING College

NEW: Reports of Recovered Memories in Therapy in Undergraduate Students

Summary: Psychologists have debated the wisdom of recovering traumatic memories in therapy that were previously unknown to the client, with some concerns over accuracy and memory distortions. The current study surveyed a sample of 576 undergraduates in the south of the United States. Of 188 who reported attending therapy or counselling, 8% reported coming to remember memories of abuse, without any prior recollection of that abuse before therapy. Of those who reported recovered memories, 60% cut off contact with some of their family. Within those who received therapy, those who had a therapist discuss the possibility of repressed memory were **28.6 times more likely to report recovered memories**, compared to those who received therapy without such discussion. These findings mirror a previous survey of US adults and suggest attempts to recover repressed memories in therapy may continue in the forthcoming generation of adults.

Authors: Lawrence Patihis, Ryan S Wood, Mark H Pendergrast & Mario E Herrera

https://pubmed.ncbi.nlm.nih.gov/33174817/.

Vitality LIVING College

NEW: Six sessions of EFT remediate one veteran's combat-related post-traumatic stress disorder

Summary: Reports show high rates of post-traumatic stress disorder (PTSD) in Veterans who served in the Gulf Wars. Emotional Freedom Techniques (EFT) comprises an evidence-based practice that is highly effective at reducing symptom severity in Veterans with PTSD. The case report here is of one of the Veterans who participated in a replication study of the first Veteran Stress Research Study conducted by Church et al. **Results of that study demonstrated that EFT was highly effective at treating the psychologic symptoms of PTSD**. Similar results have been found in the replication study conducted by Geronilla et al. RM is a young Marine Reservist who served in Iraq and returned with PTSD. He participated in the Veteran Stress Project replication study wherein he received 6 sessions of EFT. EFT is explained and a sample treatment session is described. A discussion of some of the changes that have occurred for RM is included. The patient's PTSD scores dropped from a high clinical score of 60 before treatment to 40 after 6 sessions and to a clinical score of 22 at 6 months follow-up. His insomnia, which had been at a clinical level, reduced as did his pain and measures of psychologic distress, as measured in the Symptom Assessment-45 instrument. **Six sessions of EFT reduced PTSD scores dramatically and improved RM's life**. He continues to use EFT to manage any stress in his life.

Author: Lorna Minewiser

https://pubmed.ncbi.nlm.nih.gov/28874927/

Vitality LIVING College

NEW: Trauma-based energy psychology treatment is associated with client rehabilitation at an addiction clinic

Summary: Energy Psychology (EP) comprises a set of innovative and powerful techniques that can be used to enhance treatment progress and outcomes for addiction and co-occurring disorders, particularly posttraumatic stress disorder (PTSD). This article identifies the limitations of the current addiction treatment paradigm and presents a variety of ways in which one dual diagnosis treatment program for women addresses these limitations with the EP approach. Research on EP and its mechanism of action is presented, along with specific examples of how the tools are used at the treatment facility, case studies, client and therapist feedback, treatment guidelines, and outcome data. Data for 123 clients in the program collected over a 3.5-year period include reductions in mental health symptomology during treatment as follows: depression scores from 79% at intake to 16% at last survey, $p < .001$; anxiety scores from 73% to 8%, $p < .001$; trauma symptoms from 76% to 30%, $p < .001$; suicidality from 53% to 11%, $p < .001$; binge eating from 33% to 11%, $p = .01$; and compensatory eating disorder behaviors from 41% to 11%, $p = .074$. The evidence presented indicates that EP can be a very empowering and effective adjunct to treatment for co-occurring disorders, particularly for emotional self-regulation, cognitive restructuring, and trauma processing. The data and clinical results from Avery Lane are consistent with those derived from meta-analyses, clinical trials, and experiences at other treatment centers. This body of literature **demonstrates that EP is a powerful, evidence-based approach that sets the standard for effective addiction treatment.**

Author: Adriana Popescu

https://energypsychologyjournal.org/abstracts/abstracts-volume-13-number-1-may-2021/trauma-based-energy-psychology-treatment-is-associated-with-client-rehabilitation-at-an-addiction-clinic/.

Vitality LIVING College

NEW: Words to tap by: The use of language in Energy Psychology protocols

Summary: Most Energy Psychology protocols include a component in which the client is guided in the use of personally tailored wording related to a target problem or goal. These phrases are stated simultaneously with the stimulation of selected acupuncture points (acupoints) via tapping. Thought Field Therapy (TFT) and its popular derivative, Emotional Freedom Techniques (EFT), are the most well-known variations of the acupoint tapping approaches. These therapies have been validated for their efficacy and unusual speed in resolving psychological and physical conditions in more than 100 clinical trials and several meta-analyses. Clinicians and life coaches wanting to incorporate acupoint tapping into their practices can readily learn the basic protocols but are often unsure about how to formulate the most effective wording to accompany the client's self-tapping. **This paper presents a qualitative analysis of videotaped statements that were judged to move the treatment forward in relationship to three process outcomes:** (a) the statement resulted in the practitioner becoming better to the client's intentions for and experience with the therapy, (b) it explored the issues relevant to the client's needs and goals in order to deepen both the client's and the practitioner's understanding of them, and/or (c) it led the client toward more effective ways of addressing pertinent issues. These three categories—attune, explore, lead—were derived from the 62 therapeutic functions of language that were identified as the videotaped wording was being coded. The list is only an initial formulation, based on one clinician's sessions as analysed by that clinician. It is intended as a first step toward a more comprehensive investigation of the use of language in Energy Psychology sessions, its impact on client outcomes, and its implications for practitioner training..

Author: David Feinstein, Ashland & Oregon

https://edenmethod.com/wp-content/uploads/2021/07/Words_To_Tap_By.pdf.

Vitality LIVING College

NEW: World trade center: A longitudinal case study for treating post traumatic stress disorder with EFT and eye movement desensitization and reprocessing

Summary: Most Energy Psychology protocols include a component in which the client is guided in the use of personally tailored wording related to a target problem or goal. These phrases are stated simultaneously with the stimulation of selected acupuncture points (acupoints) via tapping. Thought Field Therapy (TFT) and its popular derivative, Emotional Freedom Techniques (EFT), are the most well-known variations of the Emotional Freedom Techniques (EFT) and Eye Movement Desensitisation and Reprocessing (EMDR) have been empirically validated as effective psychotherapeutic interventions for treating Post Traumatic Stress Disorder (PTSD). This single subject design case study is of a survivor of the Twin Towers collapse who was treated for prolonged PTSD complicated by dissociated memories. EMDR and EFT's effectiveness in treating PTSD were evaluated. Multiple assessments using Trauma Symptom Inventory (TSI) and Personality combination with EMDR were conducted. Effects of a single session of EFT assessed immediately after treatment demonstrated an elimination of clinically significant scores on both the TSI and PAI. The participant concluded treatment with nearly complete symptom remediation and a return to work. The combination of treatment methods appears to be highly effective and allowed this subject to return to work after many years of disability.

Authors: Gregory J Nicosia , Lorna Minewiser & Amanda Freger

https://pubmed.ncbi.nlm.nih.gov/31156201/

Vitality LIVING College

Energy Psychology—practices and theories of new combinations of psychotherapy

Summary: 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.

Author: Daniel J. Benor

https://thescipub.com/pdf/crpsp.2014.1.18.pdf

Vitality LIVING College

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

Summary: 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 analysed 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.

Author: Mahima Kalla

https://energypsychologyjournal.org/abstracts/abstracts-volume-8-number-1-may-2016/supporting-chronic-disease-healthcare-remote-emotional-freedom-techniques-eft-treatment-self-care-evaluation-using-determinants-health/

Vitality LIVING College

Emotional Freedom Techniques, Sage Handbook of Counselling and Psychotherapy

Summary: 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 pro found 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.

Author: Bullough J

https://www.frontiersin.org/articles/10.3389/fpsyg.2022.856209/full

Vitality LIVING College

A virtual emotional freedom practitioner to deliver physical and emotional therapy

Summary: 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 optimise 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 behaviour, would result in significant improvements in the emotional benefits delivered by an empathic agent over a neutral and less tailored agent.

Authors: Hedieh Ranjbartabar & Deborah Richards

https://dl.acm.org/doi/abs/10.5555/2936924.2937216

Vitality LIVING College

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

Summary: 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.

Author: Patrice Rancour

https://pubmed.ncbi.nlm.nih.gov/27170647/

Vitality LIVING College

Application of Emotional Freedom Techniques

Summary: 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.**

Authors: Church D, & Brooks A J

https://www.researchgate.net/publication/289680412_Application_of_emotional_freedom_techniques

Vitality LIVING College

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

Summary: 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.

Authors: Hari Lubin & Tiffany Schneider

https://energypsychologyjournal.org/84/change-is-possible-eft-emotional-freedom-techniques-with-life-sentence-and-veteran-prisoners-at-san-quentin-state-prison/

Vitality LIVING College

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

Summary: 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.

Authors: Garry A. Flint, Willem Lammers & Deborah G. Mitnick

https://www.tandfonline.com/doi/abs/10.1300/J146v12n01_07

Vitality LIVING College

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

Summary: 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 generalised 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.

Authors: David Feinstein, Ashland & Oregon

https://energypsychologyjournal.org/survey-energy-psychology-practitioners-help/

Vitality LIVING College

Emotional acupuncture

Summary: 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.

Author: Lynch E.

https://www.ncbi.nlm.nih.gov/pubmed/17896572

Vitality LIVING College

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

Summary: 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 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. Four main themes emerged from the analysis: energy psychology as a potent intervention that facilitates shifts in emotions, cognitions, behaviour, 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. Overall, participants in **this study found energy psychology to be a valuable supplement to counselling and psychotherapy.** The implications for current practice are discussed.

Author: Elizabeth Mason

https://psycnet.apa.org/record/2012-21753-008

Vitality LIVING College

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

Summary: 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 Mind Body 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 **Mind Body model can be applied to energy psychology and conventional psychodynamics to create a potent triumvirate of Mind Body-Energy-Psychodynamics for a more effective interpersonal healing relationship and rapid emotional, mental and physical transformation.**

Author: Howard Christian

https://energypsychologyjournal.org/abstracts/abstracts-energy-psychology-journal-volume-7-number-1-may-2015/subjective-dimensions-of-meaning-in-the-clinical-encounter-unifying-personhood-and-disease/

Vitality LIVING College

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

Summary: 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. This was a two-armed, parallel group, randomised 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). 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). We provide evidence that stress management may merit some benefits at improving sleep, by means of both insomnia and quality of sleep improvement.

Authors: Christina D, Panagiotis K, Liza V & George CP

https://www.scitechnol.com/peer-review/stress-management-for-the-treatment-of-sleep-disorders-in-lawyers-pilot-experimental-study-in-athens-hellas-YGcA.php?article_id=4697

Vitality LIVING College

A virtual emotional freedom therapy practitioner (Demonstration)

Summary: 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 acupressure technique to optimise 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.

Authors: Ranjbartabar H & Richards D

http://dl.acm.org/citation.cfm?id=2937216

Vitality LIVING College

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

Summary: 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**

Authors: Abdi M R & Abolmaali K

http://ashm-journal.com/test/vol3-2/57.pdf

Vitality LIVING College

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

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

Authors: Hui-Yong Kwaka, Eun-Ji Choib, Jong-Woo Kimc,d, Hyo-Weon Suha & Sun-Yong Chung

http://ocean.kisti.re.kr/downfile/volume/ksonp/HBSKB9/2014/v25n1/HBSKB9_2014_v25n1_29.pdf

Vitality LIVING College

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

Summary: 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 randomised controlled trials, systematic reviews, and meta-analyses showing that **EFT is an evidence-based treatment for anxiety.**

Author: Angela M. Cartland

https://www.researchgate.net/publication/314115140_Emotional_Freedom_Techniques_EFT_Remediates_Dental_Fear_A_Case_Series

Vitality LIVING College

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

Summary: 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 utilising 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.

Author: Wendy Anne McCarty

https://birthpsychology.com/journals/volume-21-issue-2/clinical-story-6-year-old-boys-eating-phobia-integrated-approach-utilizin

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Emotional Freedom Techniques (EFT) for traumatic brain injury

Summary: 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.

Authors: Craig G, Bach D, Groesbeck G, & Benor D J

https://www.researchgate.net/publication/253392537_

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Emotional Freedom Technique, in Practising Midwife journal

Summary: 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.**

Author: Mitchell M

https://eftuniverse.com/research-studies/clinical-reports/emotional-freedom-technique-in-practising-midwife-journal/

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Emotional freedom technique: Energy psychology integration in the workplace setting

Summary: 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.

Author: Janice Scott

https://www.mentalhealthacademy.com.au/journal_archive/bacpwp092.pdf

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

Summary: 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 Post-Traumatic 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.

Author: Barbara Stone, Lori Leyden & Bert Fellows

https://energypsychologyjournal.org/barbara-stone-lori-leyden-bert-fellows/

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

Summary: 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 analysed 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.**

Author: Kirsten Schulz

https://energypsychologyjournal.org/integrating-energy-psychology-into-treatment-for-adult-survivors-of-childhood-sexual-abuse/

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

Summary: 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.**

Authors: Rotherham M, Maynard I, Thomas O, Bawden M, & Francis L

https://www.researchgate.net/publication/288545998_Preliminary_Evidence_for_the_Treatment_of_Type_I_'Yips'_The_Efficacy_of_the_Emotional_Freedom_Techniques

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

Summary: 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.

Author: Larry Burk

https://www.letmagichappen.com/images/uploads/documents/Burk.EFT.MVA.EPJ.May2010.pdf

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It helps me to love my work

Summary: 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.

Author: White I. C.

http://takecare.ie/wp-content/uploads/2015/11/Thesis-Abstract.pdf

Vitality LIVING College

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

Summary: 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.

Author: Gallo F. P

https://books.google.com/bookshl=en&lr=&id=xSdnDwAAQBAJ&oi=fnd&pg=PT190&dq=Energy+for+healing+trauma:+Energy+Psychology+and+the+efficient+treatment+of+trauma+and+PTSD+%E2%80%8B&ots=TCh3dPMQvu&sig=wuWltghe7qWfw60HQBj-HFXmY8w

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

Summary: 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. 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.

Author: Terri Sheldon

https://thescipub.com/abstract/crpsp.2014.40.63

Vitality LIVING College

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

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

Authors: Ji-Won Lee, Hye-Jin Cha, Young-Min Seo, Deok- Won Seo, Se-Jin Park

https://www.researchgate.net/publication/263998778_

Vitality LIVING College

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

Summary: 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. The patient was treated with oriental medical treatments (acupuncture, moxibustion, cupping therapy, and herbal medications), clinical hynotherapy, and emotional freedom techniques. The effects of treatment were measured by VAS. Chest pain was improved by hypnotherapy and oriental medical treatments. **The patient's pantalgia and abdominal discomfort were controlled effectively by emotional freedom techniques. This result suggests that EFT might be effective for the defensive and dependent somatization disorder patient with HPD.**

Authors: Kim, Ryu, Cho, Seo, Kim, Sung & Park

http://www.koreascience.or.kr/article/JAKO201220962919007.page

Vitality LIVING College

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

Summary: Clinicians note an increase in minor stress associated with somatization disorder. This clinical report describes a patient with somatisation 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.**

Authors: Kim, Ryu, Cho, Seo, Kim, Sung & Park

https://koreascience.kr/article/JAKO200726862680738.page%c3%82%c2%a0

Vitality LIVING College

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

Summary: 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.

Authors: Chun, Y-H., & Kim, B-K.

http://www.koreascience.or.kr/article/JAKO200801240399810.page

Vitality LIVING College

Veterans: Finding their way home with EFT

Summary: 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.

Author: Dinter I

https://www.emofree.com/research/studies-accepted-in-peer-reviewed-journals/veterans-find-way-home-eft-article.html?Itemid=0

Vitality LIVING College

Working With Military Service Members and Veterans: A Field Report of Obstacles and Opportunities

Summary: 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.

Author: Dinter, I.

https://sierraclub.typepad.com/files/working-with-military-servicemembersvets.pdf

Vitality LIVING College

MECHANISMS PAPERS

NEW: Associations of Adverse Childhood Experiences (ACEs) with Sleep Duration and Quality: The BCOPS Study

Summary: Adverse Childhood Experiences (ACEs) are associated with numerous adverse health outcomes in adulthood. Our objective was to investigate associations between ACEs and sleep measures among 206 police officers from the Buffalo Cardio-Metabolic Occupational Police Stress study. ACEs (independent variable) was assessed using the ACE questionnaire. Sleep measures were assessed using the Pittsburgh Sleep Quality Index and actigraphy. ANOVA/ANCOVA were used to investigate associations between ACEs and sleep measures. The mean self-reported sleep duration was significantly lower among participants who reported ≥1 ACEs compared to those who reported no ACEs (6.0 ± 0.11 vs. 6.4 ± 0.14 h; multivariate-adjusted p = 0.035). Sleep efficiency was significantly lower among participants who reported ≥1 ACEs compared to those who reported none (mean = 88.7%, 95% CI = 87.7-89.6 vs. 90.2%, 89.2-91.2; unadjusted p = 0.031) but was slightly attenuated and lost statistical significance after multivariate-adjustment (88.8%, 87.8-89.7 vs. 90.1%, 88.9-91.1; p = 0.094). Compared to participants who reported no ACEs, those who reported ≥1 ACEs had a higher mean activity index score (36.9 ± 0.96 vs. 31.2 ± 1.25; multivariate-adjusted p = 0.001); a higher mean wake after sleep onset (WASO) (44.3 ± 2.24 vs. 35.3 ± 2.92 min; multivariate-adjusted p = 0.019); and a higher sleep fragmentation index (3.8 ± 1.65 vs. 3.3 ± 1.20 unadjusted p = 0.044 and 3.8 ± 0.13 vs. 3.3 ± 0.18; multivariate-adjusted p = 0.062). Among men (but not women) who reported ≥1 ACEs, self-reported sleep duration was significantly lower (5.9 ± 0.13 vs. 6.4 ± 0.15 h; multivariate-adjusted p = 0.025) and activity index was significantly higher (39.1 ± 1.3 vs. 33.2 ± 1.51; multivariate-adjusted p = 0.004) compared to those who reported no ACEs. **Exposure to ≥1 ACE was associated with worse sleep measures.**

Authors: Luenda E Charles, Anna Mnatsakanova, Desta Fekedulegn, John M Violanti, Ja Kook Gu & Michael E Andrew

https://pubmed.ncbi.nlm.nih.gov/35026653/.

Vitality LIVING College

NEW: A Cartography of Energy Medicine: From Subtle Anatomy to Energy Physiology

Summary: The field of energy medicine (EM) is perhaps the most controversial branch of integrative medicine. Its core concept - the existence of an invisible healing energy - has not yet been validated by Western medicine, and the mechanism(s) of action of its techniques have not been fully elucidated. This paper addresses these problems by marshalling several types of evidence: basic science research into electromagnetic fields (EMF), subjective sensations experienced when receiving EM treatments, and clairvoyant perceptions of EM in action. The latter two sources of information, while not solid enough to meet current standards of scientific rigor, can nonetheless generate important new information. A hypothesis is then developed to explain these findings. First, the main components of the human subtle energy system are presented: the "subtle anatomy" of the meridians, of the energy centers and of the biofield. Several representative EM techniques are then analyzed to determine which specific components of that energy structure they impact. Next, EM's mechanisms of action are explored by describing how these altered energy dynamics can affect biologic processes. This subject is termed "energy physiology", in parallel with conventional medicine's foundation in anatomy and physiology. Finally, potential research into energy physiology is outlined that focuses on several common but distinctive experiences which are not fully explained by the current mechanistic biomedical model. Plausible and testable energy-based explanations are proposed for phantom limb pain, emotional entrainment in groups, unusually rapid symptom response to EM, and the invisible templates that guide cell growth and differentiation. This analysis is intended to serve as a guide to future clinical and research explorations into the multidimensional nature of human beings. As Western medicine develops technologies that can generate objective empiric evidence in these subtle domains, we will be able to more fully understand the energetic components of health and illness.

Author: Eric Leskowitz

https://pubmed.ncbi.nlm.nih.gov/33168457/.

Vitality LIVING College

NEW: A Central Alarm System that Gates Multi-sensory Innate Threat Cues to the Amygdala

Summary: Perception of threats is essential for survival. Previous findings suggest that parallel pathways independently relay innate threat signals from different sensory modalities to multiple brain areas, such as the midbrain and hypothalamus, for immediate avoidance. Yet little is known about whether and how multi-sensory innate threat cues are integrated and conveyed from each sensory modality to the amygdala, a critical brain area for threat perception and learning. Here, we report that **neurons expressing calcitonin gene-related peptide (CGRP) in the parvocellular subparafascicular nucleus in the thalamus and external lateral parabrachial nucleus in the brainstem respond to multi-sensory threat cues from various sensory modalities and relay negative valence to the lateral and central amygdala, respectively.** Both CGRP populations and their amygdala projections are required for multi-sensory threat perception and aversive memory formation. The identification of unified innate threat pathways may provide insights into developing therapeutic candidates for innate fear-related disorders.

Authors: Sukjae J. Kang, Shijia Liu, Mao Ye & Dong-Il Kim

https://www.sciencedirect.com/science/article/pii/S2211124722010397

Vitality LIVING College

NEW: Clinical EFT improves multiple physiological markers of health

Summary: Emotional Freedom Technique (EFT) is an evidence-based self-help therapeutic method and over 100 studies demonstrate its efficacy. However, information about the physiological effects of EFT is limited. The current study sought to elucidate EFTs mechanisms of action across the central nervous system (CNS) by measuring heart rate variability (HRV) and heart coherence (HC); the circulatory system using resting heart rate (RHR) and blood pressure (BP); the endocrine system using cortisol, and the immune system using salivary immunoglobulin A (SigA). The second aim was to measure psychological symptoms. Participants (N = 203) were enrolled in a 4-day training workshop held in different locations. At one workshop (n = 31), participants also received comprehensive physiological testing. Posttest, significant declines were found in anxiety (−40%), depression (−35%), posttraumatic stress disorder (−32%), pain (−57%), and cravings (−74%), all P < .000. Happiness increased (+31%, P = .000) as did SigA (+113%, P = .017). Significant improvements were found in RHR (−8%, P = .001), cortisol (−37%, P < .000), systolic BP (−6%, P = .001), and diastolic BP (−8%, P < .000). Positive trends were observed for HRV and HC and gains were maintained on follow-up, indicating **EFT results in positive health effects as well as increased mental well-being.**

Authors: Donna Bach ND & Gary Groesbeck

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/.

Vitality LIVING College

NEW: Compassion Focused Therapy and the Body: How Physiological Underpinnings of Prosociality Inform Clinical Practice

Summary: From birth, social relationships have emotional and self-regulating properties that operate through different body systems. This chapter explores how heart rate variability (HRV), an index of the parasympathetic regulation of the heart (via the vagus nerve), is a central element of the physiological underpinnings of sociality and mental health, with important implications for the clinical practice of compassion focused therapy. HRV is associated with the experience of inter- and intrapersonal safeness, and the inhibitory function of the prefrontal cortex linked to prosocial motives, such as compassion. However, a modern neurovisceral integration perspective suggests that HRV is also a biomarker of the functioning of a set of neural structures through which the brain regulates visceromotor, neuroendocrine, and behavioural responses that are critical for psychophysiological adaptability. Th**is chapter reviews the main body-based practices (including breathing, yoga, nutrition, and supplements) that can be used in compassion-focused interventions to facilitate the emergence of safeness and, via increased vagal regulation, promote clinical change.**

Authors: Nicola Petrocchi, Maria Di Bello, Simone Cheli & Cristina Ottaviani

https://www.taylorfrancis.com/chapters/edit/10.4324/9781003035879-12/compassion-focused-therapy-body-nicola-petrocchi-maria-di-bello-simone-cheli-cristina-ottaviani

Vitality LIVING College

NEW: Do noncoding RNAs mediate the efficacy of Energy Psychology?

Summary: Given recent advances in molecular genomics that have identified noncoding ribonucleic acid (RNA) molecules as important regulators of gene expression, the aim of this study is to explore the possibility that microRNAs play a role in mediating the effects of EFT. We measured microRNA levels in stored blood samples from our previous study in which veterans were randomised into an EFT group receiving EFT and treatment as usual throughout a 10-week intervention period, and a control group receiving only treatment as usual during the intervention period and then receiving EFT. A broad panel of 800 microRNAs was probed using a multiplexed, direct hybridization, and detection system. All of the microRNA targets were expressed at low levels and most were below thresholds established by negative control probes. Baseline variability was determined using samples collected from the control group at the start and end of the intervention period, and used to filter out targets that were too noisy under control conditions to be able to distinguish a response to treatment. Analysis of the remaining viable **targets found a general trend of reduced expression following EFT, compared to expression levels in samples from the control group during the intervention period.** The most notable decreases in expression levels were found for 2 microRNAs: let-7b and let-7c, although no significance was found after adjusting for multiple comparisons. These preliminary data support the feasibility of measuring microRNA expression level changes that correlate with effective EFT therapy.

Authors: Garret Yount, Dawson Church, Kenneth Rachlin, Katharina Blickheuser & Ippolito Cardonna

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6390214/.

Vitality LIVING College

NEW: EcoMeditation and EFT produce elevated brain-wave patterns and states of consciousness

Summary: Background Stress-reduction techniques can be used in combination with each other. Two such methods are Emotional Freedom Techniques (EFT) and EcoMeditation. EFT is an evidence-based self-help method. Reviews and meta-analyses examining more than 100 studies demonstrate the efficacy of EFT for anxiety, depression, and posttraumatic stress disorder (PTSD). EcoMeditation is a secular meditation technique that combines neurofeedback, mindfulness, and heart coherence. Studies demonstrate that EFT and EcoMeditation can improve cortisol levels, heart rate, and other health markers. Objectives EFT is most commonly used to relieve stress and treat traumatic childhood memories, while EcoMeditation is used to produce calm emotional states. This study sought to elucidate whether the release of traumatic stress facilitated by EFT would enhance entry into meditative states, and secondly whether EcoMeditation prior to EFT might establish a baseline of wellbeing that assists in the resolution of trauma.The Mind Mirror 6 (MM) electroencephalogram (EEG) was used to assess brain states in eight participants attending a weekend workshop. Assessments included eyes-closed (EC) and eyes-open (EO) states, in order to determine whether changes in consciousness were sustained in waking life. Baselines were collected at the start and end of each day, and after EcoMeditation, which was performed for 20 minutes on day two. A statistically significant EO posttest change was found in the Awakened Mind pattern ($p = 0.003$). Cohen's $d = 0.79$ indicated a large treatment effect. Increased brainwave coherence—a measure of efficient brain function—was found in all participants in at least one frequency category, while six increased EO Gamma Synchrony. Coherence analytics showed increased brain-wave coherence primarily in alpha but also in theta and delta and occasionally in low and midrange gamma. During EcoMeditation, all participants generated high-amplitude 45–65 Hz gamma frequencies and Gamma Synchrony values, some at the top of the statistical range, with high synchrony at posttest. Conclusions EcoMeditation produced extraordinarily high levels of Gamma Synchrony. **In two days, many participants acquired elevated brain states normally found only after years of meditation practice**. **EcoMeditation facilitated participants' ability to induce and sustain the alpha brain waves characteristic of high-level emotional, mental, and spiritual integration.** A combination of the two methods produced statistical gains in the EO Awakened Mind, indicating that participants were able to carry elevated mental states into waking consciousness.

Authors: Judith Pennington & Debbie Sabot

https://www.researchgate.net/publication/349003018_

Vitality LIVING College

NEW: Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli

Summary: We present first-time evidence for the immediate neural and behavioral effects of bifocal emotional processing via visualized tapping for two different types of negative emotions (fear and disgust) in a sample of healthy participants. Independent of stimulus type, neural activation in the amygdala is increased during regulation, while activation in the ventral anterior cingulate cortex is decreased. Behavioral responses, as well as lateral and medial occipital regions and the dorsolateral prefrontal cortex show differential regulatory effects with respect to stimulus type. our **findings suggest that emotion regulation through bifocal processing has a neural and behavioral signature that is distinct from previously investigated emotion regulation strategies.** They support theoretical models of facilitated access to and processing of emotions during bifocal processing and suggest differential neural and behavioral effects for various types of negative emotions.

Authors: Dina Wittfoth , Antonia Pfeiffer , Michael Bohne , Heinrich Lanfermann & Matthias Wittfoth

https://pubmed.ncbi.nlm.nih.gov/33225884/.

Vitality LIVING College

NEW: The Energy of Energy Psychology

Summary: The vague or controversial use of the term energy in the clinical subdiscipline known as “energy psychology” has been an obstacle to the field’s acceptance. This paper discusses five forms of energy and explores the role of each in energy psychology treatments. While patterns in (a) electrical signaling, (b) brain waves, and (c) electromagnetic fields are presumably shifted in any form of effective psychotherapy, a strength of energy psychology interventions is shown to be in their ability to initiate such effects in a deliberate and targeted manner. This paper examines the roles of these three well-established energy forms in explaining the rapid and durable outcomes seen with a wide range of conditions following energy psychology treatments. A fourth form of energy, “subtle energy,” is by definition too subtle for detection by conventional scientific instruments. These energies have, however, been recognized in at least 97 healing traditions around the world and are considered to be the infrastructure of the body’s physiological processes. Skepticism about subtle energies has, nonetheless, caused many critics to reject an energy psychology approach entirely, ignoring the substantial evidence base supporting it. Even more speculative are quantum influences that occur within energy psychology treatments, yet preliminary evidence for these dynamics, such as healing from a distance, has been accumulating. Although the more speculative mechanisms associated with energy psychology remain controversial, the measurable electromagnetic effects that have been shown to affect psychological states strongly support the use of the term “energy psychology.”

Author: David Feinstein

https://pubmed.ncbi.nlm.nih.gov/33225884/.

Vitality LIVING College

NEW: Energy healing at the frontier of genomics Integrating the Complementary Therapies of Energy

Summary: The purpose of this paper is to demonstrate that the integration of dreamwork and Energy Psychology (EP) can enhance outcomes in the treatment of a range of psychological disorders. The therapeutic process often begins with a peeling away of emotional layers until underlying issues surface. When utilizing dreamwork, however, it is possible to begin at a deeper level. Because dreams address salient unresolved emotional conflicts, dreamwork can quickly bring into consciousness previously unconscious emotional issues that are at the source of psychological difficulties. Utilizing techniques from energy psychology to process the material that emerges in dreams is a particularly potent way of engaging the emotional content of the dream and utilizing it to inform the dreamer's self-understanding and direction. **Energy Psychology, in its most frequently utilized format, the Emotional Freedom Techniques (EFT), combines imaginal exposure and cognitive restructuring with the somatic stimulation of acupuncture points by tapping on them.** More than 100 clinical trials demonstrate the unusual speed and clinical efficacy of EFT. **The authors of this paper have combined dreamwork and EFT into a therapeutic protocol we call the Dream to Freedom (DTF) method.** In addition to providing theoretical underpinnings of the approach, we present details of the use of the DTF protocol with seven subjects. In each case, underlying stressful memories triggering psychological symptoms were revealed, and the stress reaction to those specific memories was minimized or eliminated. In all seven case reports, DTF appears to have provided a systematic protocol for enhancing the emotional problem-solving function of dreams, providing each subject with insight towards creating future action steps.

Authors: Robert J. Hoss, Lynne M. Hoss & Dawson Church

https://www.lidsen.com/journals/icm/icm-07-03-024

Vitality LIVING College

NEW: Psychology and Dreamwork – the Dream to Freedom Method

Summary: 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.

Authors: Robert J. Hoss & Lynne M. Hoss

https://energypsychologyjournal.org/abstracts/volume-2-number-1-may-2010/robert-j-hoss-lynne-m-hoss/.

Vitality LIVING College

NEW: First Impressions Count! The Role of the Human's Emotional State on Rapport Established with an Empathic Versus Neutral Virtual Therapist

Summary: Intelligent virtual agents are being endowed with empathic behaviours to perform roles such as virtual therapists. Studies often evaluate the level of rapport established, but do not measure the therapeutic benefit and the relative advantage of empathic versus neutral behaviours. We have created two virtual (empathic/neutral) therapists. Our experiment with 63 participants consisted of one within-subjects (empathic/neutral) and one between-subjects (order) factors. Regardless of the virtual therapist used, improvements in baseline emotion were reported after the first interaction (time one) and further improvement after the second interaction (time two). Our study reveals that if the human initially expresses strong emotional feeling for a problem they are facing, rapport will be higher for the empathic therapist and the level of rapport established at the first meeting will persist regardless of whether the second encounter used empathic or neutral dialogue. Conversely, participants experiencing low emotional feeling reported greater rapport with the neutral therapist, and that level of rapport persisted in the second encounter with the alternative therapist. **This study shows that an empathic agent will not necessarily build more rapport or deliver better emotional outcomes than a neutral agent.** Further studies are needed to determine when tailoring and complex behaviours are justified.

Authors: Hedieh Ranjbartabar, Deborah Richards & Ayse Aysin Bilgin

https://ieeexplore.ieee.org/document/8642402

Vitality LIVING College

How therapeutic tapping can alter neural correlates of emotional prosody processing in anxiety

Summary: Anxiety disorders are the most common psychological disorders worldwide resulting in a great demand of adequate and cost-effective treatment. New short-term interventions can be used as an effective adjunct or alternative to pharmaco- and psychotherapy. One of these approaches is therapeutic tapping. It combines somatic stimulation of acupressure points with elements from Cognitive Behavioral Therapy (CBT). Tapping reduces anxiety symptoms after only one session. Anxiety is associated with a deficient emotion regulation for threatening stimuli. These deficits are compensated e.g., by CBT. Whether Tapping can also elicit similar modulations and which dynamic neural correlates are affected was subject to this study. Anxiety patients were assessed listening to pseudowords with a different emotional prosody (happy, angry, fearful, and neutral) prior and after one Tapping session. The emotion-related component Late Positive Potential (LPP) was investigated via electroencephalography. Progressive Muscle Relaxation (PMR) served as control intervention. Results showed LPP reductions for negative stimuli after the interventions. Interestingly, PMR influenced fearful and Tapping altered angry prosody. While PMR generally reduced arousal for fearful prosody, **Tapping specifically affected fear-eliciting, angry stimuli, and might thus be able to reduce anxiety symptoms**. Findings highlight the efficacy of Tapping and its impact on neural correlates of emotion regulation.

Authors: Nicola König, Sarah Steber, Josef Seebacher, Quinten von Prittwitz, Harald R Bliem & Sonja Rossi

https://pubmed.ncbi.nlm.nih.gov/31430984/

Vitality LIVING College

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

Summary: 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.**

Authors: Dawson Church, Garret Yount & Audrey J Brooks

https://pubmed.ncbi.nlm.nih.gov/22986277/

Vitality LIVING College

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

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

Authors: Dawson Church, Garret Yount, Kenneth Rachlin, Louis Fox & Jerrod Nelms

https://journals.sagepub.com/doi/10.1177/0890117116661154

Vitality LIVING College

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

Summary: 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 randomised 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.

Author: Dawson Church

https://www.researchgate.net/publication/306126423_

Vitality LIVING College

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

Summary: 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 acupressure 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.**

Author: Marjorie E. Maharaj

https://energypsychologyjournal.org/differential-gene-expression-emotional-freedom-techniques-eft-treatment-novel-pilot-protocol-salivary-mrna-assessment/

Vitality LIVING College

Neurophysiological indicators of EFT treatment of post-traumatic stress

Summary: 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.

Authors: Paul G. Swingle, Lee Pulos & Mari K. Swingle

http://eft-research.s3.amazonaws.com/Neurophysiological%20Indicators%20of%20EFT%20Treatment%20of%20Post-Traumatic%20Stress.pdf

Vitality LIVING College

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

Summary: 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.

Author: David Feinstein Dawson Church

https://journals.sagepub.com/doi/10.1037/a0021252

Vitality LIVING College

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

Summary: 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.

Author: Melvin Harper

https://journals.sagepub.com/doi/10.1177/1534765611429082

Vitality LIVING College

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

Summary: 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.**

Author: Paul G. Swingle

https://www.researchgate.net/publication/283363217_EFT_in_the_neurotherapeutic_treatment_of_seizure_disorders

Vitality LIVING College

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

Summary: 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.**

Author: Louis Fox

https://www.researchgate.net/publication/271303124_

Vitality LIVING College

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

Summary: 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.**

Authors: Rachel Rogers & Sharon Sears

https://energypsychologyjournal.org/abstracts/abstracts-energy-psychology-journal-volume-7-number-2-november-2015/emotional-freedom-techniques-eft-for-stress-in-students-a-randomised-controlled-dismantling-study/

Vitality LIVING College

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)

Summary: 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 fetus. 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. 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.**

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

http://aasic.org/proc/aasic/article/view/193

Vitality LIVING College

Energy healing at the frontier of genomics

Summary: 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.**

Author: Garret Yount

https://energypsychologyjournal.org/abstracts/abstracts-volume-5-number-2-november-2013/energy-healing-at-the-frontier-of-genomics-2/

Vitality LIVING College

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

Summary: 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 utilising 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.

Authors: Kalla M & Stapleton P

https://eftuniverse.com/research-studies/mechanisms-papers/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/

Vitality LIVING College

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

Summary: 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 emphasised environmental stimuli and conditioning, its techniques including respondent and operant conditioning, exposure, desensitisation, 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.

Author: Fred P. Gallo

http://energy-psychology-journal.s3.amazonaws.com/articles/1.1/1-1.5-gallo.pdf

Vitality LIVING College

The neurochemistry of counterconditioning: Acupressure desensitisation in psychotherapy

Summary: 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.**

Author: James R. Lane

https://www.efttappingtraining.com/wp-content/uploads/Neurochemistry-of-Counterconditioning-James-Lane.pdf

Vitality LIVING College

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

Summary: A new therapy for phobias, PTSD, addictive behaviour 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 theorise 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.

Author: Ronald A. Ruden

https://journals.sagepub.com/doi/abs/10.1177/153476560501100301

Vitality LIVING College

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

Summary: 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 behaviour 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.

Authors: Sojcher R, Gould-Fogerite S, & Perlman A

https://pubmed.ncbi.nlm.nih.gov/22938745/

Vitality LIVING College

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

Summary: 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.

Authors: Robert J. Hoss & Lynne M. Hoss

http://www.dreamscience.org/wp-content/uploads/2019/07/Hoss-2010-Dream-to-Freedom-Jornal-of-EP.pdf

Vitality LIVING College

REVIEW ARTICLES & META-ANALYSES

NEW: Applications of Energy Psychology in Addressing the Psychological Roots of Illness

Summary: The impact of psychological factors on illness is, in recent years, being biochemically mapped. A specialized set of mind-body approaches, collectively called “energy psychology,” is being utilised within these and related clinical frameworks to facilitate beneficial changes in the neurological underpinnings of (1) mental states that impede immune function, (2) emotional influences that contribute to illness, and (3) inner resources that promote healing. Combining practices from time-honored healing traditions, particularly acupressure, with concepts and techniques drawn from contemporary psychology, practitioners using one of the most popular variations of the approach teach patients to tap on a prescribed series of acupuncture points while repeating phrases that activate areas of the brain that are involved with the issue receiving attention. **Preliminary evidence supports speculation, which is consistent with more than a hundred peer-reviewed clinical trials, that the procedure can send deactivating signals to areas of the limbic system that are in hyperarousal and can send activating signals to regions of the prefrontal cortex that support executive functions such as planning and managing stressful situations**. While utilising the best medical interventions available remains the first line of treatment, the potential value of working with the psychological aspects of disease is frequently underestimated. Energy psychology is proving to be a powerful tool for addressing this dimension of illness and healing. The paper closes with a detailed case history.

Author: David Feinstein

https://www.lidsen.com/journals/icm/icm-06-02-014

Vitality LIVING College

NEW: Disaster Mental Health Community Planning: A Manual for Trauma-informed Collaboration

Summary: Through collaborative disaster mental health planning, communities can develop the most effective means for helping their residents whose mental health may be harmfully impacted by a disaster. Chapter 2 reviews the four principles critical for successful community planning. First, form a "collaboration" with other community members concerned about their residents' mental health needs and share ideas, expertise, and a common vision and mission for creating a disaster psychological intervention action plan. Second, follow the tenets of constructive interpersonal "communication": trust, objectivity, listening skills, ethics, and openness to new ideas. Third, determine through a mental health communitywide assessment the most "vulnerable"—"at risk"—populations including first responders, who suffer the most psychologically in a disaster, and then develop a plan to reduce this risk. Fourth, incorporate the guiding principles of "trauma-informed care" into all phases of disaster mental health planning and psychological intervention to ensure every survivor receives the treatment that best mitigates trauma and PTSD and creates long-term personal wellbeing. Neuroscientists are continuing to learn more about how the brain responds and changes with trauma and how trauma-specific/brain-based treatments best treat Acute Stress Disorder (ASD) and Post-Traumatic Stress Disorder (PTSD).

Authors: Robert W. Schmidt & Sharon L. Cohen

https://www.taylorfrancis.com/chapters/mono/10.4324/9780429285134-2/four-principles-disaster-mental-health-robert-schmidt-sharon-cohen

Vitality LIVING College

NEW: Does Reiki Benefit Mental Health Above Placebo?

Summary: A systematic review of randomised placebo-controlled trials (RPCTs) examining Reiki's effectiveness in treating symptoms of mental health in adults was conducted through a systematic search of PubMed, PsycINFO, MEDLINE, CINAHL, Web of Science, Scopus, Embase, and ProQuest. Fourteen studies met the inclusion criteria, and risk of bias was assessed using Cochrane's Revised ROB 2 assessment tool. This was followed by a grading of recommendations, assessment, development and evaluations (GRADE) assessment. The evidence to date suggests that Reiki consistently demonstrates a greater therapeutic effect over placebo for some symptoms of mental health. The GRADE level of evidence is high for clinically relevant levels of stress and depression, moderate to high for clinically relevant levels of anxiety, low to moderate for normal levels of stress, and low to moderate for burnout, and low for normal levels of depression and anxiety. **The results suggest that, Reiki may be more effective in treating some areas of mental health, than placebo, particularly if symptoms are clinically relevant.** To date, there are a small number of studies in each area, therefore findings are inconclusive and, more RCTs controlling for placebo in Reiki research are needed. Most included studies were also assessed as having a risk of bias of some concern. Incorporating Reiki as a complementary treatment to mainstream psychotherapy for depression, stress, and anxiety may be appropriate.

Authors: Sonia Zadro & Peta Stapleton

https://www.frontiersin.org/articles/10.3389/fpsyg.2022.897312/full

Vitality LIVING College

NEW: The Effectiveness of EFT on Public Speaking, Anxiety in University Student: An Integrated Review

Summary: Public Speaking Anxiety is the most frequently feared condition among university student in academic activities. Emotional freedom technique has gained increased popularity and appears as a promising way to reduce emotional distress in different setting and populations. However, limited review has examining EFT treatment on public speaking anxiety. This integrative review was to examine the effectiveness of EFT programs on public speaking anxiety in university students. The review was carried out using the framework for integrated reviews obtained from Google Scholar, PsycINFO, and PubMed. Articles were included when reporting primary studies on the efficacy of EFT programs on public-speaking anxiety for university students in Bahasa Indonesia and English. The total of 5 were evaluated critically and included in the review. Two of the studies were undertaken in the United Kingdom, and one each in Australia, Turkey, and Indonesia. Two of the studies were randomised controlled, two used mixed methods, and one queasy experiment design. A majority of the interventions were able to reduce public speaking anxiety. **This review shows that implementation of EFT, even within limited resources, is both achievable and worthwhile.** EFT programs should be introduced early in the curriculum for university student in their first year of a Bachelor program

Authors: Wati NL, Sansuwito TB, Riyanto D, Sustiyono A & Musfirowati F

https://oamjms.eu/index.php/mjms/article/view/7919

Vitality LIVING College

NEW: EFT to Prevent Preeclampsia: Literature Review

Summary: Emotional Freedom Technique (EFT) is a technique of self-empowerment and alignment of the body's energy system to overcome physical and psychological problems, in which pregnancy changes both physically and psychologically. This literature study aims to examine articles related to Emotional Freedom Technique for Preventing Preeclampsia. This study used a literature study approach using several sources selected based on predetermined criteria, by the researcher. The EFT and SEFT methods are effective in reducing cortisol levels, where the role of cortisol is very influential in reducing blood pressure, blood circulation, and heart rate. Stress as a trigger response to increase cortisol in the body, this also occurs in the blood pressure of preeclamptic mothers. **EFT and SEFT have an effect on decreasing cortisol levels so that blood pressure decreases which occurs in mothers with preeclampsia.**

Author: Anila Iliani, Sismeri Dona1 & Dwi Rahmawati

https://eudl.eu/doi/10.4108/eai.3-6-2021.2310812

Vitality LIVING College

NEW: EFT Scope and Practice Areas

Summary: Emotional Freedom Technique (EFT) is a kind of practice of energy psychotherapy consisting of cognitive and somatic components that are used to improve personal negative emotions and related emotional and physical disorders. Stress hormones are secreted in the brain when a person is stressed, the amygdala and other responsive cerebral segments are activated. If the stress can not be effectively coped with, the physical and psychological consequences that will become chronic in course of time. There are essential steps to follow in EFT; firstly person create a setup sentence for sending a message to the emotional body (subconscious) and then twelve meridians of energy end point (acupressure points) is tapped on. There are different protocols for application purposes. EFT can be performed in psychological and physical areas, which are very common in children and adults, and there is not reported of any adverse effects in randomised controlled trials. In this review, PubMed, Google's Academic and related literature sources were examined and it was determined that the EFT had research results in a variety of subjects. **Emotions can be recognised, accepted and transformed with the EFT application.**

Author: Pinar irmak vural

https://www.researchgate.net/publication/323178024_EMOTIONAL_FREEDOM_TECHNIQUE_EFT_SCOPE_AND_PRACTICE_AREAS.

Vitality LIVING College

NEW: Energy Psychology: Efficacy, Speed, Mechanisms Established and Emerging PTSD Treatments

Summary: The most well known forms of “energy psychology” combine cognitive and exposure techniques with the stimulation of selected acupuncture points (acupoints) by tapping on them. Most clinicians who learn and utilise an acupoint tapping protocol integrate the approach within their existing clinical frameworks rather than using it as a stand-alone therapy. The method has been highly controversial, with its efficacy, purported speed, and explanatory models all questioned. Nonetheless, its utilisation within clinical settings and as a self-help method has continued to expand since it was introduced more than three decades ago. This paper reviews the most salient criticisms of the method and presents research and empirically based theoretical constructs that address them. More than 100 peer-reviewed outcome studies—51 of which are randomised controlled trials—provide an evidential base for evaluating the claims and criticisms surrounding the approach. **This review concludes that a growing body of evidence indicates that acupoint-based energy psychology protocols are rapid and effective in producing beneficial outcomes in the treatment of anxiety, depression, PTSD, and possibly other conditions.** Mechanisms by which acupoint tapping might bring about these treatment outcomes are also proposed.

Author: David Feinstein

https://www.sciencedirect.com/science/article/pii/S1550830718303513?via%3Dihub

Vitality LIVING College

NEW: Is Tapping on Acupuncture Points an Active Ingredient in EFT? A Systematic Review and Meta-analysis of Comparative Studies

Summary: Emotional Freedom Techniques (EFTs) combine elements of cognitive restructuring and exposure techniques with acupoint stimulation. Meta-analyses indicate large effect sizes for posttraumatic stress disorder, depression, and anxiety; however, treatment effects may be due to components EFT shares with other therapies. This analysis reviewed whether EFTs acupressure component was an active ingredient. Six studies of adults with diagnosed or self-identified psychological or physical symptoms were compared (n = 403), and three (n = 102) were identified. Pretest vs. posttest EFT treatment showed a large effect size, Cohen's d = 1.28 (95% confidence interval [CI], 0.56 to 2.00) and Hedges' g = 1.25 (95% CI, 0.54 to 1.96). Acupressure groups demonstrated moderately stronger outcomes than controls, with weighted posttreatment effect sizes of d = -0.47 (95% CI, -0.94 to 0.0) and g = -0.45 (95% CI, -0.91 to 0.0). **Meta-analysis indicated that the acupressure component was an active ingredient and outcomes were not due solely to placebo, nonspecific effects of any therapy, or nonacupressure components.**

Authors: Dawson Church, Peta Stapleton, Amy Yang & Fred Gallo

https://pubmed.ncbi.nlm.nih.gov/30273275/.

Vitality LIVING College

NEW: Psychological Effects of Online-based Mindfulness Programs During the COVID-19 Pandemic: A Systematic Review of Randomised Controlled Trials

Summary: The COVID-19 outbreak has caused psychological problems worldwide. This review explored the psychological effects of online-based mindfulness programs during the COVID-19 pandemic.This systematic review was guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines. Randomised controlled trials that were published in the English language from 1 January 2020 to 31 May 2021 on online-based mindfulness programs for psychological problems due to the COVID-19 pandemic were searched in electronic databases. Quality assessment was conducted on the retrieved RCTs using the Cochrane risk of bias tool for RCTs. Six RCTs were included in this review. Quality appraisal of included RCTs ranged from 1 for low risk of bias to 5 for high risk of bias. There is evidence from the six RCTs that **online-based mindfulness interventions may have favorable effects for reducing the levels of psychological problems, such as anxiety, depression, and stress.** Online-based mindfulness programs may be used as complementary interventions for clinical populations, healthy individuals, and healthcare workers with psychological problems due to the COVID-19 pandemic.

Authors: Young-Ran Yeun & Sang-Dol Kim

https://pubmed.ncbi.nlm.nih.gov/35162646/.

Vitality LIVING College

NEW: Sleep Management in Posttraumatic Stress Disorder: A Systematic Review and Meta-analysis

Summary: Post-traumatic stress disorder (PTSD) can lead to many negative secondary outcomes for patients, including sleep disturbances. The objective of this meta-analysis is (1) to evaluate the effect of interventions for adults with PTSD on sleep outcomes, PTSD outcomes, and adverse events, and (2) to evaluate the differential effectiveness of interventions aiming to improve sleep compared to those that do not. Nine databases were searched for relevant randomised controlled trials (RCTs) in PTSD from January 1980 to October 2019. Two independent reviewers screened 7176 records, assessed 2139 full-text articles, and included 89 studies in 155 publications for this review. Sleep, PTSD, and adverse event outcomes were abstracted and meta-analyses were performed using the Hartung-Knapp-Sidik-Jonkman method for random effects. **Interventions improved sleep outcomes** (standardised mean difference [SMD]) **Interventions for patients with PTSD significantly improve sleep outcomes, especially interventions that specially target sleep.** Treatments for adults with PTSD directed towards sleep improvement may benefit patients who suffer from both ailments.

Authors: Eric A. Apaydin, Lara Hilton, Christine Chen, Wendy Troxel & Owen Hall

https://www.academia.edu/56599599/Sleep_management_in_posttraumatic_stress_disorder_a_systematic_review_and_meta_analysis.

Vitality LIVING College

NEW: Uses of Energy Psychology Following Catastrophic Events

Summary: Energy psychology, as most widely practiced, integrates the manual stimulation of acupuncture points with imaginal exposure, cognitive restructuring, and other evidence-based psychotherapeutic procedures. Efficacy for energy psychology protocols has been established in more than 120 clinical trials, with meta-analyses showing strong effect sizes for PTSD, anxiety, and depression. The approach has been applied in the wake of natural and human-made disasters in more than 30 countries. Four tiers of energy psychology interventions following the establishment of safety, trust, and rapport are described, including (1) immediate relief/stabilisation, (2) reducing limbic arousal to trauma-based triggers, (3) overcoming complex psychological difficulties, and (4) promoting optimal functioning. Advantages of adding the stimulation of acupuncture points to a conventional exposure approach are identified, and challenges around cultural sensitivities and unintended effects are discussed. After establishing a framework for introducing energy psychology in disaster relief efforts, reports from a sampling of settings are presented, based on interviews with this paper's author. These include accounts of relief work with survivors of mass shootings, genocide, ethnic warfare, earthquakes, hurricanes, tornadoes, floods, wildfires, and the COVID-19 pandemic. **Hundreds of other reports from the field show a pattern of strong outcomes following the use of energy psychology in the days or weeks after a disaster and in the subsequent treatment of trauma-based psychological problems.** Many of these accounts corroborate one another in terms of rapid relief and long-term benefits. Finally, examples of more efficient delivery methods utilising large groups, lay counselors, digital technology, and cultivating community resilience are presented.

Author: David Feinstein

https://www.frontiersin.org/articles/10.3389/fpsyg.2022.856209/full

Vitality LIVING College

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

Summary: Emotional Freedom Technique (EFT) combines elements of exposure and cognitive therapies with acupressure for the treatment of psychological distress. Randomised 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 analysed 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.

Authors: Morgan Cloud

https://pubmed.ncbi.nlm.nih.gov/26894319/

Vitality LIVING College

A Systematic Review and Meta-Analysis of Randomized and Nonrandomized Trials of Clinical Emotional Freedom Techniques (EFT) for the Treatment of Depression

Summary: Summary: 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. All studies (2005–2015) evaluating EFT for sufferers of depression were identified by electronic search; these included both outcome studies and randomised 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. 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 desensitisation 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%. **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.

Authors: Jerrod A Nelms & Liana Castel

https://pubmed.ncbi.nlm.nih.gov/27843054/

Vitality LIVING College

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

Summary: Over the past two decades, growing numbers of clinicians have been utilising Emotional Freedom Techniques (EFT) in the treatment of post-traumatic stress disorder (PTSD), anxiety, and depression. Randomised controlled trials (RTCs) have shown promising outcomes for all three conditions. To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs. 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 synthesised 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. Seven randomised 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 Desensitisation and Reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study). **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.

Authors: Brenda Sebastian & Jerrod Nelms

https://pubmed.ncbi.nlm.nih.gov/27889444/

Vitality LIVING College

Empirically Supported Psychological Treatments: The Challenge of Evaluating Clinical Innovations

Summary: 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.

Authors: Church D, Feinstein D, Palmer-Hoffman J, Stein, P. K & Tranguch A.

https://pubmed.ncbi.nlm.nih.gov/25265265/

Vitality LIVING College

Acupoint Stimulation in Treating Psychological Disorders: Evidence of Efficacy

Summary: Energy psychology is a clinical and self-help modality that combines verbal and physical procedures for effecting therapeutic change. While utilising established clinical methods such as exposure and cognitive restructuring, the approach also incorporates concepts and techniques from non-Western healing systems. Its most frequently utilised 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 randomised 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.

Author: David Feinstein

https://journals.sagepub.com/doi/10.1037/a0028602

Vitality LIVING College

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

Summary: 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 include, 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. 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. 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. 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.

Authors: Dawson Church, Sheri Stern, Elizabeth Boath, Antony Stewart, David Feinstein & Morgan Clond

https://pubmed.ncbi.nlm.nih.gov/28678690/

Vitality LIVING College

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

Summary: 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 include, 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. 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. 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. 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.

Authors: Dawson Church, Sheri Stern, Elizabeth Boath, Antony Stewart, David Feinstein & Morgan Clond

https://pubmed.ncbi.nlm.nih.gov/28678690/

Vitality LIVING College

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

Summary: 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, summarising 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 randomised 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.

Author: Church D.

https://pubmed.ncbi.nlm.nih.gov/36438382/

Vitality LIVING College

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

Summary: 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. 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 analysed using Interpretative Phenomenological Analysis methodology. 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.**

Authors: Kalla M, Simmons M, Robinson A & Stapleton

https://pubmed.ncbi.nlm.nih.gov/28345427/

Vitality LIVING College

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

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

Authors: Sandro Alfred Gilomen & Christopher William Lee

https://pubmed.ncbi.nlm.nih.gov/25863484/

Vitality LIVING College

Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective

Summary: 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 randomised controlled trials and six outcome studies using standardised pre- and post-treatment measures with military veterans, disaster survivors, and other traumatised 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.

Author: Feinstein D

https://pubmed.ncbi.nlm.nih.gov/22402094/

Vitality LIVING College

A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT)

Summary: 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, Sciencedirect, SPORT discus, 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. 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, Desensitisation 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.

Authors: E.H. Boath, T Stewart, A.Carryer

https://www.researchgate.net/publication/260797546_

Vitality LIVING College

Stress management techniques: Evidence-based procedures that reduce stress and promote health

Summary: According to the World Health Organisation, 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. 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. These are all evidence-based techniques, easy to learn and practice, with good results in individuals with good health or with a disease.

Authors: Varvogli L & Darviri C

https://www.itmedicalteam.pl/articles/stress-management-techniques-evidencebased-procedures-that-reduce-stress-and-promote-health.pdf

Vitality LIVING College

Trends in meridian-based psychotherapy—a review of research on Emotional Freedom Techniques (EFT)

Summary: The purpose of this study is to investigate the research regarding Emotional Freedom Technique (EFT) and to understand the trends in meridian-based psychotherapy. Every article relevant to EFT was obtained from Pubmed and Korean journal databases. Keywords used for searching included “EFT” and “Emotional freedom technique.” Results include 1) 5 reviews, 11 randomised 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.** EFT is increasingly studied and used in clinical practice in various fields. Objective evaluation tools and standardised intervention protocols are needed for the development of a new guideline for EFT.

Authors: Kim, S-Y., Yin, C-S., Choi, In, W., & Kim, J-W

http://www.koreascience.or.kr/article/JAKO201314358631632.page

Vitality LIVING College

Clinical EFT as single session therapy: Cases, research, indications, and cautions

Summary: 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. Randomised 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 normalisation 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 PSTD, depression, and anxiety typically reduce simultaneously, along with physical 2 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 generalising 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.**

Authors: Church & Dawson

https://psycnet.apa.org/record/2014-45237-016

Vitality LIVING College

Mindful energy psychology: History, theory, research, and practice

Summary: 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 utilises 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.**

Authors: Fred P. Gallo, Hermitage & Pennsylvania

https://www.researchgate.net/publication/348999127_

Vitality LIVING College

Efficacy of 15 emerging interventions for the treatment of posttraumatic stress disorder: A systematic review

Summary: 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 randomised 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.

Authors: Metcalf O, Varker T, Forbes D, Phelps, Dell L, DiBattista A, Ralph N & O Donnell M

https://pubmed.ncbi.nlm.nih.gov/26749196/

Vitality LIVING College

State-of-the-art prevention and treatment of PTSD: Pharmacotherapy, psychotherapy, and nonpharmacological somatic therapies

Summary: 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 recognised 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.**

Authors: Westfall N C & Nemeroff C B

https://www.researchgate.net/publication/307948086

Vitality LIVING College

Application of Emotional Freedom Techniques

Summary: 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.**

Authors: Church D & Brooks A. J

https://www.researchgate.net/publication/289680412_

Vitality LIVING College

Energy psychology in the treatment of PTSD: Psychobiology and clinical principles

Summary: 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). Randomised 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 institutionalised 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.**

Authors: Dawson Church & David Feinstein

http://eft-academic-articles.s3.amazonaws.com/PSYCHOBIOLOGY+AND+CLINICAL+PRINCIPLES.pdf

Vitality LIVING College

A review of select CAM modalities for the prevention and treatment of PTSD

Summary: 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.**

Author: James Lake

https://www.psychiatrictimes.com/view/review-select-cam-modalities-prevention-and-treatment-ptsd

Vitality LIVING College

Emerging trauma therapies: Critical analysis and discussion of three novel approaches

Summary: 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

Author: Gurda K

https://www.researchgate.net/publication/281876168_

Vitality LIVING College

Complementary and alternative medicine in VA specialised PTSD treatment programmes

Summary: This survey documented the provision of complementary and alternative medicine (CAM) treatments in U.S. Department of Veterans Affairs (VA) specialised posttraumatic stress disorder (PTSD) treatment programs. Program coordinators or designated staff from 125 of 170 VA specialised PTSD treatment programs completed and returned surveys between September 2010 and March 2011, indicating which of 32 CAM treatments were offered in that program. 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). 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.

Authors: Libby DJ, Pilver CE & Desai R

https://pubmed.ncbi.nlm.nih.gov/23117511/

Vitality LIVING College

Traditional Chinese medicine as a basis for treating psychiatric disorders: A review of theory with illustrative cases

Summary: 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. 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 generalised 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. **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.

Authors: Aung SK, Fay H & Hobbs RF

https://pubmed.ncbi.nlm.nih.gov/24761185/

Vitality LIVING College

Stress and health: Symptoms and techniques of psychotherapeutic management

Summary: 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 Organisation, 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.

Author: Panda S

https://www.i-scholar.in/index.php/ijpp/article/view/88561/0

Vitality LIVING College

Performance anxiety

Summary: 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.

Authors: Mitchell & David

https://search.informit.org/doi/10.3316/INFORMIT.055216161642201

Vitality LIVING College

Controversies in Energy Psychology

Summary: 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.

Author: David Feinstein

https://energypsychologyjournal.org/controversies-in-energy-psychology/

Vitality LIVING College

Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behaviour and experience

Summary: 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 acupressure 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).

Author: Mollon P

https://www.researchgate.net/publication/265058381

Vitality LIVING College

Energy Psychology: A review of the preliminary evidence

Summary: Energy psychology utilises imaginal and narrative-generated exposure, paired with interventions that reduce hyperarousal through acupressure 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 randomised 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.**

Author: David Feinstein

https://pubmed.ncbi.nlm.nih.gov/22122417/

Vitality LIVING College

Energy psychology in disaster relief

Summary: Energy psychology utilises cognitive operations such as imaginal exposure to traumatic memories or visualisation 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 organisations have adapted energy psychology as a treatment in their post-disaster missions. Four tiers of energy psychology interventions include 1) immediate relief/stabilisation, 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.**

Author: David Feinstein

https://noetic.org/wp-content/uploads/2020/10/S10_Feinstein_EnergyPsychologyInDisasterRelief_lr.pdf

Vitality LIVING College

Oriental medical interventions for posttraumatic stress disorder: A model of Oriental medicine for disaster mental health

Summary: 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. 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 Randomised Controlled Trials (RCTs) and non-RCTs, and further analysed them by the elapsed time from traumatic exposure to treatment. 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 Desensitisation 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. **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.

Authors: Kwon, Y-J, & Cho, S-H.

http://www.koreascience.or.kr/article/JAKO201110348681115.page

Vitality LIVING College

Energy Psychology: Time for a second look

Summary: 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, utilised 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).

Author: Richard C. Kevin

https://www.eftuniverse.com/images/stories/6-4-10/ncpsychologist.pdf

Vitality LIVING College

Energy Psychology—practices and theories of new combinations of psychotherapy

Summary: 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.

Author: Daniel J. Benor

https://thescipub.com/pdf/crpsp.2014.1.18.pdf

Vitality LIVING College

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

Summary: 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.

Authors: Sojcher R, Gould-Fogerite S & Perlman A

https://pubmed.ncbi.nlm.nih.gov/22938745/

Vitality LIVING College

Theoretical and methodological problems in research on Emotional Freedom Techniques (EFT) and other meridian based therapies

Summary: 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.

Authors: Baker A. H, Carrington P & Putilin D

https://www.researchgate.net/publication/267417361

Vitality LIVING College

Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the body

Summary: 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.

Author: Mollon P

https://psycnet.apa.org/record/2008-05906-004

Vitality LIVING College

Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health

Summary: 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 acetylisation. 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.**

Author: Church D

https://www.researchgate.net/publication/292836821

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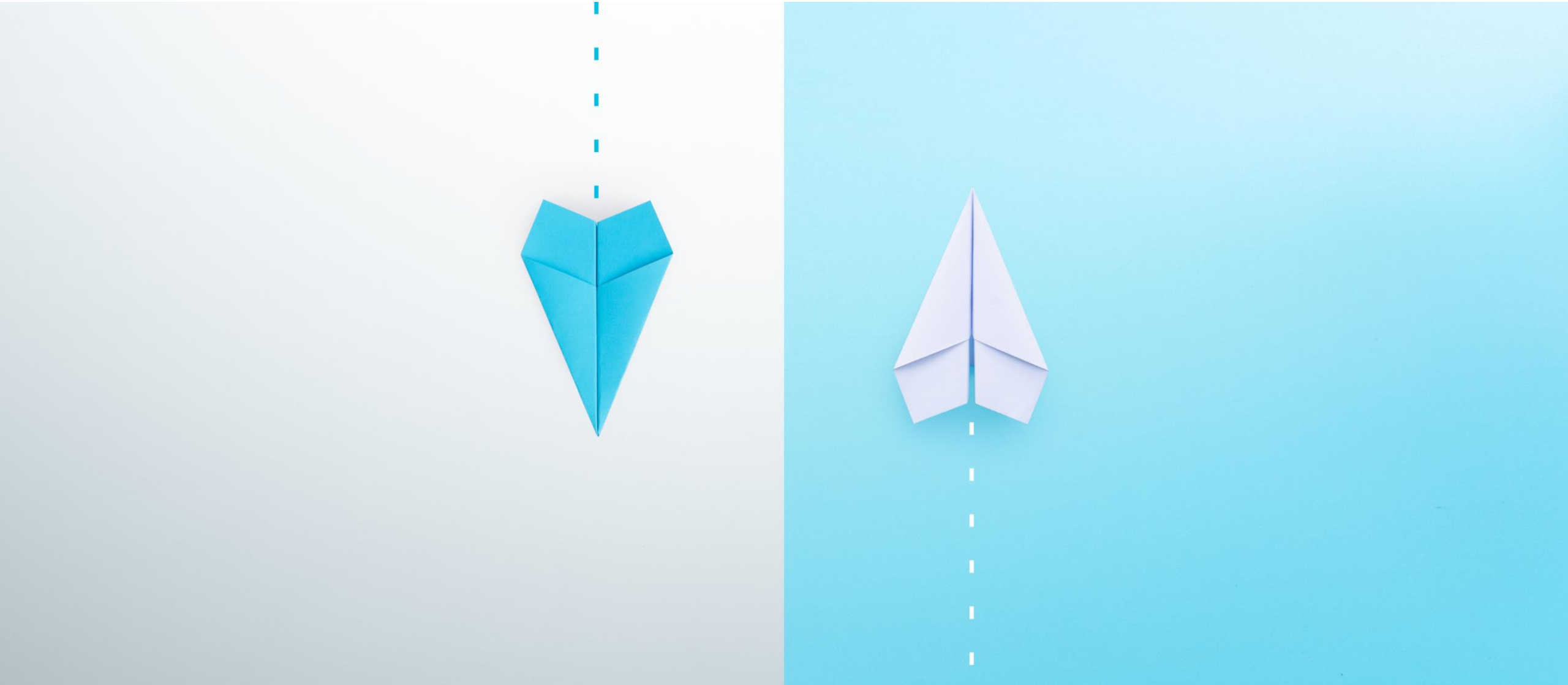
SKEPTICAL AND OPPOSING VIEWPOINTS



Some Comments on “Energy Psychology: A Review of the Evidence”: Premature Conclusions Based on Incomplete Evidence?

Summary: 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 characterising one of the studies as a randomised 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.

Authors: Monica Pignotti & Bruce Thyer

https://pubmed.ncbi.nlm.nih.gov/22122623/

Vitality LIVING College

A review of efficacy claims in energy psychology.

Summary: 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.

Author: Danny L Mc Caslin

https://pubmed.ncbi.nlm.nih.gov/22122622/

Vitality LIVING College

Power Therapies and possible threats to the science of psychology and psychiatry

Summary: Advocates of new therapies frequently make bold claims regarding therapeutic effectiveness, particularly in response to disorders which have been traditionally treatment refractor y. 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. Therapies were included which self-describe themselves as 'Power Therapies'. Published work searches were conducted on each therapy using Medline and PsychInfo databases for randomised controlled trials assessing their efficacy, except for the case of Eye Movement Desensitisation and Reprocessing (EMDR). Eye Movement Desensitisation and Reprocessing has more randomised controlled studies conducted on its efficacy than any other treatment for trauma and thus, previous meta-analyses were evaluated. **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.**

Author: Grant J Devilly

https://pubmed.ncbi.nlm.nih.gov/15943644/

Vitality LIVING College

The current status of energy psychology: Extraordinary claims with less than ordinary evidence

Summary: 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.

Author: Gary Bakker

https://www.researchgate.net/publication/259548223_

Vitality LIVING College

Tapping their Patients' Problems Away? Characteristics of Psychotherapists Using Energy Meridian Techniques

Summary: The objective was to learn about the characteristics of psychotherapists who use energy meridian techniques (EMTs). We conducted an Internet-based survey of the practices and attitudes of licensed psychotherapists. 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.
Results suggest that a number of characteristics differentiate therapists who are inclined to use EMTs, which can aid in future educational efforts.

Authors: Brandon A, Lily A Brown & Ivan W Miller

https://journals.sagepub.com/doi/abs/10.1177/1049731512448468?journalCode=rswa

Vitality LIVING College

A Bigger Swamp Is Still a Swamp: Comments on Feinstein

Summary: Gaudiano, Brown, and Miller (2012) report that of 149 licensed psychotherapists who respond- ed 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 characterised 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.**

Author: Gary M. Bakker

https://energypsychologyjournal.org/bigger-swamp-still-swamp-comments-feinstein/

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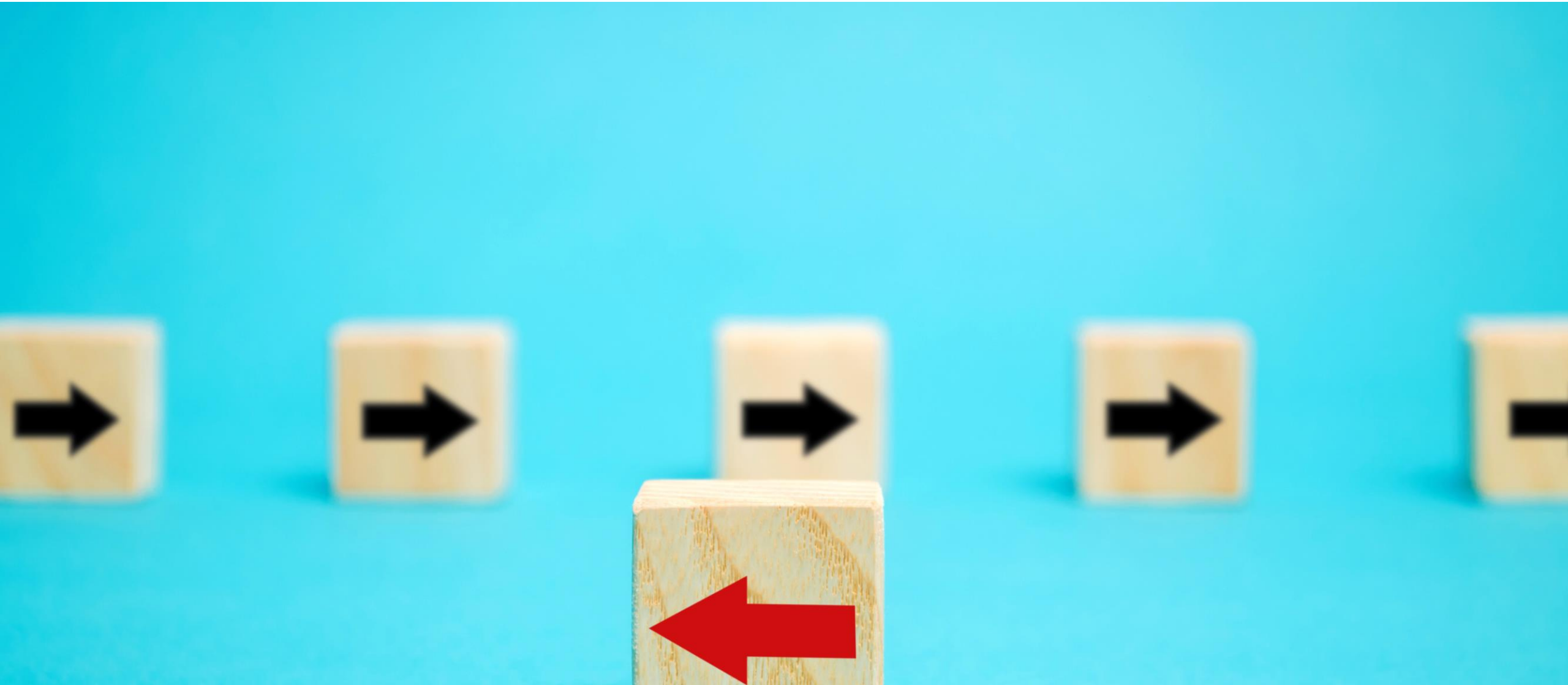
REBUTTALS TO CRITICS



Critical Thinking in the Energy Therapies: Comments on Gaudiano

Summary: 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 characterised 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.

Authors: Mary Sise, Eric Leskowitz, Phyllis K. Stein & Anthony Tranguch

https://www.researchgate.net/publication/277917909_

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Comment on “The Current Status of Energy Psychology”: Growing Evidence for Extraordinary Claims

Summary: 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 nonspecific 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.**

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https://www.researchgate.net/publication/277888866_

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Facts, Paradigms, and Anomalies in the Acceptance of Energy Psychology

Summary: 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.**

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https://pubmed.ncbi.nlm.nih.gov/22122624/

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