



La science derrière l'EFT

(mise à jour le 04/04/2022)

L'EFT a été étudié dans plus de 10 pays par plus de 60 chercheurs, dont les résultats ont été publiés dans plus de 20 revues à comité de lecture. Il s'agit notamment des revues de premier plan telles que Journal of Clinical Psychology, les revues APA Psychotherapy : Theory, Research, Practice, Training et Review of General Psychology, et la plus ancienne revue psychiatrique en Amérique du Nord, le Journal of Nervous and Mental Disease.

La recherche EFT comprend des chercheurs affiliés à de nombreuses institutions différentes. Aux États-Unis, cela va de la faculté de médecine de Harvard à l'université de Californie à Berkeley, à la City University of New York, au centre médical militaire Walter Reed, à l'université Texas A & M et à l'université JFK. Les établissements d'autres pays dont les professeurs ont contribué à la recherche sur l'EFT comprennent l'Université Staffordshire (Royaume-Uni), l'Université de Lund (Suède), l'Université d'Ankara (Turquie), l'Université Santo Tomas (Philippines), l'Hôpital Lister (Angleterre) et l'Université Cesar Vallejo (Pérou), Bond University (Australie) et Griffith University (Australie).

La grande diversité d'institutions, de revues à comité de lecture, de chercheurs et d'institutions qui, dans le cadre de recherches indépendantes, ont trouvé l'EFT efficace, sont une indication de l'étendue des résultats de recherche existants.

Présentation

L'EFT ou technique de libération émotionnelle est une technique qui repose sur la Thérapie du Champ Mental (Callahan & Callahan, 1996). Développée par Gary Craig, ingénieur diplômé de l'université de Stanford en Californie, cette technique combine deux actions simultanées :

- l'activation d'émotions grâce à l'exposition par l'imagination et la pleine conscience à partir d'un souvenir problématique ou un déclencheur émotionnel,
- la stimulation de points d'acupuncture repérés, réalisée avec les doigts, sous la forme de tapotements répétés.

L'EFT procède de la façon suivante :

- 1 - l'exposition imaginaire au trouble de stress post traumatique (TSPT) va provoquer une hyper-activation de l'amygdale,
- 2 – la stimulation des acupoints génère des signaux désactivateurs et des ondes cérébrales tandis que le système d'alerte est activé,
- 3 – ces effets combinés vont neutraliser l'état d'alerte et probablement éradiquer les voies neuronales impliquées,
- 4 – ce qui modifie les réponses conditionnées au souvenir ou déclencheur.

Simultanément, l'état d'alerte est activé par l'exposition imaginaire au souvenir problématique ou au déclencheur émotionnel et une atténuation de l'état d'alerte par la stimulation des points d'acupressure. Le traitement par

l'exposition appliquée simultanément avec l'intervention somatique permet une modification du traitement de l'information, une désensibilisation, une ré-organisation neuronale ou même la modulation de l'expression génétique (Feinstein & Church, 2010).

Grâce à l'électroencéphalogramme (EGG), l'imagerie par résonance magnétique fonctionnelle (IRMf) et la tomographie par émission de positrons (PET), plusieurs études démontrent que la stimulation des points d'acupression a pour effets :

- la diminution du taux de cortisol (hormone du stress) avec la réduction sensible de l'activité de l'amygdale et d'autres zones du système limbique (Dhond, Kettner et Napadow 2007 ; Fang et al., 2009 ; Hui et al., 2000, 2005),
- la régulation du schéma d'ondes cérébrales anormaux : un retour à la normale des schémas d'ondes cérébrales à la suite d'un traitement par stimulation d'acupoints pour des troubles neurologiques et des troubles liés à l'anxiété (Diepold & Goldstein, 2009 ; Lambrou, Pratt et Chevalier, 2003 ; Swingle, 2010 ; Swingle, Pulos et Swingle, 2004),
- l'augmentation de la production d'adrénaline, d'opioïdes et de neuro-transmetteurs associés au plaisir (résumé dans Church et Feinstein 2013)

La stimulation des acupoints provoque une augmentation des ondes delta dans les zones du cerveau impliquées par la peur qui perturberaient les réseaux mnémotiques. Plus particulièrement, les récepteurs de glutamate des synapses qui régulent les souvenirs de peur, seraient « dépotentiés par ces puissantes ondes cérébrales » (Harper, 2002). Lorsque les circuits neuronaux de l'amygdale, qui maintiennent l'état d'alerte, sont désactivés, « la base matérielle du souvenir de peur a été retirée ».

Sélection d'études scientifiques

Energy Psychology: Method, Theory, Evidence

David Feinstein a publié en 2007 une étude intitulée « Energy Psychology: Method, Theory, Evidence ». Elle reprend les résultats de 14 années d'études sur près de 30.000 clients. Sur un groupe de 5.000 clients souffrant de troubles d'anxiété, la moitié furent soignés de façon classique (groupe témoin – médication et entretiens), l'autre moitié par une méthode d'Energy Psychology (groupe test – stimulation de points d'acupression selon un protocole EFT). Près de 90% des clients du groupe test répondirent positivement au traitement avec 76% de ceux-ci restant totalement libres de tout symptôme plus d'une année après la fin du traitement. De plus, s'il avait fallu 15 séances dans le groupe témoin (63% de réponses positives, 51% libres de symptôme 1 année plus tard), seulement 3 séances d'EFT furent, en moyenne, nécessaires pour obtenir ce résultat. Les résultats ont été confirmés par imagerie cérébrale et contrôle des neurotransmetteurs. Cette étude met en évidence les fondements neurologiques de la psychologie énergétique.

Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of efficacy. *Review of General Psychology*, 16(4), 364-380. doi:10.1037/a0028602

An Integrated Book and CD Program for Learning the Fundamentals of Energy Psychology

Lors d'essais cliniques préliminaires impliquant plus de 29 000 patients de 11 centres de traitement connexes en Amérique du Sud sur une période de 14 ans, diverses études pilotes randomisées en double aveugle ont été menées. Dans l'un d'entre eux, environ 5 000 patients diagnostiqués à l'admission avec un trouble anxieux ont été assignés au hasard à un groupe expérimental (tapotement) ou à un groupe témoin (thérapie cognitivo-comportementale / médicaments). Les évaluations ont été données par des cliniciens indépendants qui ont interrogé chaque patient à la fin du traitement, à 1 mois, à 3 mois, à 6 mois et à 12 mois. Les évaluateurs ont déterminé la rémission complète des symptômes, la rémission partielle des symptômes ou l'absence de réponse clinique. Les évaluateurs ne savaient pas si le patient avait reçu une TCC / des médicaments ou des tapotements. Ils ne connaissaient que le diagnostic initial, les symptômes et la gravité, tels que jugés par le personnel d'accueil. A la fin du traitement, 63% du groupe témoin ont été jugés améliorés; 90% du groupe expérimental ont été jugés améliorés. 51% du groupe témoin ont été jugés sans symptômes ; 76% du groupe expérimental ont été jugés sans symptôme.

Energy Psychology Interactive: An Integrated Book and CD Program for Learning the Fundamentals of Energy Psychology (Ashland, OR: Innersource, 2004). Phil Friedman, Ph.D., Gary Craig

Six Sessions of Emotional Freedom Techniques Remediate One Veteran's Combat-Related Post-Traumatic Stress Disorder

Contexte : Les rapports montrent des taux élevés de trouble de stress post-traumatique (SSPT) chez les vétérans qui ont servi pendant les guerres du Golfe. Les techniques de liberté émotionnelle (EFT) comprennent une pratique fondée sur des données probantes qui est très efficace pour réduire la gravité des symptômes chez les vétérans atteints de SSPT. Le rapport de cas présenté ici est celui de l'un des vétérans qui a participé à une étude de réplification de la première étude de recherche sur le stress chez les vétérans menée par Church et al.

Les résultats de cette étude ont démontré que l'EFT était très efficace pour traiter les symptômes psychologiques du SSPT. Des résultats similaires ont été trouvés dans l'étude de réplification menée par Geronilla et al. Cas: RM est un jeune réserviste marin qui a servi en Irak et est revenu avec le SSPT. Il a participé à l'étude de réplification du Veteran Stress Project dans laquelle il a reçu 6 sessions d'EFT. L'EFT est expliqué et un exemple de séance de traitement est décrit. Une discussion de certains des changements survenus pour la RM est incluse.

Résultats : Les scores de SSPT du patient sont passés d'un score clinique élevé de 60 avant le traitement à 40 après 6 séances et à un score clinique de 22 à 6 mois de suivi. Son insomnie, qui avait été au niveau clinique, a diminué de même que sa douleur et les mesures de la détresse psychologique, telles que mesurées dans l'instrument Evaluation des symptômes-45.

Conclusion : Six sessions d'EFT ont considérablement réduit les scores de SSPT et amélioré la vie de RM. Il continue d'utiliser l'EFT pour gérer le stress dans sa vie

Minewiser, L. (2017). Six Sessions of Emotional Freedom Techniques Remediate One Veteran's Combat-Related Post-Traumatic Stress Disorder. *Medical Acupuncture*, 29(4): 249-253.

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

Objectifs : L'objectif de cette étude était d'examiner les effets du programme de traitement de groupe Emotion Freedom Techniques (EFT) pour les patients Hwa-byung (trouble de somatisation coréen, littéralement « maladie de la colère et de la dépression »).

Méthodes : Treize patients Hwa-byung ont participé à un programme de quatre semaines de traitement de groupe EFT. Des séances d'une heure étaient administrées chaque semaine. Entre les séances, les participants se sont auto-administrés l'EFT afin de contrôler leurs symptômes. Quatre semaines après le programme, nous avons interviewé les participants à l'aide d'un entretien semi-structuré. Les données recueillies ont été résumées à l'aide d'une analyse qualitative.

Résultats : Le programme de traitement de groupe EFT a produit des effets positifs sur les symptômes physiques, cognitifs et émotionnels. La plupart des participants ont ressenti un soulagement des symptômes de Hwa-byung tels que l'oppression thoracique, les bouffées de chaleur et l'insomnie. Leur capacité à faire face au stress s'est améliorée et leur revivre des souvenirs du passé a diminué. Leurs auto-images déformées ont été améliorées. Une diminution des émotions négatives et une augmentation des émotions positives ont été notées. Les participants ont pu contrôler leurs symptômes entre les séances avec l'EFT. De plus, le format de thérapie de groupe a aidé les participants à développer un soutien social.

Conclusions : Un programme de traitement de groupe EFT peut soulager les symptômes physiques, cognitifs et émotionnels de Hwa-byung. Ce programme peut être appliqué dans le traitement psychothérapeutique de Hwa-byung.

Song, S-Y., Lee, J-H., Suh, J-W., Kwon, C-Y., & Kim, J-W. (2014). Qualitative analysis of the influence of an Emotion Freedom Techniques (EFT) group treatment program for Hwa-Byung (suppressed anger) patients. *Journal of OrientalNeuropsychiatry*, 25(1), 29-38. DOI: 10.7231/jon.2014.25.1.029.

Application of Emotional Freedom Techniques

Cet article décrit une intervention appelée Techniques de liberté émotionnelle (EFT). L'EFT est une thérapie d'exposition brève combinant des éléments cognitifs et somatiques et se concentre sur la résolution des traumatismes émotionnels qui pourraient sous-tendre un état de présentation. La recherche indique que l'EFT est un traitement efficace contre l'anxiété, la dépression, le trouble de stress post-traumatique, les phobies et autres troubles psychologiques, ainsi que certaines plaintes physiques. Cet article décrit les techniques, comment l'EFT est enseigné dans le cadre d'un atelier et fournit des exemples de cas. Les avantages cliniques de l'EFT et les orientations futures de la recherche sont discutés

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

Energy Psychology Treatment for Orphan Heads of Households in Rwanda: An Observational Study

Une équipe de quatre praticiens de la thérapie énergétique s'est rendue au Rwanda en septembre 2009 pour mener des programmes de remédiation aux traumatismes avec deux groupes de survivants du génocide orphelins présentant des symptômes complexes de syndrome de stress post-traumatique (SSPT). Les résultats des interventions avec le premier groupe ont été rapportés plus tôt (Stone, Leyden et Fellows, 2009). Cet article présente les résultats du deuxième groupe composé des chefs de famille orphelins. Une intervention multimodale utilisant trois méthodes de psychologie énergétique (TAT, TFT et EFT) a été utilisée, avec des techniques employées en fonction des besoins des participants. Les interventions ont été réalisées sur deux jours consécutifs d'ateliers suivis de deux jours de visites sur le terrain avec des étudiants. Les données ont été collectées à l'aide du rapport de l'enfant sur le stress post-traumatique (CROPS) pour mesurer les résultats avant et après l'intervention, en utilisant une série chronologique de mesures répétées. N = 28 orphelins avec des scores cliniques d'ESPT ont terminé un prétest. Parmi ceux-ci, 10 (34%) ont effectué des évaluations post-test après une semaine, trois mois et six mois, et toutes les analyses ont été effectuées sur ce groupe. Ils ont démontré une réduction moyenne des symptômes de 37,3% (p <.005). Quatre des dix étudiants (40%) ont chuté sous le seuil clinique pour le SSPT lors du suivi de six mois. Ces résultats concordent avec d'autres rapports publiés sur l'efficacité de la psychologie énergétique dans la guérison des symptômes du SSPT.

Stone, B., Leyden, L., Fellows, B. (2010). Energy Psychology Treatment for Orphan Heads of Households in Rwanda: An Observational Study. *Energy Psychology: Theory, Research, & Treatment*, 2(2), p 31-38

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

Les premiers instants d'une rencontre avec un ancien combattant peuvent être cruciaux pour établir une alliance thérapeutique. Une posture de respect et de reconnaissance de leur service est un bon début. Les observations politiques doivent être évitées. De nombreux membres du service s'identifient au guerrier archétypal, sacrifiant leur vie pour protéger les autres et ont le sentiment de trahison que leur but a été interrompu. Ils hésitent souvent à en parler leurs expériences, ou s'engager avec un praticien de la santé mentale, en raison d'expériences passées similaires qui n'ont pas apporté de soulagement. L'EFT est utile dans ce contexte car il peut être utilisé sans que le vétéran décrive l'événement émotionnellement déclencheur. Les vétérans peuvent les vivre comme des événements réels et actuels, et non comme des souvenirs lointains dans le temps. Les membres du service peuvent également avoir peur que leurs symptômes de santé mentale puissent les faire paraître faibles aux yeux de leurs camarades et supérieurs, ce qui pourrait nuire à leur carrière. Des symptômes tels que des flashbacks et des cauchemars surviennent souvent lorsque les prestataires de soins de santé ne sont pas disponibles, et une méthode d'auto-assistance portable comme l'EFT est utile dans de tels moments. L'EFT fournit également une technique d'adaptation aux familles de prestataires de services et améliore la résilience. Une mise en œuvre réussie dans une culture militaire nécessite une sensibilité à ces questions.

Dinter, I. (2009). Working With Military Service Members and Veterans: A Field Report of Obstacles and Opportunities. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 89-92.

World Trade Center Tower 2 survivor: EP Treatment of long-term PTSD: A case study

Dans cette étude de cas, un survivant de l'effondrement des Twin Towers du 11 septembre 2001 est traité pour un SSPT complexe prolongé après plusieurs années d'isolement auto-imposé. Les effets d'une seule séance d'EFT évalués immédiatement après le traitement ont démontré une élimination des scores cliniquement significatifs dans l'inventaire des symptômes traumatiques par rapport à deux évaluations pré-traitement. Des réductions similaires dans 4 des 7 sous-échelles de l'inventaire d'évaluation de la personnalité ont également été constatées. Douze séances de traitement sur 8 semaines ont conclu le traitement avec une correction presque complète des symptômes et un retour au travail. Un test PAI de suivi de 60 jours n'a montré qu'une seule échelle cliniquement élevée.

Nicosia, G. (2008). World Trade Center Tower 2 survivor: EP Treatment of long-term PTSD: A case study. Paper presented at the Tenth International ACEP (Association for Comprehensive Energy Psychology) conference, Albuquerque.

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

Les cliniciens notent une augmentation du stress mineur associé au trouble de somatisation. Ce rapport clinique décrit un patient présentant un trouble de somatisation induit par le stress qui a été traité avec un protocole médical oriental typique (phytothérapie et acupuncture) pour renforcer le cœur et la vésicule biliaire, en association avec l'EFT pour des conditions psychologiques. Les niveaux de symptômes sur l'inventaire de l'anxiété des traits d'état et l'inventaire de dépression de Beck ont été évalués avant et après le traitement. Les résultats montrent que les

traitements médicaux orientaux typiques pour renforcer la faiblesse des méridiens du cœur et de la vésicule biliaire, en combinaison avec l'EFT, sont efficaces dans le traitement du trouble de somatisation.

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

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

Les volontaires du projet Green Cross à New York décrivent une intervention unique qui combine des éléments du débriefing du stress d'incident critique (CISD) avec la thérapie de champ de la pensée et les techniques de liberté émotionnelle. Six empreintes de traumatisme ont été identifiées et traitées chez un certain nombre de clients. Les traitements combinés semblaient avoir un effet bénéfique pour atténuer les aspects aigus de multiples traumatismes. Voici les histoires de deux couples hispanophones traités à l'unisson par des thérapeutes bilingues deux à trois semaines après l'attaque du World Trade Center.

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

Emotional freedom techniques for dyslexia: A case study

La dyslexie est une condition développementale, souvent héréditaire, qui interfère avec l'acquisition et le traitement du langage écrit. Les problèmes de séquençage, la désorientation et les problèmes émotionnels peuvent tous être traités séparément avec succès. Cette étude de cas détaille l'utilisation des techniques de liberté émotionnelle (EFT) pour résoudre ces problèmes séparément avec un seul client sur 3 sessions connectées : abordant 2 événements spécifiques concernant les enseignants, les problèmes de pré-naissance et le processus de naissance, respectivement. À la fin des 3 sessions, le client était capable de lire facilement et couramment, de séquencer et de comprendre les séquences. La désorientation associée à sa dyslexie s'était réduite au point qu'elle n'était plus un problème. La question de savoir si cette formule peut être appliquée à toutes les personnes atteintes de dyslexie n'est cependant pas claire et nécessite une étude plus approfondie.

McCallion, F. (2012). Emotional freedom techniques for dyslexia: A case study. *Energy Psychology Journal*, 4(2). doi: 10.9769.EPJ.2012.4.2.FM

Recherches en épigénétique

Expression différentielle des gènes après traitement par Emotional Freedom Techniques (EFT): un nouveau protocole pilote pour l'évaluation de l'ARNm salivaire

Beth Maharaj de l'Université Akamal découvre 72 gènes exprimés après 1 heure d'EFT dont 25 l'étaient toujours après 24 heures. Ces gènes concernent un ensemble de mécanisme de protection Maharaj, ME (2016). *Expression différentielle des gènes après traitement par Emotional Freedom Techniques (EFT): un nouveau protocole pilote pour l'évaluation de l'ARNm salivaire. Psychologie énergétique: théorie, recherche et traitement*, 8 (1), 17-32. doi: 10.9769 / EPJ.2016.8.1.MM

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

Dawson Church a analysé le sang avant et après 10 séances EFT sur 16 vétérans de guerre souffrant de SPT en comparant avec un second groupe témoin. Résultats : 53 % d'amélioration sur les symptômes de stress, amélioration du sommeil, expression de 6 gènes codant l'immunité, l'inflammation, le vieillissement, l'activité virale inhibant l'entrée des virus et favorisant la migration des globules blancs chez ceux ayant pratiqué l'EFT. Et ces bons résultats se sont maintenus dans le temps, lors d'un suivi à 3 et 6 mois. D'autres marqueurs de la santé psychologique, tels que l'anxiété, la dépression, les comportements obsessionnels compulsifs, l'anxiété phobique, l'hostilité, la sensibilité interpersonnelle, la paranoïa, les insomnies et la douleur ont également tous montré des améliorations statistiquement significatives.

Epigenetic effects of PTSD remediation in veterans using Clinical Emotional Freedom Techniques: A randomized controlled pilot study Citation (APA Style): Church, D., Yount, G., Rachlin, K., Fox, L.

Recherches en biologie

- Augmentation des endorphines : diminution de la douleur (Swack, 2001 ; Ulett 1992)
- Régulation des niveaux de cortisol (Church, 2009 et Ulett, 1992)
- Augmentation du taux de GABA (acide gamma aminobutyrique) qui permet de réduire l'anxiété et la peur (Ruden, 2005)

Welcome to the EFT Research Bibliography

There are over 5,000 stories on this web site written by people who have recovered from a wide variety of physical and psychological challenges using EFT. This anecdotal evidence is consistent with rigorous scientific research showing that EFT is an “evidence-based” method. Studies show that EFT is effective as a self-help tool, while it is also used in many healthcare settings by medical and mental health professionals.

This EFT research bibliography lists more than 100 papers published in peer-reviewed professional journals. To provide a context for this research, which has been shaped by the criteria for evidence-based treatments defined by the American Psychological Association’s Division 12 Task Force on Empirically Validated Treatments, we begin with an overview of the criteria.

The abstracts are organized into a number of categories. These include Outcome Studies, Clinical Reports, Mechanisms Papers, Review Articles and Meta-Analyses, and Skeptical and Opposing Viewpoints. Outcome studies are further divided by condition, such as anxiety, depression, and posttraumatic stress disorder (PTSD). From the links at the top of this page you can jump to any of these sections immediately.

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APA Standards for Empirically Validated Treatments

EFT Universe supports the evidence-based standards defined by the American Psychological Association (APA) Division 12 (Clinical Psychology) Task Force (“APA standards” for short). These define an “empirically validated treatment” as one for which there are two different controlled trials conducted by independent research teams.

For a treatment to be designated as “efficacious,” the studies must demonstrate that the treatment is better than a wait list, placebo, or established efficacious treatment.

To be designated as “probably efficacious,” a treatment must have been shown to be better than a wait list in two studies that meet these criteria, or are conducted by the same research team rather than two independent teams.

The APA standards advocate that studies contain sufficient subjects to achieve a level of statistical significance of $p < .05$ or greater, which means that there is only one possibility in 20 that the results are due to chance. The status of EFT as an evidence-based practice is summarized in this statement published in the APA journal *Review of General Psychology*:

“A literature search identified 51 peer-reviewed papers that report or investigate clinical outcomes following the tapping of acupuncture points to address psychological issues. The 18 randomized controlled trials in this sample were critically evaluated for design quality, leading to the conclusion that they consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions. Criteria for evidence-based treatments proposed by Division 12 of the American Psychological Association were also applied and found to be met for a number of conditions, including PTSD.” ([Feinstein, 2012](#))

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The State of EFT Research

The results of all the published studies listed below are statistically significant. Many of them are randomized controlled trials or RCTs, a design generally regarded as the Gold Standard of research. EFT has met the APA standards as an “efficacious” treatment for phobias, anxiety, depression, and PTSD.

There are several definitions in the field of medicine (as distinguished from the field of psychology) of what constitutes an evidence-based treatment. One of the most useful comes from the US government’s National Registry of Evidence-Based Programs and Practices (NREPP).

It requires a standardized description of the method in the form of a manual and training materials, documentation that the treatment was delivered with fidelity to that method, the use of validated and reliable outcome measures, corrections for dropouts (such as an intent-to-treat analysis), appropriate statistical analysis, sample sizes sufficient to produce a probability of $p < .05$ or better, and publication in a peer-reviewed professional journal. [NREPP has validated Thought Field Therapy \(TFT\)](#), on which EFT is based, as an evidence-based practice, and this designation for EFT is expected to follow shortly.

EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals.

These include distinguished top-tier journals such as *Journal of Clinical Psychology*, the APA journals *Psychotherapy: Theory, Research, Practice, Training and Review of General Psychology*, and the oldest psychiatric journal in North America, the *Journal of Nervous and Mental Disease*.

EFT research includes investigators affiliated with many different institutions.

In the US, these range from Harvard Medical School, to the University of California at Berkeley, to City University of New York, to Walter Reed Military Medical Center, to Texas A&M University, to JFK University. Institutions in other countries whose faculty have contributed to EFT research include Staffordshire University (United Kingdom), Lund University (Sweden), Ankara University (Turkey), Santo Tomas University (Philippines), Lister Hospital (England), Cesar Vallejo University (Peru), Bond University (Australia), and Griffith University (Australia).

The wide variety of institutions, peer-reviewed journals, investigators, and settings that have, in independent research, found EFT to be efficacious, are one indication of the breadth of existing research results.

The next frontier of EFT research is replication of the studies that have not yet been replicated, and investigations into the physiological changes that occur during EFT, using such tools as gene expression analysis, MEGs (magnetoencephalograms), fMRIs, and neurotransmitter and hormone assays.

A number of meta-analyses, combining the results of many RCTs that meet the APA standards, have been published. Meta-analyses are considered to be at the top of the “hierarchy of evidence” because they combine the results of a whole body of scientific literature to measure “treatment effect.” This uses a measure called Cohen’s d (Cohen, 1988) or a slightly different calculation called Hedges’ g .

This scale ranges from a small treatment effect, $d = 0.2$ to a moderate effect, $d = 0.5$ to a large effect of $d = 0.8$. Meta-analyses show EFT to have a large treatment effect for anxiety, depression, and PTSD. For anxiety, $d = 1.23$ ([Clond, 2016](#)), for depression $d = 1.31$ ([Nelms & Castel, 2016](#)) and for PTSD, $d = 2.96$ ([Sebastian & Nelms, 2016](#)).

The EFT Universe training and certification program is based on “[Clinical EFT](#),” a consistent and reliable protocol supported by this extensive base of evidence and clinical practice, and in conformity with the APA standards. EFT Universe trainings are [accredited for CE/CME](#) for doctors (American Medical Association), nurses (American Nurses Credentialing Commission), psychologists

(American Psychological Association), social workers (NASWB), and many other professional organizations.

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Types of Reports: Outcome Studies, Clinical Reports, Mechanisms Research, and Review Articles

There are several kinds of research papers listed on these pages. The first is “outcome” research. These studies compare the medical or psychological outcomes of two groups of people with similar symptoms, or the same sample before and after EFT. Outcome studies measure changes in, for instance, pain, depression, or PTSD symptoms.

While an outcome study is designed to answer the research question “Does this work?” the second kind of paper asks the question “How does it work in the body?” With EFT having been shown in many outcome studies to work very quickly and reliably for a variety of ailments, researchers have also studied the *physiological mechanisms of action* by which such rapid healing is possible. So the second category of paper you will find below is mechanisms papers.

The third category of paper is the “clinical report.” Clinical reports describe the use of EFT with special groups, such as people with epilepsy, veterans, children, refugees, or prisoners. They may present a single case.

Next, there are “review papers.” These systematically gather together all the published evidence about a topic, present it in a structured manner, and evaluate that body of knowledge.

There is also a section listing papers written by skeptics and opponents of EFT. Despite a large and consistent evidence base, there are many professionals who remain unconvinced, some of whom actively campaign against the use of EFT or further research into EFT. You can make up your own mind after reading the arguments before and against.

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How the EFT Research Pages are Organized

For convenience, and to organize the large number of studies referenced on this site, outcome studies are presented first, by the condition for which data was collected, e.g. Depression, Pain, etc. The titles of studies are listed below the heading. If a meta-analysis is available, it is always listed first. If you click on a *title*, you jump to the paper’s *abstract*, and if available, the full text of the paper, or a location online where you can obtain it.

A study in which the primary outcome was PTSD symptoms might have also collected data on secondary outcomes such as pain. If so, the study may appear under *both* headings. The abstract tells you the treatment protocol, number of subjects, assessments used, change in symptoms, and statistical significance. Below outcome studies, clinical reports, mechanisms papers, and review articles are listed.

All the studies listed on this page have been published in peer-reviewed professional journals or submitted for publication after being presented at professional conferences, with a few exceptions. These studies are listed at the bottom of the page under “Informal or Unpublished Research.” These are listed in a separate section since they have not met the rigorous standards inherent in peer review.

Many of the studies on this page have been performed by a team of dedicated volunteers at the National Institute for Integrative Healthcare. A great need exists for money and expertise to perform the next level of research on EFT, to pay for genetic tests, lab assays, and data analysis.

If you would like to make a tax-deductible donation or bequest to EFT research, you may do so here through the [National Institute for Integrative Healthcare](#) web site. [EFT Info and Disclaimer Document](#).

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Outcome Studies

Outcome studies compare outcomes, e.g., levels of pain, degree of depressive symptoms, either between two groups, or between the same people before and after EFT. The headings below tell you, in alphabetical order, the conditions for which data was gathered in the trials below them.

Anxiety

- [EFT for anxiety: A systematic review with meta-analysis](#)
- [App-based delivery of Clinical EFT: Cross-sectional study of app user self-ratings](#)
- [EFT to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation](#)
- [Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and EFT: Moderating effect of mathematics efficacy](#)
- [Tapping for PEAS: EFT in reducing Presentation Expression Anxiety Syndrome \(PEAS\) in university students](#)
- [Efficacy of EFT in reducing public speaking anxiety: A randomized controlled trial](#)
- [Breathing therapy and EFT on public speaking anxiety in Turkish nursing students: A randomized controlled study](#)
- [Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans](#)
- [EFT and breathing awareness to reduce childbirth fear: A randomized controlled study](#)
- [The effect of progressive muscular relaxation and EFT on test anxiety in high school students: A randomized controlled trial](#)
- [Tapping for success: A pilot study to explore if EFT can reduce anxiety and enhance academic performance in university students](#)
- [EFT: Stress and anxiety management for students and staff in school settings](#)
- [Tapping your way to success: Using EFT to reduce anxiety and improve communication skills in social work students](#)
- [EFT reduces anxiety among women undergoing surgery](#)
- [Effectiveness of music therapy and EFT on test anxiety in Turkish nursing students: A randomised controlled trial](#)
- [Effectiveness of a school-based EFT intervention for promoting student wellbeing](#)
- [Cognitive Behavioral Therapy and EFT in reducing anxiety and depression in Indian adults](#)
- [Is EFT generalizable? Comparing effects in sport science students versus complementary therapy students](#)
- [The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers](#)
- [Group counseling with systematic desensitization and EFT to reduce public speaking anxiety](#)
- [Secondary psychological outcomes in a controlled trial of EFT and cognitive behaviour therapy in the treatment of food cravings](#)
- [The effect of EFT on stress and anxiety in nursing students: A pilot study](#)
- [EFT: An alternative therapy in destressing](#)

- [The effectiveness of cognitive behavioral therapy and EFT in reducing depression and anxiety among adults: A pilot study](#)
- [Effectiveness of EFT on occupational stress for preschool teachers](#)
- [EFT and anxiety level of patients undergoing percutaneous coronary intervention](#)
- [A randomized controlled comparison of EFT and cognitive-behavioral therapy to reduce adolescent anxiety: A pilot study](#)
- [Interventions to reduce anxiety for gifted children and adolescents](#)
- [Group counseling with systematic desensitization and EFT to reduce public speaking anxiety](#)
- [Dismantling an energy psychology technique for communication apprehension: A randomized mixed methods trial](#)
- [Pilot study of EFT, WHEE and CBT for treatment of test anxiety in university students](#)
- [Psychological symptom change after group application of EFT](#)
- [Psychological and physiological symptoms of psoriasis after group EFT](#)
- [The use of EFT in women with panic disorder: A pilot study](#)
- [Reducing anxiety in dental patients using EFT: A pilot study](#)
- [The effect of EFT on patients with dental anxiety: A pilot study](#)
- [Self-administered EFT in individuals with fibromyalgia: A randomized trial](#)
- [Can EFT be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell](#)
- [Case series of panic disorder patients treated with Oriental medical treatments and EFT](#)
- [Assessment of EFT: An alternative treatment for fear](#)
- [Methodological problems in Waite & Holder \(2003\) preclude meaningful interpretations about EFT](#)
- [The effectiveness of EFT for optimal test performance: A randomized controlled trial](#)
- [The effects of EFT on long-term psychological symptoms](#)

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Athletic Performance

- [The effect of EFT on athletic performance: A randomized controlled blind trial](#)
- [The effect of EFT on soccer performance: A randomized controlled trial](#)
- [A re-examination of Church's \(2009\) study into the effects of EFT on basketball free-throw performance](#)
- [Preliminary evidence for the treatment of type I 'yips': The efficacy of EFT](#)
- [Sports confidence and critical incident intensity after a brief application of EFT: A pilot study](#)
- [Healing into life after sport: Dealing with student-athlete loss, grief, and transition with EFT](#)

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Depression

- [A systematic review and meta-analysis of randomized and non-randomized trials of EFT for the treatment of depression](#)
- [The effectiveness of EFT on depression of postmenopausal women: A randomized controlled trial](#)
- [EFT to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation](#)

- [Brief group intervention using EFT for depression in college students: A randomized controlled trial](#)
- [Reductions in pain, depression, and anxiety after remediation of PTSD symptoms in veterans](#)
- [Can EFT be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell](#)
- [Is acupuncture stimulation an active ingredient in EFT? A controlled trial of teacher burnout](#)
- [Depression symptoms improve after successful weight loss with EFT: A randomized controlled trial](#)
- [The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers](#)
- [Cognitive Behavioral Therapy and EFT in reducing anxiety and depression in Indian adults](#)
- [Secondary psychological outcomes in a controlled trial of EFT and cognitive behaviour therapy in the treatment of food cravings](#)
- [The effectiveness of cognitive behavioral therapy and EFT in reducing depression and anxiety among adults: A pilot study](#)
- [Psychological symptom change after group application of EFT](#)
- [Psychological symptom change in veterans after six sessions of EFT: An observational study](#)
- [Self-administered EFT in individuals with fibromyalgia: A randomized trial](#)
- [The effects of EFT on long-term psychological symptoms](#)
- [The treatment of combat trauma in veterans using EFT: A pilot protocol](#)
- [A feasibility study: EFT for depression in Australian adults](#)

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Pain & Physical Symptoms

- [EFT effects on psychoimmunological factors of chemically pulmonary injured veterans](#)
- [Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT](#)
- [Investigation on EFT effectiveness in diabetic patients' blood sugar control](#)
- [The effectiveness of EFT for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: A systemic review protocol](#)
- [Effects of EFT on the reduction of chronic pain in adults: A pilot study](#)
- [The lived experience of chronic pain and the impact of brief EFT group therapy on coping](#)
- [EFT to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation](#)
- [TBI symptoms improve after PTSD remediation with EFT](#)
- [Effect of EFT on perceived stress, quality of life, and cortisol salivary levels in tension-type headache sufferers: A randomized controlled trial](#)
- [Self-administered EFT in individuals with fibromyalgia: A randomized trial](#)
- [EFT as an effective adjunctive treatment in the neurotherapeutic treatment of seizure disorders](#)
- [Making sense of chronic disease using Emotional Freedom Techniques \(EFT\): An existential view of illness](#)
- [The treatment of combat trauma in veterans using EFT: A pilot protocol](#)
- [Neurophysiological indicators of EFT treatment of posttraumatic stress](#)
- [Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans](#)
- [Psychological and physiological symptoms of psoriasis after group EFT: A pilot study](#)
- [A preliminary study for the evaluation of the effects of EFT for insomnia in the elderly](#)
- [A comparison of EFT—Insomnia \(EFT-I\) and Sleep Hygiene Education \(SHE\) in a geriatric population: A randomized controlled trial](#)

- [EFT and anxiety level of patients undergoing percutaneous coronary intervention](#)
- [The effectiveness of a training program based on EFT in upgrading feelings of happiness for diabetics in Gaza](#)
- [The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers](#)
- [The effectiveness of EFT on the somatic symptoms of fibromyalgia](#)

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Phobias

- [Evaluation of a meridian-based intervention, EFT, for reducing specific phobias of small animals](#)
- [EFT reduces intense fears: A partial replication and extension of Wells et al. \(2003\)](#)
- [The immediate effect of a brief energy psychology intervention \(EFT\) on specific phobias: A pilot study](#)
- [Physiological and psychological effects of a mind/body therapy on claustrophobia](#)

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PTSD

- [The effectiveness of EFT in the treatment of posttraumatic stress disorder: A meta-analysis](#)
- [EFT to treat posttraumatic stress disorder in veterans: Review of the evidence, survey of practitioners, and proposed clinical guidelines](#)
- [The manual stimulation of acupuncture points in the treatment of post-traumatic stress disorder: A review of Clinical EFT](#)
- [Guidelines for the treatment of PTSD using Clinical EFT](#)
- [A controlled comparison of the effectiveness and efficiency of two psychological therapies for PTSD: EMDR vs. EFT](#)
- [Psychological trauma symptom improvement in veterans using EFT: A randomized controlled trial](#)
- [EFT remediates PTSD and psychological symptoms in veterans: A randomized controlled replication trial](#)
- [Research Review: Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: A network meta-analysis](#)
- [CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses](#)
- [Borrowing benefits: Group treatment with Clinical EFT is associated with simultaneous reductions in posttraumatic stress disorder, anxiety, and depression symptoms](#)
- [Efficacy of two evidence-based therapies, EFT and cognitive behavioral therapy \(CBT\), for the treatment of gender violence in the Congo: A randomized controlled trial](#)
- [Effects of integrative PTSD treatment in a military health setting](#)
- [Epigenetic effects of PTSD remediation in veterans using Clinical EFT: A randomized controlled pilot study](#)
- [Randomized controlled study comparing two psychological therapies for PTSD: EFT vs. Narrative Exposure Therapy \(NET\)](#)
- [EFT and resiliency in veterans at risk for PTSD: A randomized controlled trial](#)
- [Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial](#)
- [Efficacy of EFT provided by coaches vs. licensed therapists in veterans with PTSD](#)

- [Does combining EFT and hypnosis have an effect on sexual assault—specific posttraumatic stress disorder symptoms?](#)
- [Neurophysiological indicators of EFT Treatment of posttraumatic stress](#)
- [Post-earthquake rehabilitation of clinical PTSD in Haitian seminarians](#)
- [The impact of EFT and Matrix Reimprinting on the civilian survivors of war in Bosnia: A pilot study](#)
- [Psychological symptom change in veterans after six sessions of EFT: An observational study](#)
- [Six trauma imprints treated with combination intervention: Critical incident stress debriefing and Thought Field Therapy \(TFT\) or EFT](#)
- [Telephone delivery of EFT remediates PTSD symptoms in veterans](#)
- [The treatment of combat trauma in veterans using EFT: A pilot protocol](#)
- [The efficacy of EFT for treating trauma in a female population following an earthquake in Indonesia](#)
- [Established and emerging PTSD treatments](#)

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Weight Loss, Cravings, & Addiction

- [Food for thought: A randomized controlled trial of EFT and cognitive behavioral therapy in the treatment of food cravings](#)
- [Naturally thin you: Weight loss and psychological symptoms after a six-week online clinical EFT course](#)
- [An initial investigation of neural changes in overweight adults with food cravings after EFT](#)
- [Online delivery of EFT in the treatment of food cravings and weight management: A randomised controlled trial](#)
- [Portion perfection and EFT to assist bariatric patients post surgery: A randomised control trial](#)
- [A randomized clinical trial of a meridian-based intervention for food cravings with six month follow-up](#)
- [Clinical benefits of EFT on food cravings at 12-months follow-up: A randomized controlled trial](#)
- [EFT for food cravings in overweight adults: A comparison of treatment length](#)
- [EFT in the treatment of unhealthy eating behaviors and related psychological constructs in adolescents: A randomized controlled pilot trial](#)
- [The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers](#)
- [Secondary psychological outcomes in a controlled trial of EFT and cognitive behaviour therapy in the treatment of food cravings](#)
- [Energy Psychology in the treatment of eating disorders](#)
- [The effect of EFT on psychological symptoms in addiction treatment: A pilot study](#)
- [Quitting smoking: How to use EFT](#)
- [Practical application of EFT for food cravings](#)
- [Comparison of the effectiveness of two modalities of group delivery of EFT intervention for food cravings: Online versus in-person](#)
- [The effect of EFT on students' video game addiction](#)

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Clinical Reports

Clinical Reports describe the use of EFT with various groups, e.g., university students, prisoners, refugees, or abused children. They may contain quantitative data such as scores on symptom assessments or they may describe the ways in which practitioners can work with this population.

- [The effect of EFT on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled study](#)
- [Is online treatment as effective as in-person treatment?: Psychological change in two relationship skills groups](#)
- [Energy Psychology: Practices and theories of new combinations of psychotherapy](#)
- [Supporting chronic disease healthcare through remote EFT Treatment and self-care: An evaluation using the WHO determinants of health](#)
- [EFT entry in *The Sage Handbook of Counseling and Psychotherapy*](#)
- [Borrowing benefits: Clinical EFT as an immediate stress reduction skill in the workplace](#)
- [EFT: Stress and anxiety management for students and staff in school settings](#)
- [A virtual emotional freedom practitioner to deliver physical and emotional therapy](#)
- [EFT: Finally, a unifying theory for the practice of holistic nursing, or too good to be true?](#)
- [Application of EFT](#)
- [Words to tap by: The use of language in Energy Psychology protocols](#)
- [EFT—how to make it mainstream; a thematic analysis of practitioners' views](#)
- [Change is possible: EFT with life-sentence and veteran prisoners at San Quentin State Prison](#)
- [Psychological and medical applications of certain innovative therapies in correctional settings: Clinician, staff, and client observations from three institutions](#)
- [Effect of EFT on anger symptoms in Hwabyung patients: A comparison with the progressive muscle relaxation technique in a pilot randomized controlled trial](#)
- [EFT: A safe treatment intervention for many trauma-based issues](#)
- [A survey of energy psychology practitioners: Who they are, what they do, who they help](#)
- [Determining highly desirable traits of an effective EFT practitioner: A Delphi study](#)
- [Emotional acupuncture—Nursing Standard](#)
- [Energy Psychology and psychotherapy: A study of the use of Energy Psychology in psychotherapy practice](#)
- [Trauma-based energy psychology treatment is associated with client rehabilitation at an addiction clinic](#)
- [Subjective dimensions of meaning in the clinical encounter: Unifying personhood and disease](#)
- [Stress management for the treatment of sleep disorders in lawyers: Pilot experimental study in Athens, Hellas](#)
- [A virtual emotional freedom therapy practitioner demonstration](#)
- [The effect of EFT therapy on the reduction of aggression in single mothers](#)
- [Qualitative analysis of the influence of an EFT group treatment program for suppressed anger patients](#)
- [EFT remediates dental fear: A case series](#)
- [Six sessions of EFT Remediate one veteran's combat-related PTSD](#)
- [Clinical story of a 6-year-old boy's eating phobia: An integrated approach](#)
- [EFT for traumatic brain injury](#)
- [Treating trauma using shamanic and non-local methods: Theory, mechanisms, and relevance to current clinical practice](#)
- [EFT, in *The Practising Midwife*](#)
- [EFT: Energy psychology integration in the workplace setting](#)
- [Energy Psychology treatment for orphan heads of households in Rwanda: An observational study](#)

- [Energy Psychology treatment for posttraumatic stress in genocide survivors in a Rwandan orphanage: A pilot investigation](#)
- [Integrating Energy Psychology into treatment for adult survivors of childhood sexual abuse](#)
- [Preliminary evidence for the treatment of type I ‘yips’: The efficacy of EFT](#)
- [Single-session EFT for stress-related symptoms after motor vehicle accidents](#)
- [It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in psychotherapy for trauma](#)
- [Energy for healing trauma: Energy Psychology and the efficient treatment of trauma and PTSD](#)
- [Six trauma imprints treated with combination intervention: Critical incident stress debriefing and Thought Field Therapy \(TFT\) or EFT](#)
- [Psychological intervention including EFT for an adult with motor vehicle accident related PTSD: A case study](#)
- [A case report of schizophreniform disorder treated by Oriental medical treatment and EFT](#)
- [A case report of a somatization disorder patient with histrionic personality disorder](#)
- [Six sessions of EFT remediate one veteran’s combat-related post-traumatic stress disorder](#)
- [World trade center: A longitudinal case study for treating post traumatic stress disorder with EFT and eye movement desensitization and reprocessing](#)
- [A case report of a patient with heart and gallbladder somatization disorder induced by stress](#)
- [Psychological intervention including EFT for an adult with motor vehicle accident related PTSD: A case study](#)
- [A case study of Tourette’s syndrome with adjunct neurofeedback treatment](#)
- [Veterans: Finding their way home with EFT](#)
- [Working with military service members and veterans: A field report of obstacles and opportunities](#)
- [Effect of trance techniques on emotion and pain: Utilizing NLP and EFT](#)

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Mechanisms Papers

The “mechanisms of action” for a technique such as EFT describe what is happening in the body during application of the technique. These papers describe the neurological, epigenetic, psychoneuroimmunological, and hormonal pathways engaged by EFT.

- [Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli](#)
- [Clinical EFT \(Emotional Freedom Techniques\) improves multiple physiological markers of health](#)
- [The effect of EFT on stress biochemistry: A randomized controlled trial](#)
- [Reexamining the effect of EFT on stress biochemistry: A randomized controlled trial](#)
- [Epigenetic effects of PTSD remediation in veterans using Clinical EFT: A randomized controlled pilot study](#)
- [Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT](#)
- [Do noncoding RNAs mediate the efficacy of Energy Psychology?](#)
- [Differential gene expression after EFT treatment: A novel pilot protocol for salivary mRNA assessment](#)
- [How therapeutic tapping can alter neural correlates of emotional prosody processing in anxiety](#)
- [Neurophysiological indicators of EFT treatment of posttraumatic stress](#)
- [EcoMeditation and EFT produce elevated brain-wave patterns and states of consciousness](#)

- [Modulating gene expression through psychotherapy: The contribution of non-invasive somatic interventions](#)
- [Taming the amygdala: An EEG analysis of exposure therapy for the traumatized](#)
- [EFT as an effective adjunctive treatment in the neurotherapeutic treatment of seizure disorders](#)
- [Is acupoint tapping an active ingredient or an inert placebo in EFT? A randomized controlled dismantling study](#)
- [EFT for stress in students: A randomized controlled dismantling study](#)
- [A cartography of energy medicine: From subtle anatomy to energy physiology](#)
- [Energy healing at the frontier of genomics](#)
- [How EFT may be utilizing memory reconsolidation mechanisms for therapeutic change in neuropsychiatric disorders such as PTSD and phobia: A proposed model](#)
- [Energy Psychology in rehabilitation: Origins, clinical applications, and theory](#)
- [The neurochemistry of counterconditioning: Acupressure desensitization in psychotherapy](#)
- [A neurobiological basis for the observed peripheral sensory modulation of emotional responses](#)
- [Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder](#)
- [The Dream to Freedom Technique, a methodology for integrating the complementary therapies of Energy Psychology and dreamwork](#)

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Review Articles & Meta-Analyses

Review articles gather all the evidence for a method, such as EFT, or a condition, such as phobias, PTSD, or pain. They review the studies that have been completed and draw general conclusions about the characteristics of the method. Many review articles of EFT and/or Energy Psychology have been published in peer-reviewed journals:

- [EFT for anxiety: A systematic review with meta-analysis](#)
- [A systematic review and meta-analysis of randomized and non-randomized trials of EFT for the treatment of depression](#)
- [The manual stimulation of acupuncture points in the treatment of post-traumatic stress disorder: A review of Clinical EFT](#)
- [The effectiveness of EFT in the treatment of posttraumatic stress disorder: A meta-analysis](#)
- [Empirically supported psychological treatments: The challenge of evaluating clinical innovations](#)
- [Is tapping on acupuncture points an active ingredient in EFT? A systematic review and meta-analysis of comparative studies](#)
- [Applications of Energy Psychology in addressing the psychological roots of illness](#)
- [Acupoint stimulation in treating psychological disorders: Evidence of efficacy](#)
- [EFT to treat posttraumatic stress disorder in veterans: Review of the evidence, survey of practitioners, and proposed clinical guidelines](#)
- [Energy psychology: Efficacy, speed, mechanisms](#)
- [Research Review: Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: A network meta-analysis](#)
- [Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions](#)
- [EFT as a practice for supporting chronic disease healthcare: A practitioners' perspective](#)
- [The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis](#)

- [Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective](#)
- [EFT for psychological symptoms and disorders \(textbook chapter\)](#)
- [A narrative systematic review of the effectiveness of EFT](#)
- [EFT scope and practice areas](#)
- [Stress management techniques: Evidence-based procedures that reduce stress and promote health](#)
- [Trends in meridian-based psychotherapy—a review of research on EFT](#)
- [What's the point of tapping? A review](#)
- [Clinical EFT as single session therapy: Cases, research, indications, and cautions](#)
- [Mindful energy psychology: History, theory, research, and practice](#)
- [Efficacy of 15 emerging interventions for the treatment of PTSD: A systematic review](#)
- [State-of-the-art prevention and treatment of PTSD: Pharmacotherapy, psychotherapy, and nonpharmacological somatic therapies](#)
- [Application of EFT](#)
- [Energy psychology in the treatment of PTSD: Psychobiology and clinical principles](#)
- [A review of CAM modalities for the prevention and treatment of PTSD](#)
- [Disaster mental health community planning: A manual for trauma-informed collaboration](#)
- [Mental health wellness and biofield therapies: An integrative review](#)
- [Emerging trauma therapies: Critical analysis and discussion of three novel approaches](#)
- [Treatment guidelines for post-traumatic stress disorder \(German language\)](#)
- [Complementary and alternative medicine in VA specialized PTSD treatment programs](#)
- [Established and emerging PTSD treatments](#)
- [Traditional Chinese medicine as a basis for treating psychiatric disorders: A review of theory with illustrative cases](#)
- [Stress and health: Symptoms and techniques of psychotherapeutic management](#)
- [Performance anxiety: Natural and complementary medicine therapies](#)
- [Controversies in Energy Psychology](#)
- [Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behavior and experience](#)
- [Energy Psychology: A review of the preliminary evidence](#)
- [Perceptions, reflections, and guidelines for using energy psychology: A distillation of 800+ surveys and interviews with practitioners and clients](#)
- [Energy Psychology in disaster relief](#)
- [Oriental medical interventions for PTSD: A model of Oriental medicine for disaster mental health](#)
- [Energy Psychology in rehabilitation: Origins, clinical applications, and theory](#)
- [Energy Psychology—special issue of *New Jersey Psychologist*](#)
- [Energy Psychology: Time for a second look](#)
- [Energy Psychology: Practices and theories of new combinations of psychotherapy](#)
- [Strategies for an integrative medicine practice](#)
- [The effectiveness of body-oriented psychotherapy: A review of the literature](#)
- [Evidence and potential mechanisms for mindfulness practices and Energy Psychology for obesity and binge-eating disorder](#)
- [Theoretical and methodological problems in research on EFT and other meridian-based therapies](#)
- [Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the body](#)
- [Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health](#)

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Skeptical and Opposing Viewpoints

There are many professionals who reject EFT categorically and sometimes vehemently; one prominent opponent calls EFT and similar methods “possible threats to the science of psychiatry and psychology” (Deville, 2005). Skeptics and opponents discount the above research and argue that the effects of EFT are due to placebo, the nonspecific gains found in any form of therapy, and other factors.

The Wikipedia entry for EFT and most other forms of non-drug alternative therapy are tightly controlled by a group of skeptics who state that these methods possess the characteristics of “pseudoscience.” In the entry for EFT, these Wikipedia editors feature newspaper reports, opinion pieces, and review articles attacking the method but censor the posting of any of the more than 100 outcome studies, randomized controlled trials, meta-analyses, and review papers supporting the method.

The opposition to EFT is understandable. EFT’s combination of Western psychotherapy and acupuncture is controversial. Any new therapy faces an uphill journey to acceptance, since research funding goes to established methods, while a large body of existing professionals are trained in and familiar with these methods.

This results in a “translational gap,” a very long lag between the discovery of effective new therapies, and their implementation in primary care. According to a US government analysis, the translational gap averages 17 years ([Institute of Medicine, 2001](#)). Only 20% of new therapies succeed in crossing what the report calls a “quality chasm”; the benefits of the remaining 80% are forever lost to patients.

While the skeptics are successful in blocking the majority of new treatments, it is our goal to see that the millions of people suffering from devastating conditions such as PTSD and major depression have EFT as an option in primary care.

Below is a selection of articles published in peer-reviewed journals that criticize EFT. You can decide on their merits for yourself.

- [Some comments on “Energy psychology: A review of the evidence.” Premature conclusions based on incomplete evidence?](#)
- [A review of efficacy claims in energy psychology](#)
- [Power therapies and possible threats to the science of psychology and psychiatry](#)
- [The current status of energy psychology: Extraordinary claims with less than ordinary evidence](#)
- [Tapping their patients’ problems away? Characteristics of psychotherapists using energy meridian techniques](#)
- [A bigger swamp is still a swamp: Comments on Feinstein \(2014\)](#)

Rebuttals to Critics

- [Critical thinking in the energy therapies: Comments on Gaudio et al. \(2012\)](#)
- [Comment on “The current status of energy psychology”: Growing evidence for extraordinary claims](#)
- [Facts, paradigms, and anomalies in the acceptance of energy psychology](#)
- [Calling an avalanche a swamp: Comments on Bakker \(2014\)](#)

Studies Presented at Professional Conferences or Informally Presented

These studies have been presented at professional conferences or informally presented, such as in books. They have not been peer reviewed and are thus not to be relied on for the empirical rigor that the review process brings. They should be regarded as suggestive only.

Studies of Allied Methods

- [Influence of Spiritual Therapy EFT \(SEFT\) on cortisol levels and immunoglobulin E \(study of anxiety in pregnant women in independent practice midwives Semarang\)](#)
- [Can Matrix Reimprinting be effective in the treatment of emotional conditions in a public health setting? Results of a U.K. pilot study](#)
- [The influence of Gayatri mantra and EFT on quality of life of post-stroke patients](#)
- [Applying CBT and TFT in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts](#)
- [The effect of SEFT therapy on the anxiety of NAPZA \(narcotics, psychotropic, and other addictive substances\) residents](#)
- [Therapy SEFT for controlling the level of depression in people with HIV and AIDS](#)
- [The comparison between laughter and SEFT therapies effect towards stress for the elderly people](#)
- [Changes in psychological symptoms after treatment with a novel therapy, the Phoenix Protocol: A case series](#)
- [Spiritual EFT intervention to reduce pain in cancer patients](#)
- [Spiritual Emotional Freedom Techniques \(SEFT\) improves quality of life in women experiencing a landslide disaster](#)
- [The effectiveness of an SQ-EFT \(Spiritual Quranic Emotional Freedom Techniques\) intervention in patients with schizophrenia](#)
- [Effectiveness of Spiritual EFT \(SEFT\) intervention in schizophrenia with depression anxiety stress](#)
- [Pain and anxiety reduction of first stage maternity mothers using SEFT intervention](#)
- [Evaluating a 3-week model for reducing symptoms of stress in traumatized youth using the Trauma Tapping Technique \(TTT\) for self-help: A pilot trial](#)

Studies Presented at Professional Conferences

- [The neurological foundations of Energy Psychology: Brain scan changes during 4 weeks of treatment for generalized anxiety disorder](#)
- [Mindfulness and EFT: Holistic interventions for adolescent depression and anxiety](#)
- [World Trade Center Tower 2 survivor: EP treatment of long-term PTSD—A case study](#)

Informal and Unpublished Research

- [An exploration of the experiences of EFT practitioners](#)
- [The effect of an Energy Psychology intervention \(EFT\) on specific phobias](#)
- [EFT for libido: 80% report an improvement of 50% or more](#)
- [EFT improves minerals, amino acids, and vitamins](#)
- [Emotional improvements with student athletes in 4 weekly EFT sessions](#)
- [Emotions affect red blood cells](#)
- [The results of Carol Look's EFT for eyesight experiment](#)

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