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Energy Psychology Studies with Abstracts Organized by Categories

Peer-reviewed research studies and review articles in this section are organized in the following categories:

Academic Performance
ADD & ADHD
Adverse Childhood Experiences (ACES) and Childhood Trauma
Addictions, Alcoholism, Cravings, Eating Disorders and Weight Loss
Aging and Elderly
Anger and Aggression
Anxiety
Autism
Birth Trauma and Obstetrics
Cancer
Catastrophes and Disasters
Correctional Settings and Prisons
Cost Effectiveness
COVID-19 and Infectious Diseases
Depression
Diabetes and Renal Disease
Dreams and Dreamwork
Financial and Money Issues
Forgiveness
Gene Expression and Epigenetics
Health
Immune System
Infectious Disease and Public Health
Learning Disorders

Meditation, Mindfulness & States of Consciousness
Mental Health Symptoms
Online, Telephone and Telemedicine
Pain, Disease and Physical Conditions
Personal Development
Phobias and Fear
Pregnancy, Prenatal, Menstruation and Menopause
Psychiatric Disorders
PTSD and Trauma
Relationships and Attachment Disorders
Schizophrenia
Sexual Abuse
Sleep and Insomnia
Spirituality
Sports and Athletic Performance
Stress, Distress Burnout and Quality of Life
Suicidal Ideation and Suicide Prevention
Theoretical Articles, Reviews & Meta-Analyses
Work and the Workplace

Academic Performance

Lee, B. (2023). The Emotional Freedom Technique (EFT): Tapping Into Our Students' Success. Purdue University Global. https://hdl.handle.net/20.500.12264/540

The Emotional Freedom Technique (EFT or Tapping) can be a beneficial tool for promoting the success and well-being of online college students. Finding ways to reach out to student wellness can help ensure our students' journey to self–belief, and success. According to a Gallup Poll, "9 in 10 students say they experience emotional stress" (Gallup, 2023). A recent study by Purdue University explores the use of Tapping as a resource to harness student emotional freedom (Purdue University, 2023). Tapping can be beneficial for our students to help them manage stress, increase self-efficacy and determination. This session will explore what (EFT) or Tapping is, we will engage in a demonstration, and attendees will learn strategies for use in their classrooms. The goal of this session is to provide a useful strategy which connects to the whole student and engage with their well-being in order to help foster their self-belief and success.

Cyr, J. (2022). Improving undergraduate nursing student stress: Tapping to success in academia with emotional freedom techniques. *Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 83(*11-B), 2022. ProQuest Information & Learning. ISBN: 979-8438722595.

Undergraduate nursing students experience high levels of stress throughout the nursing curriculum. Emotional Freedom Techniques (EFT), or tapping, has been effective in other disciplines at reducing stress and anxiety. The aim of this project was to see if four virtual one-on-one EFT sessions delivered over one month were effective at mitigating undergraduate nursing student stress as measured by the Perceived Stress Scale (PSS).

Methods: This study was guided by the Stetler (2001) model of research utilization and the Neuman (1970) systems model. This quasi-experimental pre- and post-test design included seven participants who completed one thirty-minute virtual EFT session each week for four weeks. Pre-and post-EFT intervention measurements included the PSS and Subjective Units of Distress (SUD) scale. At the conclusion of four weeks, participants completed a six-question survey to elicit data to understand the participants' subjective experience with EFT.

Results: The mean pre-EFT intervention PSS was 23.29 (SD 5.59) and the mean post-EFT intervention PSS score was 13.29 (SD 8.22). A two-tailed paired samples t-test was significant, demonstrating a statistically significant decrease in stress. SUD scores demonstrated a decrease from the start of each EFT session to the end of each EFT session. Survey results validated that the virtual EFT intervention was easy to learn and effective at decreasing stress. All participants stated they plan to continue to utilize EFT independently in the future for stress management.

Conclusion: This project demonstrated that four individual thirty-minute EFT sessions in a virtual environment decreased perceived stress of nursing students.

Dincer, B., Özçelik, S. K., Özer, Z., & Bahçecik, N. (2022). Breathing therapy and emotional freedom techniques on public speaking anxiety in Turkish nursing students: A randomized controlled study. *Explore: The Journal of Science & Healing, 18(*2), 226–233. https://doi.org/10.1016/j.explore.2020.11.006. (https://www.sciencedirect.com/science/article/pii/S1550830720303761)

Background and objective: 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.

Methods: This randomized 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.

Results: 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 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**.**

Conclusion: It was found that Breathing Therapy and EFT are effective methods to reduce stress, anxiety, and speaking anxiety.

Lambert, M., Smith, S., Moss, S. & Kirschbaum, M. (2022). Emotional Freedom Techniques (Tapping) to Improve Wellbeing and Reduce Anxiety in Primary School Classrooms*. Australian Journal of Teacher Education. 47.* 72-92. 10.14221/ajte.2022v47n3.5.

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.

Lee, S. H., Jeong, B. E., Chae, H., & Lim, J. H. (2021). Emotional Freedom Techniques (EFT) for Students` Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry, 32*(1); 165-181. https://kiss.kstudy.com/thesis/thesis-view.asp?key=3547835

Objectives: The purpose of this systematic review was to understand clinical usefulness of Emotional Freedom Techniques (EFT) on students` mental health.
Methods: Ten databases were included to extract clinical studies on effects of EFT intervention with students. Characteristics of selected studies were described, and biases were assessed with Risk of Bias (RoB) or Risk of Bias Assessment for Non-Randomized Studies (RoBANS).
Results: A total of 14 clinical trials were extracted for analysis. There were 8 randomized-controlled trials (RCTs), 2 non-randomized-controlled trials (nRCTs), and 4 before-after studies. EFT have significant clinical usefulness in public speaking anxiety, test anxiety, stress, depression, learning related emotions, adolescent anxiety, and eating issues. The risk of selection bias in most studies was high or uncertain.
Conclusions: EFT is an effective clinical technique for managing students` mental health issues. However, the included studies have been conducted with relatively poor quality and small sample size. Clinical trials with high quality study design and well-designed EFT education programs are needed to generalize clinical usefulness.

Morikawa, A., Takayama, M. & Yoshizawa, E. (2021). The efficacy of thought field therapy and its impact on heart rate variability in student counseling: A randomized controlled trial. *EXPLORE,* 2021, ISSN 1550-8307. https://doi.org/10.1016/j.explore.2021.09.005.
(https://www.sciencedirect.com/science/article/pii/S1550830721001907)

Thought Field Therapy is an evidence-based method validated by 17 clinical trials, including five Randomized Controlled Trials. This study investigates whether a single Thought Field Therapy session can improve psychological issues such as stress, depression, and performance anxiety in university students.
Methods: Fifty university students were randomly assigned to an intervention group or a waitlist control group. The intervention group received a single counseling session of Thought Field Therapy and was assessed by Subjective Units of Distress and Heart Rate Variability before and after the session. The waitlist group received Thought Field Therapy and was administered the Profile of Mood States Second Edition. All participants completed the latter after a waiting period of 1–3 weeks.
Results: The 39 students who received Thought Field Therapy showed significantly higher Heart Rate Variability post-compared to pre-therapy ($p < .001$). The 33 students who were assessed for Subjective Units of Distress also reported significant improvements ($p < .001$) by a 91% reduction in distress for an average duration of 36 minutes. The Profile of Mood States Second Edition score did not show significant improvements in the intervention group ($n = 24$) as compared to the control group ($n = 15$).
Conclusion: A brief intervention of Thought Field Therapy can reduce stress and psychological distress among university students, and increase their physiological resilience in a limited timeframe, after a single session of counseling. However, the single session did not suffice to significantly improve their psychological conditions over the long term.

Gaesser, A. H. (2020). Emotional freedom techniques: Stress and anxiety management for students and staff in school settings. In C. Maykel & M. A. Bray (Eds.), *Applying psychology in the schools. Promoting mind–body health in schools: Interventions for mental health professionals* (pp. 283-297). Washington, DC, US: American Psychological Association.
http://dx.doi.org/10.1037/0000157-020

Emotional Freedom Techniques (EFT), more commonly known as tapping, is an emerging, research-based intervention that has been found to be an effective stress and anxiety management tool for students and school personnel. EFT uses cognitive behavior therapy techniques, such as awareness building, imaginal exposure, reframing of interpretation, and systematic desensitization, while teaching the individual to self-stimulate protocol-identified acupoints. The use of EFT with children and adolescents is relatively new, and therefore, research on its effectiveness is limited. Within the last decade, initial results have indicated that EFT assists students in reducing anxiety and the fear of failure and in improving self-esteem and compassion within a few sessions. This chapter examines relevant EFT research and the use of EFT with school-age children and adolescents. In addition, it discusses the importance of formal training in EFT for school practitioners and ethical considerations.

Ledger, K.E. 2019. A feasibility study of Emotional Freedom Technique taught in the curriculum for secondary school students, to reduce stress and test anxiety and enhance coping skills. *The International Journal of Healing and Caring, 19*(3).

Objective: This 2008 Feasibility Study explored the impact of teaching Emotional Freedom Technique (EFT) as part of class curriculum for Secondary School students, as a self-care tool for reducing stress and test anxiety and for enhancing coping skills.
Participants: Canadian students at a Secondary School taking Planning 10 courses, with combined Grades 10, 11 & 12, (n = 138) participated in the study. All students received the EFT training as part of class curriculum and completed all the questionnaires.
Methods: An initial controlled trial of EFT for 2 class groups (total n = 44) is compared to no treatment for 2 class groups (total n = 43).. Standardized quantitative measures were taken of stress (Perceived Stress Scale) coping strategies (Brief COPE) and test anxiety (Westside TA), prior to Intervention; one week after the first class; and following the completion of the EFT training sessions.
Following the Controlled Study and prior to Christmas exams, the "No Treatment" classes were given the same number of hours training in EFT as the Intervention Group. A fifth class which could not be used in the controlled study, was taught EFT during the initial time period. Because all students had to participate in the EFT training to get school credit, Quantitative measures were taken for all students at all time periods; including just after the EFT training of the control groups prior to Christmas break, and before Provincial Exams in January. An 18 item, anonymous, Quantitative questionnaire was administered at the conclusion of the EFT training for all Groups.
Results: Putting together a research proposal, designing the study; jumping through the hoops of permissions, and institution rules; carrying out the interventions; collecting the data and reporting the results are all monumental tasks. Things can go wrong at any juncture, and often do. However, the one issue I didn't think would occur was that the Quantitative Data would be virtually useless. I was also surprised by the wide range of response and results of the various Class Groups, as detailed below, given that they were all offered almost identical EFT training. Due to unfortunate circumstances, none of the Quantitative Data could be considered clearly valid. There were two main reasons. 1. The Principal Investigators were not notified that many of the students would not be taking exams during the trial period and approximately 25% of the foreign students did not have to write exams at all. This meant that collecting data on Test Anxiety was irrelevant for many. 2. Contamination of the Quantitative questionnaires occurred with some students checking off multiple choice answers in "patterns" on the answer checkboxes, and it was not clear how many other students had done this, but perhaps not in as blatant a manner as to be detected. This data loss was exceedingly disappointing for all involved. Fortunately, valuable findings were still gleaned from student responses to the 18 item Qualitative Questionnaire, submitted anonymously by all students at the end of EFT Study. Perhaps because these surveys encouraged both positive and negative feedback and could not be tracked to individuals, the students appeared to be more open and direct - (sometimes brutally). But they offered useful and constructive information on many levels. Most encouraging was that 67% of students recommended that EFT be taught in schools; 63% indicated they could benefit from learning EFT in smaller groups, and 33% indicated they would be interested in having 1:1 assistance from a Counsellor using EFT. While some students were resistant to the EFT classes, the majority shared clear examples of how they had taken their EFT skills into coping with homework, studying, assignments, and sports and arts performances. In addition, some were able to expand their use of EFT to family and social relationships, and other issues outside the school setting, which was clear evidence of enhanced coping skills.
Conclusions: The teaching of EFT in schools can benefit some students; particularly those who are motivated to learn it due to need or interest. It is recommended that more research, investigation, and refinement of teaching EFT in schools, to a range of grades; to whole

classes and to smaller groups of students seeking specific help for anxiety and stress be undertaken.

Gaesser, A. (2018). Befriending anxiety to reach potential: Strategies to empower our gifted youth. *Gifted Child Today,* 41(4); 186-195. https://DOI.org/10.1177/1076217518786983

Gifted students can encounter anxiety-provoking stressors throughout their day. Developing effective anxiety management skills allows them to better navigate these challenges. Concepts from neuroscience help us better understand responses to anxiety and can assist gifted youth and those working with them in recognizing how and when to best apply anxiety management strategies. This article reviews these concepts and integrating them into the classroom environment to assist with this learning process. In addition, it examines an evidenced-based anxiety management intervention that has been found to be efficacious for gifted youth, Emotional Freedom Techniques (EFT). Results of recent EFT research are reviewed and the steps to learning EFT are outlined.

Boath, E., Good, R., Tsaroucha, A., Stewart, A., Pitch, S. & Boughey, A. (2017). Tapping your way to success: using Emotional Freedom Techniques (EFT) to reduce anxiety and improve communication skills in social work students. *Journal of Social Work Education, 36*(6). http://dx.DOI.org/10.1080/02615479.2017.1297394

By the nature of their professional training and practice placements, social work students are prone to situations provoking the onset of anxiety. A programme of academic and placement support, termed the 'Skills Lab', provides help and support for students to develop their communication skills and prepare for their practice placements and transition into professional social work practice. Skills Lab evaluations indicated a high level of appreciation, linked with a strong sense of apprehension and anxiety, which some students report has negatively affected their performance. To address student anxiety, a pilot study using Emotional Freedom Techniques (EFT) was developed. EFT is an intervention, which may potentially be effective in reducing academic anxiety and enhancing public speaking. This mixed-methods pilot study measured participants' (n = 45) subjective distress and anxiety before and after using EFT. Subjective distress/anxiety was invoked through a 15-min assignment lecture. Twelve of the 45 students also participated in one-one interviews to elaborate on their experiences of EFT. Quantitative findings indicated participants reported significantly less subjective distress and anxiety after using EFT. Qualitative findings indicated three themes whereby participants found EFT calming, relaxing and helpful; considered the transferability of EFT in other settings; and proposed some of the mechanisms of EFT's action.

Han C., Seung H., Bo E.J., Jung H.L. (2017). Emotional Freedom Techniques (EFT) for Students Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry 2017;28(*3):165-82.

Objectives: The purpose of this systematic review was to understand clinical usefulness of Emotional Freedom Techniques (EFT) on students' mental health.
Methods: Ten databases were included to extract clinical studies on effects of EFT intervention with students. Characteristics of selected studies were described, and biases were assessed

with Risk of Bias (RoB) or Risk of Bias Assessment for Non-Randomized Studies (RoBANS). **Results**: A total of 14 clinical trials were extracted for analysis. There were 8 randomized-controlled trials (RCTs), 2 non-randomized-controlled trials (nRCTs), and 4 before-after studies. EFT have significant clinical usefulness in public speaking anxiety, test anxiety, stress, depression, learning related emotions, adolescent anxiety, and eating issues. The risk of selection bias in most studies was high or uncertain.
Conclusions: EFT is an effective clinical technique for managing students' mental health issues. However, the included studies have been conducted with relatively poor quality and small sample size. Clinical trials with high quality study design and well-designed EFT education programs are needed to generalize clinical usefulness.

Stapleton, P.B., Mackay., E., Chatwin, H., Murphy, D., Porter, B., Thibault, S., Sheldon, T. & Pidgeon, A.M. (2017). Effectiveness of a School-Based Emotional Freedom Techniques Intervention for Promoting Student Wellbeing. *Adolescent Psychiatry, 7(*2), 112-26.
https://DOI.org/10.2174/2210676607666171101165425

Background: In academic settings, fear of failure and associated emotional difficulties are common and often result in maladaptive behaviours, which often lead to failure or lowered scholastic achievement. Higher levels of self-esteem and resilience have been shown to protect against fear of failure and emotional difficulties and predict improved academic outcomes in students. However, few studies have investigated the efficacy of group intervention methods aimed at improving self-esteem and resilience. We aimed to measure the effects of using Emotional Freedom Techniques (EFT), an emerging therapeutic technique that incorporates elements of acupuncture, exposure therapy, cognitive behavior therapy, and somatic stimulation to target negative thoughts and feelings, as a universal intervention for high school and college students.
Methods: This study represented a non-randomized universal intervention, utilizing both within and between-subject designs. The EFT intervention groups (N = 204) were drawn from two different school cohorts. The intervention aimed to improve four participant characteristics that have been shown to play a role in influencing academic success: global self-esteem, resilience (ability to adapt to change and cope with stress), total difficulties and fear of failure (cognitive, motivational, and relational appraisals of failure). These characteristics were utilized as outcome variables in the present study and measured by the Rosenberg Self-Esteem Scale, Conners-Davidson Resilience Scale, Strengths and Difficulties Questionnaire, and the Performance Failure Appraisal Index-Short Form.
Results: Results showed a significant improvement in fear of failure, whereby fears were significantly lower from pre-intervention to 12-month follow-up. Findings also indicated a significant main effect of time for emotional and behavioral difficulties, however post hoc tests indicated no statistically significant changes between the time points measured. No significant changes were observed in measures of self-esteem or resilience.
Conclusion: This non-randomized universal intervention represents the first Australian study of the efficacy of a group treatment program within high schools, aimed at increasing student self-esteem and resilience, and decreasing fear of failure and emotional difficulties. The results suggested that EFT might be an effective group intervention for some students decreasing their fear of failure; however, further research is required.

de Wit, E. E., Bunders-Aelen, J. G. F., & Regeer, B. J. (2016). Reducing Stress in Youth: A Pilot-Study on the Effects of a University-Based Intervention Program for University Students in Pune, India. *Journal of Educational and Developmental Psychology, 6(*2). https://doi.org/10.5539/jedp.v6n2p53

Mental health problems among youth have become important public health concern for many low & middle- income countries. As part of a research program to improve mental wellbeing in Pune, India, a university-based intervention was developed for students of two educational institutes. In one month, 33 students (age 18-22) participated in a series of 2-hour sessions in which they were stimulated to learn better coping skills to deal with stress and anxiety. The interactive sessions were facilitated by a psychologist and volunteers of a suicide prevention NGO. Rational Emotive Behavior Therapy (REBT) approaches were used to help students identify stressors and find alternative thought patterns towards the stressor. Playful exercises, such as theatre, dance and poetry, were used to develop self-esteem, self-expression and a better sense of control in students. Throughout the program, relaxation methods, such as Emotional Freedom Technique (EFT), were practiced to help reduce stress in students. To study the impact of the intervention, data were collected, before- and after the intervention and in an eight-month follow-up with the Perceived Stress Scale (PSS), in combination with open questionnaires and field notes. Preliminary results show a significant decrease in average stress scores in students after the program in comparison to before the intervention (p-value is $0.044 < 0.05$). Students reflect upon the program as helpful and specifically emphasize the role of poetry, dance & EFT as main contributors. In follow-up tests perceived stress scores remained lower than at baseline, although not significant. Booster sessions are suggested to sustain the benefits. Overall, the results of this pilot study show that low threshold, university-based interventions, could be useful in stimulating psychosocial well-being in youth.

Reynolds, A. E. (2015). Is Acupoint Stimulation an Active Ingredient in Emotional Freedom Techniques (EFT)? A Controlled Trial of Teacher Burnout. *Energy Psychology: Theory, Research, and Treatment 7*(1), 14-21.

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.

Boath, E., Stewart, A., & Carryer, A. (2013). Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in university students. *Innovative Practice in Higher Education, 1*(3).

Emotional Freedom Techniques (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 analyzed 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.

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

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 analyzed 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.

Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment, 4*(2), 13-24. DOI:10.9769.EPJ.2012.4.2.SJ

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 sample consisted of 150 undergraduates from three universities in the Inland Northwest USA with debilitating test anxiety 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 RTT, SA-45 and Westside instruments 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 diaphragmatic breathing and EFT groups on most measures, with gains maintained on follow-up.

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2009). Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for Treatment of Test Anxiety in University Students. *Explore, 5*(6).
Objective: This study explored test anxiety benefits of Wholistic Hybrid derived from EMDR (WHEE), Emotional Freedom Techniques (EFT), and Cognitive Behavioral Therapy.
Participants: Canadian university students with severe or moderate test anxiety participated.
Methods: A double-blind, controlled trial of WHEE (n = 5), EFT (n =5), and CBT (n = 5) was conducted. Standardized anxiety measures included: the Test Anxiety Inventory (TAI) and Hopkins Symptom Checklist (HSCL-21).
Results: Despite small sample size, significant reductions were found for WHEE on the TAI ($p < 0.014$-.042) and HSCL-21 ($p < 0.029$); on the TAI ($p < 0.001$-.027) for EFT; and on the HSCL-21 ($p < 0.038$) for CBT. There were no significant differences between the scores for the three treatments. In only two sessions WHEE and EFT achieved the same or better benefits as CBT did in five sessions. Participants reported high satisfaction with all treatments. EFT and WHEE students successfully transferred their self-treatment skills to other stressful areas of their lives.
Conclusions: WHEE and EFT show promise as effective treatments for test anxiety.

Sezgin, N., Ozcan, B., Church, D., (2009). The Effect of Two Psychophysiological Techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on Test Anxiety in High School Students: A Randomized Blind Controlled Study. ***International Journal of Healing and Caring,*** **Jan, 9:1.**

This study investigated the effect on test anxiety of Emotional Freedom Techniques (EFT), a brief exposure therapy with somatic and cognitive components. A group of 312 high school students enrolled at a private academy was evaluated using the Test Anxiety Inventory (TAI), which contains subscales for worry and emotionality. Scores for 70 demonstrated high levels of test anxiety; these students were randomized into control and experimental groups. During the course of a single treatment session, the control group received instruction in Progressive Muscular Relaxation (PMR); the experimental group, EFT, followed by self-treatment at home. After two months, subjects were re-tested 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 two subscales. 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; though the improvement was greater for the EFT group, the difference was not statistically significant.

Yancey, V. (2002). The use of Thought Field Therapy in educational settings. ***Dissertation Abstracts International, 63*****(07), 2470A. (UMI No. 3059661)**

This study explored how thought field therapy (TFT) was used in educational settings by students and adults, its effects, and possible difficulties. TFT is a self-help technique developed by Dr. Roger Callahan for the treatment of traumas, phobias, and the psychological pain caused by other upsetting experiences (Callahan & Callahan, 2000). Studies have shown that students and educators are challenged by the myriad of difficulties with which they must deal in the process of teaching and learning (Bell, 1998; Carter, 1994; Darling-Hammond, 1990)
A qualitative methodological approach that included in-depth interviews and a focus group was utilized In-depth interviews were carried out with adult participants by and through the use of electronic e-mail. The adult participants were chosen because they have been trained in TFT, and because they use TFT with students. They lived in the United States, the United Kingdom, Canada, and Mexico. The focus group participants were middle-school students between the ages of 11 and 14 who attended a community program in the northeastern part of the United States. The students met prior to the focus group meeting for instruction in TFT. After using TFT for a week, they met in a focus group to discuss how, when, and why they used it and their feelings about using TFT.
The findings from the student group showed that students used TFT (a) when confronted with violent situations and when they became angry, (b) when dealing with difficulties in relationships with friends and family, and (c) to help them to be better students in school. Students also reported that they liked TFT and found it easy to use. The adults indicated that they used TFT (a) with students to help them reduce stress, improve test scores, improve

relationships with family and peers, reduce their feelings of violence, and improve their self-confidence; and (b) for themselves, their families, and friends to relieve stress and reduce tension.

Sakai, C., Paperny, D., Mathews, M., Tanida, G., Boyd, G., Simons, A., Yamamoto, C., Mau, C., & Nutter, L. (2001). Thought Field Therapy Clinical Applications: Utilization in an HMO in Behavioral Medicine and Behavioral Health Services. *Journal of Clinical Psychology, 57*(10), 1229-35.

Thought Field Therapy (TFT) is a self-administered treatment developed by psychologist Roger Callahan. TFT uses energy meridian treatment points and bilateral optical–cortical stimulation while focusing on the targeted symptoms or problem being addressed. The clinical applications of TFT summarized included anxiety, adjustment disorder with anxiety and depression, anxiety due to medical condition, anger, acute stress, bereavement, chronic pain, cravings, depression, fatigue, nausea, neurodermatitis, obsessive traits, panic disorder without agoraphobia, parent–child stress, phobia, posttraumatic stress disorder, relationship stress, trichotillomania, tremor, and work stress. This uncontrolled study reports on changes in self-reported Subjective Units of Distress (SUD; Wolpe, 1969) in 1,594 applications of TFT, treating 714 patients. Paired t-tests of pre- and posttreatment SUD were statistically significant in 31 categories reviewed. These within-session decreases of SUD are preliminary data that call for controlled studies to examine validity, reliability, and maintenance of effects over time. Illustrative case and heart rate variability data are presented.

ADD & ADHD

Celestin, O. (2024). The Effectiveness of Advanced Integrative Therapy in Treating Attention Deficit Hyperactivity Disorder*. International Journal of Healing and Caring, 24*(4). https://doi.10.78717/ijhc.202444

With the rapid advancement of technology and social media, research and awareness about the correlation between neurodevelopmental disorders, such as ADHD, and technology use has increased (Steve & Grubb, 2018). The ADHD diagnosis dates back to the 1960s, and due to its more recent origins, psychiatrists, behavioral health, and medical providers have an evolving understanding of the causes, impacts, prognosis, and outcomes of ADHD (Cortese & Coghill, 2018). ADHD is a complex mental health diagnosis due to its high levels of overdiagnosis, misdiagnosis, and under recognition in both children and adults (Montano, 2004). In this case study, Advanced Integrative Therapy (AIT), a novel treatment, was used to treat ADHD symptomatology and the underlying relational trauma related to the client's symptomology. Throughout AIT treatment, the client was simultaneously treating ADHD symptomatology with psychiatric medication. AIT was utilized to assist the client in identifying the functionality of maladaptive intrapersonal patterns such as dissociation, intellectualization, overthinking, anxiety, denial, decision paralysis, and rumination with the goal of supporting the client in reprocessing and treating underlying relational wounds and traumas experienced from their family of origin.

The case study took place over a span of 6 60-minute sessions. The clinician assessed client

progress and symptomology using the Adverse Childhood Experiences (ACE) Questionnaire, Resilience Questionnaire, GAD-7 which measures anxiety symptomology, Experiences in Close Relationships-Revised (ECR-R) Questionnaire which examines attachment patterns in relationships, The International Trauma Questionnaire (ITQ) which assess for PTSD/CPTSD symptomology, and Adult ADHD Self-Report Scale (ARSR-v1.1) Symptom checklist which assesses for ADHD symptomatology. After treatment with AIT, the client self-reported that their ADHD symptoms were reduced. Additionally, the client reported that insight building allowed them to manage their symptomatology differently in the present day.

Addictions, Alcoholism, Cravings, Eating Disorders, Smoking & Weight Loss

Jameela, S., & Thapa, K. S. (2024). A study to assess the effectiveness of emotional freedom techniques on anxiety among wives of alcoholics. *Journal of Pharmacy and Bioallied Sciences, 16*(3). https://doi.org/10.4103/jpbs.jpbs_551_24

Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear, or worry. It is a normal human emotion that everyone experiences at times many people feel anxious or nervous, when faced with a problem at work, before making an important decision. Anxiety in extreme form, may cause distress which interferes with a person's ability to lead a normal life.
Aims:
This Study aims is to assess the effectiveness of Emotional Freedom Techniques on Anxiety Among Wives of Alcoholics
Method:
A quasi-experimental nonequivalent research design with a nonprobability sampling technique was used to conduct a study among 30 wives of alcoholic patients. A generalized anxiety disorder scale (7-point scale) was used to assess the level of anxiety among alcoholic wives. Confidentiality was maintained throughout the research. The data were analyzed by using descriptive statistics and inferential statistics.
Result:
The result shows that in the pretest, 70 (70%) had no anxiety, 12 (12%) had mild anxiety, and 18 (18%) had moderate anxiety whereas in the post-test, 85 (85%) had no anxiety, 13 (13%) had mild anxiety, and 2 (2%) had moderate anxiety among wives of alcoholics.
Conclusion:
This study revealed that among wives of alcoholics, a significant proportion had anxiety about the alcoholic spouse by Emotional freedom techniques.

Zakers, A. & Cimolai, V. (2023). Complementary and Integrative Medicine and Eating Disorders in Youth: Traditional Yoga, Virtual Reality, Light Therapy, Neurofeedback, Acupuncture, Energy Psychology Techniques, Art Therapies, and Spirituality. *Child and Adolescent Psychiatric Clinics, 32*(2), 421 – 450. https://doi.org/10.1016/j.chc.2022.08.014

Overall, eating disorders (EDs) are challenging, and there are no medications or supplements

that treat the core symptoms of ED (except lisdexamfetamine for binge eating disorder). The use of medications is primarily to treat comorbid disorders. Treatments for ED are primarily therapy-based and require a multidisciplinary approach, and traditional therapeutic approaches are not considered complementary and integrative medicine (CIM) for this disorder. All treatments discussed should be considered part of a comprehensive clinical protocol. Yoga for ED has a good to moderate evidence of efficacy on core symptoms in several meta-analyses and RCT. However, the type of yoga, duration, and frequency necessary for efficacy have not been established. Of note, traditional yoga practices that incorporate mindfulness and not just as a form of exercise are programs that show efficacy. Technology-based interventions like virtual reality (VR) for EDs focus on eating and body image exposure. During COVID, VR has been increasingly used due to its efficacy and accessibility.

Church, D., Stapleton, P. & Raynor, D. (2022). Skinny Genes' six-week, online, Clinical Emotional Freedom Techniques program: Durable weight loss and improved psychological symptoms. *Advances in Mind-Body Medicine. 36.* 13-21. https://tinyurl.com/2nzwkyhp

Context: 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.
Objective: 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.
Design: A pre-post outcome study design evaluated the results of a convenience sample of participants enrolled in an online weight loss course.
Participants: 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.
Intervention: Participants used EFT to address cognitions, behaviors, and adverse experiences that could contribute to binge eating, intermittent dieting, and resistance to exercise.
Outcome measures: 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.
Results: 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 ($P < .001$).
Conclusions: 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.

Chandler, T. L. (2022). How East Met West: The Emergence of Energy Psychology as a

Body/Mind Treatment Approach. In *Co-occurring Mental Illness and Substance Use Disorders* (pp. 241-253). Routledge.

Energy-healing, medicine, and psychology techniques embrace the idea that humans are vibrational beings and that to effect change in a pattern requires working with the energy of the individual. The oldest organized energy-healing tradition is acupuncture,whichhas been used in China for over 4,000 years and codified for over 2,000 years. Subtle energy practices have been studied and used in a variety of settings since the 1960s by psychologists, and energy psychology has been developed, researched, and practiced since that time. Acupuncture protocols were acknowledged to have efficacy by the National Institutes of Health since the late 1990s, and the five-needle NADA approach has shown efficacy for decreasing anxiety and cravings in those in substance use treatment since that time. Kinesiology became another area of research for some psychologists in the 1970s and demonstrated that there is innate body intelligence that can be accessed for greater understanding of what an individual may need using simple yes/no questions. These two approaches led to the development of thought field therapy (TFT) and the emotional freedom technique (EFT),which have, over the past 20years,become evidence based, with substantial research on the efficacy of treating trauma, PTSD, depression, anxiety, and substance use disorders. This chapter will provide the reader with information on the history of these healing approaches and the usefulness of TFT and EFT.

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization, 99*(7). Article ID: BLT.20.269050
https://www.who.int/publications/journals/bulletin/online-first

Objective: To investigate the effectiveness of community-based, mental health interventions by professionally trained, lay counsellors in low- and middle-income countries.
Method: We searched PubMed®, Cochrane Central Register of Controlled Trials, PROSPERO and EBSCO databases and professional section publications of the United States National Center for PTSD for randomized controlled trials of mental health interventions by professionally trained, lay counsellors in low- and middle-income countries published between 2000 and 2019. Studies of interventions by professional mental health workers, medical professionals or community health workers were excluded because there are shortages of these personnel in the study countries. Additional data were obtained from study authors. The primary outcomes were measures of post-traumatic stress disorder, depression, anxiety and alcohol use. To estimate effect size, we used a random-effects meta-analysis model
Findings: We identified 1072 studies, of which 19 (involving 20 trials and 5612 participants in total) met the inclusion criteria. Hedges' g for the aggregate effect size of the interventions by professionally trained, lay counsellors compared with mostly either no intervention or usual care was –0.616 (95% confidence interval: –0.866 to –0.366). This result indicates a significant, medium-sized effect. There was no evidence of publication bias or any other form of bias across the studies and there were no extreme outliers among the study results.
Conclusion: The use of professionally trained, lay counsellors to provide mental health interventions in low- and middle-income countries was associated with significant improvements in mental health symptoms across a range of settings.

Feinstein, D. (2021). Energy psychology in the treatment of substance use disorders. In R. Carroll, (Ed), Complementary and integrative approaches to substance use disorders (pp. 69-106). New York: Nova Science Publishers.

Protocols that use the manual stimulation of acupuncture points (by tapping on them), combined with imaginal exposure and cognitive interventions, are proving to be powerful adjuncts in the treatment of a range of clinical conditions. Known as “energy psychology” because of the use of principles derived from acupuncture, which is concerned with “energy flows” within the body, the method has been shown in extensive clinical trials to have unusual speed, impact, and durability. This chapter explores ways the approach can be applied to increase the effectiveness of substance abuse counselors and addiction treatment programs. It suggests specific objectives that can be achieved using energy psychology protocols during each of the six recognized stages of addiction recovery (precontemplation, contemplation, preparation, action, maintenance, and termination). The mechanisms by which energy psychology protocols facilitate psychological change are also considered. Imaging studies suggest that the demonstrated effectiveness of the approach is related to the way specific acupuncture points, when stimulated, send activating or deactivating signals to brain areas involved in targeted emotional and cognitive processes.

Kalogiratou, D., Critselis, E., Charalampopoulou, M., Chrousos, G. & Darviri, C. (2021). Efficacy of stress management interventions on emotional eating in childhood and adolescence: A systematic review. *Dialogues in Clinical Neuroscience & Mental Health, 4*(4). https://obrela-journal.gr/index.php/obrela/article/view/121

Eating as a compensatory mechanism to adverse emotional experiences in children and adolescents has been associated with high rates of overweight and obesity, binge eating and various problematic eating behaviors. Children and adolescents who display emotional eating are likely to develop eating disorders in adult life. Stress management may be an important target to decrease emotional eating in youth. A systematic review was conducted to determine the efficacy of stress management interventions on reducing and managing emotional eating in children and adolescents. Using a combination of terms, Scopus, Pubmed and Web of Science databases were searched. After removing duplicates, 734 publications were screened and 26 identified as potentially relevant. Two randomized controlled trials were assessed for their methodological quality using the Jadad Scale. Our findings suggest that stress management strategies favorably influenced outcomes related to childhood and adolescence emotional eating and highlight the urgent need for more, high-quality studies to examine the efficacy of stress management interventions in emotional eating amongst children and adolescents.

Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal, 13*(1). doi 10.9769/EPJ.2021.13.1.AP

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.

van Ginneken, N. et al. (2021). Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. *Cochrane Database of Systematic Reviews 2021,* Issue 8. Art. No.: CD009149. DOI: 10.1002/14651858.CD009149.pub3.

[Systematic literature review and meta-analysis including Connolly & Sakai, 2011.

Background: Community-based primary-level workers (PWs) are an important strategy for addressing gaps in mental health service delivery in low- and middle-income countries. OBJECTIVES: To evaluate the effectiveness of PW-led treatments for persons with mental health symptoms in LMICs, compared to usual care. SEARCH METHODS: MEDLINE, Embase, CENTRAL, ClinicalTrials.gov, ICTRP, reference lists (to 20 June 2019). SELECTION CRITERIA: Randomized trials of PW-led or collaborative-care interventions treating people with mental health symptoms or their caregivers in LMICs. PWs included: primary health professionals (PHPs), lay health workers (LHWs), community non-health professionals (CPs).
Data Collection & Analysis: Seven conditions were identified apriori and analyzed by disorder and PW examining recovery, prevalence, symptom change, quality-of-life (QOL), functioning, service use (SU), and adverse events (AEs). Risk ratios (RRs) were used for dichotomous outcomes; mean difference (MDs), standardized mean differences (SMDs), or mean change differences (MCDs) for continuous outcomes. For SMDs, 0.20 to 0.49 represented small, 0.50 to 0.79 moderate, and ≥0.80 large clinical effects. Analysis timepoints: T1 (<1 month), T2 (1-6 months), T3 (>6 months) post-intervention. MAIN RESULTS: Description of studies 95 trials (72 new since 2013) from 30 LMICs (25 trials from 13 LICs). Risk of bias. Most common: detection bias, attrition bias (efficacy), insufficient protection against contamination. Intervention effects *Unless indicated, comparisons were usual care at T2. "Probably", "may", or "uncertain" indicates "moderate", "low," or "very low" certainty evidence. Adults with common mental disorders (CMDs) LHW-led interventions a. may increase recovery (2 trials, 308 participants; RR 1.29, 95%CI 1.06 to 1.56); b. may reduce prevalence (2 trials, 479 participants; RR 0.42, 95%CI 0.18 to 0.96); c. may reduce symptoms (4 trials, 798 participants; SMD -0.59, 95%CI -1.01 to -0.16); d. may improve QOL (1 trial, 521 participants; SMD 0.51, 95%CI 0.34 to 0.69); e. may slightly reduce functional impairment (3 trials, 1399 participants; SMD -0.47, 95%CI -0.8 to -0.15); f. may reduce AEs (risk of suicide ideation/attempts); g. may have uncertain effects on SU. Collaborative-care a. may increase recovery (5 trials, 804 participants; RR 2.26, 95%CI 1.50 to 3.43); b. may reduce prevalence although the actual effect range indicates it may have little-or-no effect (2 trials, 2820 participants; RR 0.57, 95%CI 0.32 to 1.01); c. may slightly

reduce symptoms (6 trials, 4419 participants; SMD -0.35, 95%CI -0.63 to -0.08); d. may slightly improve QOL (6 trials, 2199 participants; SMD 0.34, 95%CI 0.16 to 0.53); e. probably has little-to-no effect on functional impairment (5 trials, 4216 participants; SMD -0.13, 95%CI -0.28 to 0.03); f. may reduce SU (referral to MH specialists); g. may have uncertain effects on AEs (death). Women with perinatal depression (PND) LHW-led interventions a. may increase recovery (4 trials, 1243 participants; RR 1.29, 95%CI 1.08 to 1.54); b. probably slightly reduce symptoms (5 trials, 1989 participants; SMD -0.26, 95%CI -0.37 to -0.14); c. may slightly reduce functional impairment (4 trials, 1856 participants; SMD -0.23, 95%CI -0.41 to -0.04); d. may have little-to-no effect on AEs (death); e. may have uncertain effects on SU. Collaborative-care a. has uncertain effects on symptoms/QOL/SU/AEs. Adults with post-traumatic stress (PTS) or CMDs in humanitarian settings LHW-led interventions a. may slightly reduce depression symptoms (5 trials, 1986 participants; SMD -0.36, 95%CI -0.56 to -0.15); b. probably slightly improve QOL (4 trials, 1918 participants; SMD -0.27, 95%CI -0.39 to -0.15); c. may have uncertain effects on symptoms (PTS)/functioning/SU/AEs. PHP-led interventions a. may reduce PTS symptom prevalence (1 trial, 313 participants; RR 5.50, 95%CI 2.50 to 12.10) and depression prevalence (1 trial, 313 participants; RR 4.60, 95%CI 2.10 to 10.08); b. may have uncertain effects on symptoms/functioning/SU/AEs. Adults with harmful/hazardous alcohol or substance use LHW-led interventions a. may increase recovery from harmful/hazardous alcohol use although the actual effect range indicates it may have little-or-no effect (4 trials, 872 participants; RR 1.28, 95%CI 0.94 to 1.74); b. may have little-to-no effect on the prevalence of methamphetamine use (1 trial, 882 participants; RR 1.01, 95%CI 0.91 to 1.13) and functional impairment (2 trials, 498 participants; SMD -0.14, 95%CI -0.32 to 0.03); c. probably slightly reduce risk of harmful/hazardous alcohol use (3 trials, 667 participants; SMD -0.22, 95%CI -0.32 to -0.11); d. may have uncertain effects on SU/AEs. PHP/CP-led interventions a. probably have little-to-no effect on recovery from harmful/hazardous alcohol use (3 trials, 1075 participants; RR 0.93, 95%CI 0.77 to 1.12) or QOL (1 trial, 560 participants; MD 0.00, 95%CI -0.10 to 0.10); b. probably slightly reduce risk of harmful/hazardous alcohol and substance use (2 trials, 705 participants; SMD -0.20, 95%CI -0.35 to -0.05; moderate-certainty evidence); c. may have uncertain effects on prevalence (cannabis use)/SU/AEs. PW-led interventions for alcohol/substance dependence a. may have uncertain effects. Adults with severe mental disorders *Comparisons were specialist-led care at T1. LHW-led interventions a. may have little-to-no effect on caregiver burden (1 trial, 253 participants; MD -0.04, 95%CI -0.18 to 0.11); b. may have uncertain effects on symptoms/functioning/SU/AEs. PHP-led or collaborative-care a. may reduce functional impairment (7 trials, 874 participants; SMD -1.13, 95%CI -1.78 to -0.47); b. may have uncertain effects on recovery/relapse/symptoms/QOL/SU. Adults with dementia and carers PHP/LHW-led carer interventions a. may have little-to-no effect on the severity of behavioral symptoms in dementia patients (2 trials, 134 participants; SMD -0.26, 95%CI -0.60 to 0.08); b. may reduce carers' mental distress (2 trials, 134 participants; SMD -0.47, 95%CI -0.82 to -0.13); c. may have uncertain effects on QOL/functioning/SU/AEs. Children with PTS or CMDs LHW-led interventions a. may have little-to-no effect on PTS symptoms (3 trials, 1090 participants; MCD -1.34, 95%CI -2.83 to 0.14); b. probably have little-to-no effect on depression symptoms (3 trials, 1092 participants; MCD -0.61, 95%CI -1.23 to 0.02) or on functional impairment (3 trials, 1092 participants; MCD -0.81, 95%CI -1.48 to -0.13); c. may have little-or-no effect on AEs. CP-led interventions a. may have little-to-no effect on depression symptoms (2 trials, 602 participants; SMD -0.19, 95%CI -0.57 to 0.19) or on AEs; b. may have uncertain effects on recovery/symptoms (PTS)/functioning.

Balha, S. M., Abo-Baker, O., & Mahmoud S. (2020). Effect of Emotional Freedom

Techniques on psychological symptoms and cravings among patients with substance related disorders. *International Journal of Novel Research in Healthcare and Nursing, 7*(2), 30-45.

Background: 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 characterized 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. Design: Quasi experimental research design was used.
Setting: 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: Interview questionnaire sheet (Socio-demographic and clinical data), Substance – related disorders & Alcohol Cravings (The Penn Alcohol Craving Scale - PACS), and 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 ($p < 0.005$).
Conclusion: Applying psycho-educational program of emotional freedom techniques (EFT) significant reducing level of craving, significant improvements in psychological symptoms among substance related disorders patients'**.**
Recommendations: 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.

Dewi, I. & Fitri, S. (2020). Utilization of SEFT as a community therapy model (TC) for mental and spiritual health of drug addicts. *Jurnal Pengabdian Untuk Munege RI, 4(*1).
https://doi.org/10.37859/jpumri.v4i1.1895

National Narcotics Agency (BNN) of Bandung records that there are 25,000 young people in Bandung who are drug users. Based on the results of interviews with ten prisoners said they often feel bored, stressed, depressed, sad and hopeless. Based on this phenomenon it is necessary to support rehabilitation programs for drug addictions through therapy with a spiritual approach. A spiritual approach is Spiritual Emotional Freedom Technique (SEFT) therapy, which is a combination of Spiritual Power and Energy. The results of the activity showed that the participants were able to do self-healing using the SEFT method, which was felt to be effective in helping participants manage emotional and spiritual problems during the prison, evidenced by an increase in the percentage of self-control ability and a positive effect, while anxiety and depression decrease. Participants also experienced an increase in the percentage of positive religious coping. Therefore, prisons are advised to keep monitoring self-healing activities with SEFT which is recommended to be routinely carried out by rehabilitation participants even though the program has finished, because at any time the participants' mental and spiritual health conditions may change.

Stapleton, P., Clark, A., Sabot, D., Carter, B, & Leech, K. (2020). Portion perfection and

Emotional Freedom Techniques to assist bariatric patients post surgery: A randomised control trial. *Heliyon, 6*(6). https://doi.org/10.1016/j.heliyon.2020.e04058

Although significant health improvements are indicated from weight-loss following bariatric surgery, many individuals are unable to lose weight or maintain their weight-loss. The current study aimed to assess whether post-surgery care comprising Emotional Freedom Techniques (EFT), an emerging energy psychology intervention, combined with a behavior-based nutrition and portion control eating plan in an online self-guided delivery would aid weight-loss and maintenance in bariatric patients.
Methods: A 6-month randomized 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).
Results: 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.
Conclusion: 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 optimized in future trials is discussed.

Stapleton, P. & Stewart, M. (2020). Comparison of the effectiveness of two modalities of group delivery of Emotional Freedom Technique (EFT) intervention for food cravings: Online versus in-person. *Open Journal of Social Sciences, 8(*2), 158-181.

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.

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine 24.*

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.

Stapleton P, Buchan C, Mitchell I, McGrath Y, Gorton P, Carter B. (2019). An Initial Investigation of Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques. *OBM Integrative and Complementary Medicine, 4*(1):14; DOI:10.21926/obm.icm.1901010**. http://www.lidsen.com/journals/icm/icm-04-01-010**

Background: 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.
Method: 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.
Results: 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-frontal cortex for the EFT treatment group only. The control group however, showed continued activation in these areas.
Conclusion: 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.

Stapleton, P., Lilley-Hale, E., Mackintosh, G., & Sparenburg, E. (2019). Online delivery of Emotional Freedom Techniques for food cravings and weight management: 2-Year follow-up*. Journal of Alternative and Complementary Medicine, in press.*

http://doi.org/10.1089/acm.2019.0309

Background: 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.
Objective: The current study evaluated food cravings, dietary restraint, subjective power of food, weight changes, and self-reported symptoms (e.g., somatic, anxious, and depressive) 2 years after an 8-week online self-directed EFT intervention with additional online support.
Design: Participants were initially randomly allocated to a treatment or waitlist group. The treatment group was instructed to self-pace through an online EFT treatment program made up of seven modules throughout the 8-week intervention period, and the waitlist was also completed at the end of this period.
Results: Analyses of the online EFT intervention program indicated significantly reduced scores for food cravings (–28.2%), power of food (–26.7%), depression (–12.3%), anxiety (–23.3%), and somatic symptoms (–10.6%) from pre to postintervention and from pre (baseline) until the 2-year follow-up and significantly improved scores for restraint (+13.4%). Further improvements were experienced for carbohydrates and fast-food cravings between 6 months and 2 years. Body Mass Index and weight significantly decreased from pre- to 12 months follow-up although there were no differences at the 2-year point.
Conclusions: As an online intervention program, EFT was very effective in reducing food cravings, perceived power of food, psychologic symptomatology, and improving dietary restraint and maintaining those improvements over a 2-year period. The addition of EFT to traditional weight loss interventions is timely and supported by this research.

Church, D., Stapleton, P., Sheppard, L., & Carter, B. (2018). Naturally Thin You: Weight Loss and Psychological Symptoms After a Six-Week Online Clinical EFT (Emotional Freedom Techniques) Course. *Explore*, *14*(2), 131-136. DOI: 10.1016/j.explore.2017.10.009

Background: 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.
Method: 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 instead on controlling emotional eating and 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.
Results: 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 1 lb/week during the course, and 2 lb/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 EFT's 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.

Stapleton P, Chatwin H. (2018). Emotional Freedom Techniques for Food Cravings in Overweight Adults: A Comparison of Treatment Length. *OBM Integrative and Complementary Medicine, 3*(3):013; DOI:10.21926/obm.icm.1803013.

Background: Because patients vary in their response to treatment, including adherence, the effect of treatment length in the use of EFT on food cravings was examined by comparing retrospective data from two studies in order to ascertain if shorter programs are as effective. This may then impact treatment adherence and completion.
Methods: In study one, 96 overweight and obese adults were randomly allocated to a 4-week treatment for their food craving or waitlist condition. In study two, an 8-week EFT program for 47 adults, the same variables were measured as per study one. Participants were assessed for degree of food craving, perceived power of food, restraint capabilities and psychological symptoms at pre-, post-, 6- and 12-month follow-up.
Results: Outcomes indicated significant reductions in food cravings, subjective power of food, dietary restraint, Body Mass Index, and weight for both interventions. There were no significant differences between the intervention groups in terms of the effect size of outcomes for the variables measured, thus indicating that the 4-week EFT treatment could achieve the outcomes that the 8-week program did.
Conclusions: While the efficacy of EFT as an adjunct to standard dietary and exercise programs has been established through several clinical trials, it has not been clear as to the optimal length of program required to achieve successful results. This comparison of a brief 4-week (8-hour) program versus an 8-week (16-hour program) indicated significant reductions in all measures for both intervention lengths. Length of treatment may be important when considering adherence and motivation.

Stapleton., P., Roos, T., Mackintosh, G., Sparenburg, E., & Carter, B. (2018). Online Delivery of Emotional Freedom Techniques for Food Cravings and Weight Management. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, under review.

The combination of dietary restraint and physical exercise as the recommended treatment for weight loss has had limited long-term success. One factor proposed to be limiting the efficacy is the failure to target psychological processes linked with overeating (Anderson et al., 2009; Sojcher, Perlman, & Fogerite, 2012). Consistent with previous research demonstrating emotional freedom techniques (EFT) can successfully reduce food cravings and aid in weight loss (Church, 2013a; Stapleton, Sheldon & Porter, 2012), the current study investigated the first clinically researched delivery of the therapy intervention in an online format and compared a treatment versus control group. Participants were randomly assigned to an eight-week online EFT (n=314) intervention group or waitlist control group (n=137). The sample was primarily female (96%) aged between 41 and 60. The majority of the treatment group (65%) indicated they were consuming their craved foods daily. And their average Body Mass Index was in the obese range (33.3). Outcome measures assessed were 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 with Cohen's effect size values suggesting moderate to high practical significance

for this intervention. However, there were no significant differences for participants in the waitlist control group. Follow-up analyses revealed the treatment gains were maintained at six and 12-months on all measures. The findings constitute preliminary support for the utility of online EFT as an adjunct tool to combat excess body weight.

Lipsky S., Mack M., Wilcox L. (2017). To eat or not to eat: An overview of food cravings. ***Advances in Psychology Research. 2017.***

This chapter will review the literature based on predictors of food cravings, potential health impacts, and treatment options. Most researchers define "food cravings" pragmatically, with the central factors being both strength and specificity; an intense desire to crave a particular food. The literature examining predictors of food cravings include gender, imagery, visual cues, stress, lack of emotional regulation, and environmental conditions. According to the literature, food cravings are varied and depend on gender, age, and culture. For instance, there is strong evidence that more women than men crave chocolate and other sweets. Food cravings have been linked to physical diseases such as obesity, cancer, and diabetes, therefore contributing to serious health outcomes. From researching the health outcomes, scientific literature shows a relationship between food cravings and biological variables, specifically, biochemical reactions in the dopamine receptors. Since there is a biochemical reaction, therapeutic approaches to reduce food cravings include mindfulness, Cognitive-Behavioral Therapy (CBT), cue reactivity, and Emotional Freedom Technique (EFT). Consequently, the aim of this chapter is to address the multidimensional facets of food cravings, as well as to discuss significant coping mechanisms with Evidence-Based Treatments (EBTs).

Stapleton, P., Bannatyne, A., Chatwin, H., Urzi, K-C, Porter, B. & Sheldon, T. (2017). Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings. ***Complementary Therapies in Clinical Practice, 28*****, 136-45.** https://DOI.org/10.1016/j.ctcp.2017.06.004

Objective: Examining the effectiveness of psychological interventions in treating secondary psychological outcomes of obesity has become prioritized in recent times. The objective of the present study was to compare an eight-week Cognitive-Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT) intervention program, in the treatment of food cravings and secondary psychological outcomes among overweight or obese adults (N = 83).
Method: A controlled non-inferiority trial was performed comparing group-delivered CBT to group-delivered EFT. Participants completed the Patient Health Questionnaire at pre- and post-intervention, and at six and 12-months follow-up.
Results: The CBT group did not report any significant changes in anxiety scores over time, but the decrease in depression symptoms pre-to post-intervention was significant and this was maintained at 6-and 12-months. Anxiety and depression scores significantly decreased from pre-to post-intervention for the EFT group and was maintained at 6- and 12-month follow-up. Somatoform scores significantly decreased from pre-intervention to all follow-up points for the CBT group, while the EFT group did not report any significant changes in somatoform symptoms. Results also revealed that EFT is capable of producing reductions in anxiety and depression symptoms and may be comparable to gold standard approaches such as CBT.
Conclusion: The current study supports the hypothesis that psychological intervention is

beneficial for treating psychological comorbidities of obesity and points to the role mental health issues may play in this area.

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

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

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

In Australia and throughout much of the world rates of obesity continue to climb as does the prevalence of eating disorders, particularly in adolescents. Psychological consequences of childhood obesity include low self-esteem, depression, body dissatisfaction, and social maladjustment. This feasibility study sought to examine the impact of a six-week 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.

Church, D., & Brooks, A. J. (2013). The effect of EFT (Emotional Freedom Techniques) on psychological symptoms in addiction treatment: A pilot study. *Journal of Scientific Research and Reports, 2*(2).

Objective: Studies have found a frequent co-occurrence of psychological symptoms such as anxiety and depression with addiction. This pilot study examined the effect of EFT (Emotional

Freedom Techniques), a widely practiced form of energy psychology, on 39 adults self-identified with addiction issues attending an EFT weekend workshop targeting addiction.
Measures: Subjects completed the SA-45, a well-validated questionnaire measuring psychological distress. It has two global scales assessing intensity and breadth of psychological symptoms and 9 symptom subscales including anxiety and depression. The SA-45 was administered before and after the workshop. Twenty-eight participants completed a 90-day follow-up.
Results: A statistically significant decrease was observed in the two global scales and all but one of the SA-45 subscales after the workshop, indicating a reduction in psychological distress (positive symptom total -38%, P<.000). Improvements on intensity and breadth of psychological symptoms, and anxiety and obsessive-compulsive subscales were maintained at the 90-day follow-up (P<.001).
Conclusion: These findings are consistent with those noted in studies of other populations, and suggest that EFT may be an effective adjunct to addiction treatment by reducing the severity of general psychological distress. Limitations of this study include a small sample size, lack of a control or comparison group, and attrition between primary and follow-up data points.

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

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.

Stapleton, P., Church, D., Sheldon, T., Porter, B., & Carlopio, C. (2013). Depression symptoms improve after successful weight loss with EFT (Emotional Freedom Techniques): A randomized controlled trial. *ISRN Psychiatry,* 2013, 1-7.
DOI:10.1155/2013/573532.

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-, post- and 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- to 12-months ($p<0.05$) 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 Somatisation ($p<0.05$). Significant decreases from pre- to 12-months 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.

Lee, K-S. (2012). The effect of EFT (Emotional Freedom Techniques) on students' video game addiction. Unpublished Master's Thesis, Korea National University of Education.

Abstract unavailable.

Sojcher, R., Perlman, A. & Fogerite, S. (2012). Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder. *Explore: The Journal of Science and Healing, 8*(5), 271-276.

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.

Stapleton, P., Sheldon, T., & Porter, B. (2012). Clinical benefits of emotional freedom techniques on food cravings at 12-months follow-up: A randomized controlled trial. *Energy Psychology Journal, 4*(1), 13-24. DOI: 10.9769.EPJ.2012.4.1.PS

This randomized, single-blind, crossover trial tested whether participants who used Emotional Freedom Techniques (EFT) maintained reduced food cravings after 12-months and updates previously reported 6-month findings. Ninety-six overweight/obese adults were allocated to a 4-week EFT treatment or waitlist condition. Degree of food craving, perceived power of food, restraint capabilities, and psychological symptoms were assessed pre- and posttest 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 pretest 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.

Stapleton, P., Sheldon, T., & Porter, B. (2012). Practical Application of Emotional Freedom Techniques for Food Cravings. *International Journal of Healing and Caring, 12*(3), 1-9.

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.

Church, D. & Brooks, A. (2010). The Effect of a Brief EFT (Emotional Freedom Techniques) Self-Intervention on Anxiety, Depression, Pain and Cravings in Healthcare Workers. *Integrative Medicine: A Clinician's Journal,* Oct/Nov. 2010.

This study examined a cross section of 194 healthcare professionals, including physicians, nurses, psychotherapists, chiropractors, psychiatrists, alternative medicine practitioners, and allied professionals. It 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 subjects' levels of anxiety, depression, and other psychological symptoms. The study utilizes a within-subjects, time-series, repeated measures design. It evaluates symptoms using the SA-45, a well-validated 45 item questionnaire. Besides measuring the breadth and intensity of psychological distress, this instrument has nine subscales for specific conditions, including anxiety and depression. It was administered to subjects before and after an EFT demonstration and self-application that lasted about 90 minutes. Subjects also self-reported physical pain, emotional distress, and cravings on a 10 point Likert-type scale. The SA-45 follow up was administered 3 months later, to determine whether any improvement held over time. Subjects received a single page homework EFT reminder sheet, and their frequency of practice was tracked at followup. EFT self-application resulted in statistically significant decreases in pain, emotional distress, and cravings, and improvements for all nine subscales. On the two general scales on the SA-45, symptom severity dropped by 34%, and symptom breadth by 40% relative to normal baselines (both $p<.001$). Pain scores dropped by 68%, the intensity of traumatic memories by 83%, and cravings by 83% (all $p<.001$).

Stapleton, P., Sheldon, T., Porter, B., & Whitty, J. (2010). A Randomized Clinical Trial of a Meridian-Based Intervention for Food Cravings with Six Month Follow-up. *Behaviour Change, 28*(1), 1-16.

This randomized, 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.

Elder, Charles, Ritenbaugh, Cheryl, et al. (2007). Randomized Trial of Two Mind-Body Interventions for Weight Loss Maintenance. *Journal of Complementary and Alternative Medicine, 13*(1), 67-78.

Energy psychology utilizes 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 randomized clinical trials. Although the evidence is still preliminary, energy psychology has reached the minimum threshold for being designated as an evidence-based treatment, with one form having met the APA Division 12 criteria as a "probably efficacious treatment" for specific phobias; another for maintaining weight loss. The limited scientific evidence, combined with extensive clinical reports, suggests that energy psychology holds promise as a rapid and potent treatment for a range of psychological conditions.

Morikawa, A. (2005). Toward the clinical applications of Thought Field Therapy to the treatment of bulimia nervosa in Japan. Unpublished doctoral dissertation, California Coast University, Santa Ana.

There is no single treatment approach that is exclusively effective for bulimia nervosa. Cognitive behavioral therapy (CBT) has been empirically supported as a primary treatment option and addresses cognitive and behavioral aspects of bulimia nervosa, but not affective problems. Thought field therapy (TFT) is a brief non-verbal treatment that may effectively address numerous psychological symptoms. The purpose of this critical analysis was to develop an integrative treatment approach for bulimia nervosa in Japan, which employs TFT as an adjunct technique. Through a critical analysis of research on bulimia nervosa and treatment approaches, an integrative model was developed. The CBT approach provides a cognitive behavioral framework comprised of stages. The first stage emphasizes behavioral and educational aspects, while the second stage emphasizes cognitive aspects and interpersonal dysfunctions. Other effective techniques, such as interpersonal therapy, psychoeducation, self-help, and assertion training, will be used to enhance treatment. TFT will be incorporated into the treatment model in an effort to meet the goals set by the Japan Ministry of Health, Labour, and Welfare, specifically in regard to the Japanese women.

Sakai, C., Paperny, D., Mathews, M., Tanida, G., Boyd, G., Simons, A., Yamamoto, C., Mau, C., & Nutter, L. (2001). Thought Field Therapy Clinical Applications: Utilization in an HMO in Behavioral Medicine and Behavioral Health Services. *Journal of Clinical Psychology, 57*(10), 1229-35.

Thought Field Therapy (TFT) is a self-administered treatment developed by psychologist Roger Callahan. TFT uses energy meridian treatment points and bilateral optical–cortical

stimulation while focusing on the targeted symptoms or problem being addressed. The clinical applications of TFT summarized included anxiety, adjustment disorder with anxiety and depression, anxiety due to medical condition, anger, acute stress, bereavement, chronic pain, cravings, depression, fatigue, nausea, neurodermatitis, obsessive traits, panic disorder without agoraphobia, parent–child stress, phobia, posttraumatic stress disorder, relationship stress, trichotillomania, tremor, and work stress. This uncontrolled study reports on changes in self-reported Subjective Units of Distress (SUD; Wolpe, 1969) in 1,594 applications of TFT, treating 714 patients. Paired t-tests of pre- and posttreatment SUD were statistically significant in 31 categories reviewed. These within-session decreases of SUD are preliminary data that call for controlled studies to examine validity, reliability, and maintenance of effects over time. Illustrative case and heart rate variability data are presented.

Adverse Childhood Experiences (ACES) And Childhood Trauma

Feinstein, D. (2023). Using energy psychology to remediate emotional wounds rooted in childhood trauma: preliminary clinical guidelines. *Frontiers in Psychology, 14.* DOI:10.3389/fpsyg.2023.1277555
https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1277555/full

Adverse childhood experiences (ACEs) are potentially traumatic events that occur in childhood, such as violence, abuse, severe neglect, or mental health problems in caregivers. The negative physical and mental health consequences of severe or multiple ACEs provide a major challenge for the health care community. Psychotherapies that utilize a mind–body approach in treating ACE-related conditions are seen by their proponents as having advantages for bringing healing and restoration compared with talk, introspective, interpersonal, and exposure therapies that do not intervene at the body level, as famously encapsulated by Bessel van der Kolk's observation that "the body keeps the score." A mind–body approach whose use has been rapidly increasing in clinical settings as well as on a self-help basis is called "energy psychology." Energy psychology combines conventional therapeutic techniques such as cognitive restructuring and psychological exposure with the stimulation of acupuncture points (acupoints) by tapping on them. A review of the development, efficacy, and plausible mechanisms of energy psychology is presented, and several strengths are enumerated, such as how integrating acupoint tapping into conventional exposure methods enhances the speed and power of outcomes. The impact of energy psychology protocols on the three brain networks most centrally involved with ACEs is also examined. Finally, recommendations are offered for using an energy psychology approach at each stage of therapy with individuals who have endured severe or multiple ACES, from establishing a therapeutic alliance to assessment to treatment to follow-up.

Stapleton, P., Kang, Y., Schwarz, R., & Freedom, J. (2023). The impact of adverse childhood experiences and posttraumatic stress symptoms on chronic pain. *Frontiers in Psychology*, *14*, 1243570. https://doi.org/10.3389/fpsyg.2023.1243570

Introduction: Chronic pain is a prevalent worldwide health condition. The current study aimed

to extend previous research that investigated the dynamics between chronic pain, adverse childhood experiences (ACEs), and post-traumatic stress symptoms (PTSS).
Method: Adult participants worldwide with chronic pain were recruited for this study (*N* = 199; 89% females). Three hypotheses were proposed: (a) a high ACEs score would result in more severe pain intensity and interference compared to no ACEs; (b) a low ACEs score would result in more severe pain intensity and interference compared to no ACEs; and (c) PTSS would fully mediate the ACEs-pain relationship.
Results: Initially results indicated individuals with high ACEs reported more pain interference than those with no ACEs, although pain intensity did not differ between high and no ACEs. However, after controlling for age, socioeconomic status (SES), and pain duration, low and high ACEs were not significantly associated with pain intensity or interference compared to no ACEs. However, SES status was associated with pain intensity and interference, although not with pain interference after adding low and high ACEs to the model. Because of this the mediation exploration of PTSS was not viable.
Discussion: Implications for practice, limitations and future research outcomes are outlined.

Zhang, H., Fu, Z., Zeng, Z., Zhao, Y., & Huang, L. (2022). Discussion on Emotional Freedom Techniques with Meridian Acupoints in the Mental Health Counseling of Left-Behind Children. Francis Academic Press, UK. doi: 10.25236/edssr.2022.031

This paper analyzes the common psychological problems of left-behind children, and introduces the psychological counseling and emotional release function and operation steps of Emotional Freedom Techniques (EFT) with meridian acupoints for children. Through the application of typical cases, it shows that this therapy has a good effect on certain psychological abnormalities, such as anxiety, depression, fear, weariness of learning and psychological trauma, and can quickly relieve bad emotions within tens or even minutes, which is worthy of further promotion.

Weaver, T. B. (2021). The use of Advanced Integrative Therapy with C-PTSD and intergenerational trauma transmission: A case study. *Energy Psychology: Theory, Research, and Treatment, 13*(2), 23–38. doi:10.9769/EPJ.2021.13.2.TBW

Complex posttraumatic stress disorder (C-PTSD) and adverse childhood experiences (ACEs) pose health problems in the United States, and intergenerational relational trauma plays a role in the continuation and transmission of these issues. Advanced Integrative Therapy (AIT), a novel treatment, was used to treat a case of C-PTSD. The client's chief concern was a flare-up of anxiety, relational distress, and fibromyalgia that occurred when they (chosen pronoun) accepted custody of their nephew. Over a span of nine 90-minute sessions, the clinician assessed progress using the PTSD Checklist for DSM-5 (PCL-5; Weathers et al., 2013) to measure PTSD symptoms; the International Trauma Questionnaire (ITQ; Cloitre et al., 2018), which measures C-PTSD symptoms according to the criteria of the World Health Organization (WHO) International Classification of Diseases, 11th revision (ICD-11); the Child-Parent Relationship Scale (CPRS; Pianta, 1992), which measures connection and conflict in the caregiver-child relationship; and the Subjective Units of Distress (SUD) scale (Wolpe, 1969), which rates the client's current level of distress or discomfort. The clinician also used the self-report questionnaire Helpful Aspects of Therapy (HAT; Llewelyn et al., 1988) and the Change Interview (CI) method (Elliott et al., 2001) to measure client experience and perspective. After

treatment with AIT, the client no longer met criteria for C-PTSD and showed dramatic improvement in intergenerational relationship satisfaction. In addition, there was a rapid reduction of hard to eradicate C-PTSD symptoms as well as reduction in the quantity and intensity of fibromyalgia induced pain. Use of AIT with caregivers could interrupt the transmission of intergenerational trauma thereby reducing or preventing ACEs by increasing emotional regulation and resilience.

Aging and Elderly

Cholifah, N., Sukarmin, & Kholiq, A. (2020). The Effectiveness of the Combination Therapy of Emotional Freedom Technique - Murottal Alqur'an on Blood Pressure of the Elderly with Hypertension. *Advances in Health Science Research, 24.* DOI: 10.2991/ahsr.k.200311.029

Background: The health care coverage of elderly in Wonogiri, Indonesia in 2014 reached 108.002 (65.19%) of the 165.685 elderly, and in Jatiroto Sub-District there were 2.072 of the total of 3.164 elderly who got health care. The report from Wonogiri Departement of Public Health (2013), the case of Non-Communicable Diseases (NCDs) of hypertensive patients in 2012 as many as 37.865 cases and 15.250 elderly with hypertension. It made Wonogiri Regency in the fourth place (49.5%) of the highest hypertension prevalence districts/cities in Indonesia and the first place in Central Java. This study attempts to identify the effect of combination therapy of Emotional Freedom Technique - Murottal Alqur'an on elderly's blood pressure with hypertension in Jatirejo of Jatiroto Subdistrict, Wonogiri Regency.
Method: This study employed the quasi-experimental research with pre-test and post-test non-equivalent control group. The sample of research consisted of 34 respondents with non-probability sampling techniques chosen by purposive sampling. The instruments used are digital spigmomanometer, observation sheets, questionnaires demographics, MP3 media player with reverberate standard settings (40-60 dB, 300-340 Hz) and a head set/earphones. To analyze the data, the Paired Sample T- Test, Independent Sample T-Test and Kendall's Tau-β were used.
Results and Conclusion: (1) there are significant differences before (pre-test) and after (post-test) giving treatment of the combination therapy EFT - Murottal Alqur'an on blood pressure in the intervention group (ρ <0.001 systolic ; ρ <0.001 diastolic), (2) there are no significant differences the first (pre-test) and the final observation (post- test) on blood pressure in the control group (ρ: 0.889 systolic ; ρ: 0.169 diastolic), (3) there are the average difference in blood pressure (systolic-diastolic) that significant differences between the intervention and control group with ρ <0.001, (4) there are the strong effect of combination therapy EFT - Murottal Alqur'an on the decrease of systolic and diastolic blood pressure (ρ <0.001; r value -.507 systolic and -.526 diastolic).

Fitri, R. (2020). The Effectiveness of EFT to Reduce Anxiety in the Face of Degenerative Disease in the Elderly Viewed from Social Support. *Al Ulya: Journal of Islamic Education, 5* (1), 52-66. https://doi.org/10.36840/ulya.v5i1.240

Elderly is a phase of reduced physical ability and the emergence of various diseases that affect psychological conditions, one of which is anxiety. The same thing is experienced by Further age who has low social support. Lack of attention and affection can increase anxiety. One therapy that can be used is the Emotional freedom technique (EFT). This study uses an experimental approach with the pretest-posttest control group design technique. The random sampling method is used to select 20 subjects based on several criteria. Based on the results of identification conducted by researchers found that 20 participants experienced high and moderate anxiety where 10 participants had moderate to high social support, while 10 participants had low social support. Subjects were divided into two groups: the experimental group and the control group. The results showed that there was a very significant correlation between EFT and Anxiety which meant that the higher the EF value, the anxiety would decrease. The results of the second hypothesis are concluded that there is no difference in anxiety both of those who have high or low social support. Social support is also influenced by each individual's perception.

Harbottle, Lynn. (2019). Potential of emotional freedom techniques to improve mood and quality of life in older adults. *British Journal of Community Nursing, 24*(9). https://doi.org/10.12968/bjcn.2019.24.9.432

Emotional freedom techniques (EFTs) are an innovative combined somatic and cognitive therapy. Derived from key principles within traditional Chinese medicine, they incorporate elements of exposure, cognitive and other conventional psychotherapies. Increasing evidence suggests that EFTs are effective in treating various physical and psychological conditions and across several population groups. Studies indicate that the somatic component is essential to its ease of use, rapid effect and durability of results. EFTs can be used as self-help tools or applied therapeutically in groups or individually. There is a lack of research specifically examining its applicability to older adults, but a ground-breaking project with nurses in France suggests that EFTs may offer significant potential to moderate pain and stress levels and to improve mood, interaction and quality of life among this group, including those with multiple and complex comorbidities.

Anger

Kwon, C. Y., & Lee, B. (2025). Effectiveness of psychotherapy for Hwa-Byung: A systematic review of interventional studies. *Medicine, 104*(6), e41315. https://doi.org/10.1097/MD.0000000000041315

Background:
This systematic review aimed to review and synthesize the effects of different psychotherapies on Hwa-Byung (HB), a Korean culture-bound syndrome.
Methods:
Ten electronic databases were comprehensively searched for interventional studies on psychotherapy, including language-based communication, for patients with HB, published until July 2023. The Cochrane risk-of-bias assessment tool and risk-of-bias in non-randomized

studies of interventions were used to assess the methodological quality of the included studies.
Results:
Nine studies including 7 controlled clinical trials were included. Interventions encompassed 6 types: acceptance and commitment therapy, Adlerian counseling, integrated counseling, emotional freedom technique, art therapy, and psychotherapeutic programs for HB treatment. Except for the 2 types of counseling, all interventions were implemented in a group format, with total sessions ranging from 4 to 15 (average 8.11). Most interventions significantly improved HB symptoms compared to the waitlist or before-and-after comparisons. In the before-after comparison, the most frequently reported outcome of effectiveness was the HB Scale total score (100%, 6/6), followed by state anger (50%, 3/6), and state anxiety (50%, 2/4). For other outcomes, statistically significant positive results were reported in less than half of the cases, or there were only a small number of reported cases.
Conclusions:
To our knowledge, this systematic review comprehensively investigated the effectiveness of psychotherapy for HB and found evidence for some psychotherapies not previously presented in the clinical practice guidelines for HB. However, methodological limitations, including the lack of an appropriate control group, make it difficult to obtain high-quality evidence on psychotherapy for HB.

Kwak, H. Y., Choi, E. J., Kim, J. W., Suh, H. W., & Chung, S. Y. (2020). Effect of the Emotional Freedom Techniques on anger symptoms in Hwabyung patients: A comparison with the progressive muscle relaxation technique in a pilot randomized controlled trial. *Explore, 16*(3), 170–177. https://doi.org/10.1016/j.explore.2019.08.006

Context: 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, and progressive muscle relaxation (PMR) is a therapeutic method that relieves physical and psychological tension by repeated tensing and relaxation of the muscles.
Object: In this study, we compared the effects of EFT and PMR in patients with Hwabyung.
Design: 40 patients were enrolled and randomized 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.
Main outcome measures: 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.
Result: 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.

Konig, N., Stever, S., Seebacher, J., von Prittwitz, Q., Bliem, H. & Rossi, S. (2019). How therapeutic tapping can alter neural correlates of emotional prosody processing in anxiety. *Brain Science, 9,* 206; doi:10.3390/brainsci9080206.

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.

Suh H-W, Choi E-J, Kim S-H, Kim DH, Kim L-H, Kim J-W, et al. (2016). Current Trends in Intervention Studies of Hwabyung in Korean Medicine. *Journal of Oriental Neuropsychiatry,;27(*4):261-74.**

Objectives: To determine the general characteristics of clinical studies about Hwabyung and assess their limitations and alternatives.
Methods: Clinical studies that examined the effects of traditional Korean medicine intervention on Hwabyung were included in this study. A systematic search of English, Chinese, Japanese, and Korean databases was performed. The characteristics of included articles were described and those articles were assessed by Risk of Bias (RoB) tool or Risk of Bias for Nonrandomized Studies (RoBANS) tool.
Results: Sixteen articles were selected from 1,826 articles. Most clinical studies about Hwabyung were published in Korea. The number of conducted trials was insufficient. The prevailing study design was randomized controlled trial. Traditional Korean medicine intervention used in the trials were acupuncture, herbal medicine, counselling, meditation, **emotional freedom technique (EFT),** music therapy, art therapy, and multi-intervention program. Herbal medicine study used placebo as control while non-pharmacological intervention study mostly used no treatment as control. Most of the trials were supported by the government. Therefore, financial conflict of interest might not exist for results. We judged that some studies had a high risk of bias. In general, most of the studies with a high risk of bias were non-pharmacological intervention studies, and the risk of bias was mainly due to lack of blinding.
Conclusions: More clinical studies of Hwabyung are needed. There are some issues about a suitable comparison and effective blinding strategy for non-pharmacological study. Improving methodological quality is required.

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 Oriental Neuropsychiatry, 25*****(1), 29-38.**
DOI: 10.7231/jon.2014.25.1.029.

Objectives: The objective of this study was to examine the effects of Emotion Freedom Techniques (EFT) group treatment program for Hwa-byung (suppressed anger) patients.
Methods: Thirteen Hwa-byung patients participated in a four-week program of EFT group treatment. One-hour sessions were administered weekly. Between sessions, participants self-administered EFT in order to control their symptoms. Four weeks after the program ended, we interviewed the participants using a semi-structured interview. Data collected was summarized using qualitative analysis.
Results: The EFT group treatment program produced positive effects in physical, cognitive and emotional symptoms. Most of the participants experienced relief from Hwa-byung symptoms like chest tightness, hot flashes, and insomnia. Their ability to cope with stress improved and their re-experiencing of past memories decreased. Their distorted self-images were improved. A decrease in negative emotions and an increase in positive emotions was noted. Participants were able control their symptoms between sessions with EFT. In addition, the group therapy format helped participants to develop social support.
Conclusions: 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.

Anxiety

Choi, S. H., Sung, S.-H., & Lee, G. (2025). Emotional Freedom Techniques for Anxiety Disorders: A Systematic Review. *Healthcare*, *13*(17), 2180. https://doi.org/10.3390/healthcare13172180

Background/Objectives: This systematic review evaluated the efficacy and safety of Emotional Freedom Techniques (EFT) for anxiety disorders, compared with conventional and alternative therapies. Methods: A comprehensive literature search was conducted across nine electronic databases up to February 2025, including only parallel-group randomized controlled trials (RCTs) that investigated EFT as a standalone intervention for anxiety symptoms. The methodological quality of the included studies was assessed using the Cochrane Risk of Bias 2.0 tool. Results: Seven RCTs with 506 participants were included. Populations ranged from clinical to non-clinical groups. EFT interventions varied in duration (1–56 sessions), with control groups including no treatment, supportive interviews, cognitive behavioral therapy (CBT), breathing therapy, and progressive muscle relaxation. All six studies comparing EFT to no intervention reported significant reductions in anxiety symptoms in favor of EFT. Compared to active controls, EFT showed similar or superior effects to breathing therapy and muscle relaxation but no significant difference from CBT. Most studies showed “some concerns” in risk of bias, mainly due to self-reported outcomes and lack of blinding. Conclusions: EFT appears to be a promising and safe complementary intervention for reducing anxiety symptoms, with additional benefits for related psychological outcomes. However, methodological limitations and heterogeneity among studies preclude firm conclusions. High-quality RCTs using standardized protocols and objective outcome measures are warranted to confirm these findings and to explore the effectiveness of EFT as an adjunct to conventional therapies.

Zheng, D., Lin, X., Gao, X., Wang, L., & Zhu, M. (2025). The impact of emotional freedom techniques on anxiety, depression, and anticipatory grief in people with cancer: A meta-analysis and systematic review. *Journal of Psychosomatic Research, 192,* 112088. https://doi.org/10.1016/j.jpsychores.2025.112088

Objective

Emotional Freedom Techniques (EFT) is a self-healing method that combines Eastern meridian acupuncture and Western psychology. This meta-analysis evaluates the efficacy of EFT in reducing anxiety, depression, and anticipatory grief symptoms in people with cancer.

Methods

A comprehensive search was conducted across nine databases, including Cochrane Library, Embase, PubMed, Web of Science, Google Scholar, CBM, WeiPu, CNKI, and WanFang, up to May 2024. We included randomized controlled trials (RCTs) focused on EFT's effects on psychological symptoms and well-being in people with cancer. Eligible RCTs were screened, quality-assessed, and analyzed using RevMan 5.3 software.

Results

From 1026 articles, ten RCTs met the inclusion criteria, involving 774 patients (388 in the EFT group and 386 in the control group). EFT reduced symptoms of depression (MD = –7.41, 95 %

CI [−9.32, −5.51], *P* < .001) and anxiety (MD = −7.92, 95 % CI [−11.01, −4.83], *P* < .001). For anticipatory grief, EFT improved symptoms related to sadness, anger, death attitude, somatic symptoms, religious comfort, and perceived social support, but did not affect disease adjustment, self-awareness, or psychological distress. EFT also improved sleep quality (MD = −1.96, 95 % CI [−2.80, −1.13], P < .001).
Conclusion
EFT significantly alleviates anxiety, depression, and certain aspects of anticipatory grief, as well as sleep issues in people with cancer, though it shows limited efficacy in psychological distress, disease adjustment, and self-awareness. Further research should standardize outcomes to verify EFT's comprehensive benefits.

Zhou, X., Zhang, G., Chen, D., Yao, H., & Wang, Q. (2025). The efficacy of auricular acupressure combined with emotional freedom techniques on the postoperative pain and anxiety state of patients with lower limb fractures: A randomized clinical controlled trial. *Medicine, 104*(5), e41401. DOI: 10.1097/MD.0000000000041401

Background: Lower limb fractures cause local pain, swelling, ecchymosis, and dysfunction. Clinically, incision and reduction surgery are often employed to treat lower limb fractures. However, postoperative pain can be intense, leading to adverse emotions that hinder subsequent recovery.
Methods: A total of 99 postoperative patients with lower limb fractures were randomly divided into 3 groups: the control group (routine care, 33 patients), the auricular acupressure group (routine care plus auricular acupressure, 33 patients), and the combined group (routine care, auricular acupressure, and emotional freedom techniques [EFT], 33 patients). Pain levels were measured using the visual analog scale (VAS), and anxiety levels were measured using the self-rating anxiety scale (SAS) at various time points post-intervention. Patient satisfaction with nursing care was also evaluated at the end of the intervention.
Results: The VAS scores in the combined group were significantly lower than those in the auricular acupressure and control groups at 4, 12, 24, and 48 hours post-intervention (P < .05). Additionally, the SAS scores in the combined group were significantly lower than those in the auricular acupressure and control groups at 72 hours post-intervention (P < .05). The combined group also reported significantly higher satisfaction with nursing care compared to the other 2 groups at the end of the intervention (P < .05).
Conclusion: Auricular acupressure combined with EFT effectively reduces pain levels, alleviates anxiety, and increases patient satisfaction with nursing care in postoperative patients with lower limb fractures.

Azzizadeh F., Taebi, M., Samarehfekri, A., & Rashidipour, N. (2024). The effect of emotional freedom techniques on test anxiety in Iranian Paramedical students: A randomized controlled trial study. *Annals of medicine and surgery (2012)*, *86*(5), 2745–2751. https://doi.org/10.1097/MS9.0000000000002023

Background: Based on evidences, there has been no study conducted on the effects of emotional freedom techniques on Iranian medical students. Therefore, the present study aims to investigate the impact of emotional freedom techniques on examination anxiety in Iranian nursing and allied students.
Methods: This randomized controlled clinical trial study was conducted in 2021. The sample

included students from the School of Nursing and Midwifery and the School of Paramedical Sciences enrolled from the second to eighth semesters. Based on inclusion criteria, 30 students were assigned to each group. The test anxiety questionnaire was utilized to assess the test anxiety of students. The educational sessions in the intervention group were structured according to the Church's educational package and were delivered in six non-face-to-face (online) sessions, each lasting 45 min, once a week. In the control group, no intervention was implemented. All statistical analyses were performed using IBM SPSS Statistics software version 24 (IBM SPSS Statistics).
Results: The mean age of students in the intervention and control groups were 25.22±1.85 and 22.80±1.80 years, respectively. After the intervention, the mean examination anxiety in the experimental group (50.88) significantly decreased to within the moderate range (25-75), compared to the mean examination anxiety in the control group (65.36) within the same range (P<0.001). Furthermore, the ANCOVA analysis indicated that the group and examination anxiety before the intervention were statistically significant.
Conclusion: This positive impact on test anxiety is particularly promising for medical sciences students, who often endure heightened stress levels due to the rigorous nature of their studies and the demands of their profession.

Chong, E. (2024). Evaluating the efficacy of Emotional Freedom Technique (EFT) for anxiety reduction (2024-78562-028; Issues 9-B) [ProQuest Information & Learning]. Dissertation Abstracts International: Section B: The Sciences and Engineering, 85(9-B). ProQuest Information & Learning. ISBN: 979-8381761115. https://proxy.library.kent.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2024-78562-028&site=ehost-live

Anxiety represents a highly debilitating mental health challenge and is one of the most popular behavioral disorders in the United States. Particularly concerning is the escalating prevalence of anxiety among university students, which can profoundly impact academic performance and overall mental well-being. Despite the availability of effective treatments, individuals often encounter delays or avoid seeking appropriate care.
Addressing anxiety management strategies within education settings holds the potential to enhance optimal academic success. There is a pressing need for evidence-based self-help tools that are therapeutic, cost-effective, and practical for university students experiencing anxiety. In response to the need, this clinical scholarly project investigates the efficacy of the Emotional Freedom Technique (EFT) in mitigating anxiety symptoms in a convenience sample of 15 university students ages 18-50, attending Stanton University over four weeks. Data were collected utilizing demographic questionnaires and clinically validated assessment instruments such as the Generalized Anxiety Disorder-7 (GAD-7) screening. In this clinical scholarly project, the findings revealed a decrease of 4.5 points in Generalized Anxiety Disorder -7 (GAD-7) scores following the four weeks of EFT intervention.

Emadi, S., Hekmat, K., Abedi, P. & Maraghi, E. (2024). Effect of emotional freedom technique on the fear of childbirth in Iranian primiparous women: a randomized controlled trial. ***Front. Psychol.,Sec. Psychology for Clinical Settings. Volume 14.*** https://doi.org/10.3389/fpsyg.2023.1145229

Background: Fear of childbirth is one of the main causes of women's emotional difficulty experienced in the perinatal period, especially those having their first child.
Objective: The aim of this study was to investigate the effect of emotional freedom technique (EFT) on the fear of childbirth among primiparous women in Ahvaz, Iran.
Materials and methods: This randomized clinical trial was conducted on 116 primiparous women. The participants were randomly divided into intervention ($n = 58$) or control ($n = 58$) groups. The intervention group received daily stimulation of certain points in their body for 12 weeks using EFT. The fear of childbirth was measured at the beginning of the study and 12 weeks after the intervention using the Wijma Delivery Expectancy/Experience Questionnaire (WDEQ-A) and at the first postpartum visit with WDEQ-B. Data were analyzed using independent *t*-test, paired *t*-test, Chi-square or Fisher's exact test, and analysis of covariance (ANCOVA).
Results: After intervention, the mean score of fear of childbirth in the intervention group decreased from 49.39 ± 8.21 to 40.42 ± 13.43 ($p < 0.0001$), while the same rate in the control group increased from 49.47 ± 9.06 to 52.09 ± 7.73 ($p = 0.002$). The mean score of fear of childbirth after delivery in the control group (45.88 ± 7.10) was higher than that in the intervention group (27.13 ± 5.08) ($p < 0.0001$).
Conclusion: Based on the findings of this study, EFT can be considered as an effective method to reduce the fear of childbirth score in primiparous women.

Forouzi, M. A., Taebi, M., Samarehfekri, A., & Rashidipour, N. (2024). The effect of emotional freedom techniques on test anxiety in Iranian Paramedical students: a randomized controlled trial study. *Annals of Medicine and Surgery*. https://doi.org/10.1097/ms9.0000000000002023

Background:
Based on evidences, there has been no study conducted on the effects of emotional freedom techniques on Iranian medical students. Therefore, the present study aims to investigate the impact of emotional freedom techniques on examination anxiety in Iranian nursing and allied students.
Methods:
This randomized controlled clinical trial study was conducted in 2021. The sample included students from the School of Nursing and Midwifery and the School of Paramedical Sciences enroled from the second to eighth semesters. Based on inclusion criteria, 30 students were assigned to each group. The test anxiety questionnaire was utilized to assess the test anxiety of students. The educational sessions in the intervention group were structured according to the Church's educational package and were delivered in six non-face-to-face (online) sessions, each lasting 45 min, once a week. In the control group, no intervention was implemented. All statistical analyses were performed using IBM SPSS Statistics software version 24 (IBM SPSS Statistics).
Results:
The mean age of students in the intervention and control groups were 25.22±1.85 and 22.80±1.80 years, respectively. After the intervention, the mean examination anxiety in the experimental group (50.88) significantly decreased to within the moderate range (25–75), compared to the mean examination anxiety in the control group (65.36) within the same range ($P<0.001$). Furthermore, the ANCOVA analysis indicated that the group and examination anxiety before the intervention were statistically significant.

Conclusion:
This positive impact on test anxiety is particularly promising for medical sciences students, who often endure heightened stress levels due to the rigorous nature of their studies and the demands of their profession.

Friedman, P. (2024). Changes in Cognitive-Affective Balance, Life Balance, Depression, Anxiety, Self-Forgiveness, Psychological Flexibility, Valuing, Well-being, Spiritual Awakening, the Working Alliance, and Outcome in Psychotherapy: **A Case Study.** ***Int J Healing & Caring, 24*****(2).**

This article demonstrates that the major change ingredients during psychotherapy over 20 sessions are cognitive-affective balance and life balance.
Methods: This practice-based evidence approach demonstrates how to measure change, using digital assessments by Pragmatic Tracker and Blueprints weekly on a wide variety of empirical measures. The article utilizes the ICBEST model for psychotherapeutic interventions. Some of the specific interventions utilized in this case study include energy tapping, acceptance and commitment therapy, integrated forgiveness therapy, guided imagery, re-scripting, bilateral stimulation, breathing, meditation, psychological uplifter, the flash technique, "love in all directions" and "spiritual awakening'' tools.
Results: Graphs of change show significant and often dramatic changes on digital assessments measured online by Pragmatic Tracker and Blueprint.
Conclusion: Although this was a case study of one client, the Cognitive- Affective Balance (CAB) and the Life Balance (LB) model for measuring change seem to apply to many change processes and particularly to most, if not all psychotherapy cases. Using the digital assessment systems developed by Pragmatic Tracker and Blueprint, it is relatively easy to measure these variables session by session, and track changes within a practice-based evidence model.

Friedman, P. & Freedom, J. (2024). Changes In Cognitive-Affective Balance And Flexibility, Life Balance, Depression, Anxiety, Self-Forgiveness, Valuing, Well-Being, Spiritual Awakening, Cognitive Fusion, Experiential Avoidance, The Working Alliance, And Outcome In Psychotherapy*, Int. J. Healing & Caring, 24***(3).**

This practice-based evidence approach demonstrates how to measure change, using digital assessments by Pragmatic Tracker and Blueprints weekly on a wide variety of empirical measures. The article utilizes an ICBEST model for psychotherapeutic interventions. Some of the specific interventions utilized in this case study include integrated forgiveness therapy, the positive pressure point techniques, guided imagery, re-scripting, bilateral stimulation, breathing, meditation, psychological uplifter, the flash technique, "love in all directions", and "spiritual awakening'' tools. Graphs of change show significant and often marked changes on digital assessments measured online by Pragmatic Tracker and Blueprint. Therapeutic progress is also indicated by the typed exercises the client shared over the course of the 22 sessions. Major ingredients of change during psychotherapy with this client were cognitive-affective balance, cognitive-affective flexibility and life balance.

Güven Santur, S., & Özşahin, Z. (2024). The Effects of Emotional Freedom Techniques Implemented During Early Pregnancy on Nausea-Vomiting Severity and Anxiety: A

Randomized Controlled Trial. ***Journal of Integrative and Complementary Medicine*****.** https://doi.org/10.1089/jicm.2023.0586

Objective: This randomized controlled trial investigated the effect of emotional freedom techniques (EFT) on the severity of nausea-vomiting and anxiety in early pregnancy.
Design: The sample consisted of 131 pregnant women in the experimental and control groups between 6 and 16 weeks of pregnancy attending an antenatal clinic. Participants were randomly assigned to receive training on EFT or a control group. Data were collected using a personal information form, subjective experiences, the Pregnancy-Related Anxiety Questionnaire, and the Pregnancy-Unique Quantification of Emesis. Both groups attended two visits, a week apart. The participants in the EFT group received a session of EFT at each visit and completed two EFT sessions as home assignments, 2 and 4 days after the first visit. The participants in the control group attended two visits a week apart and completed assessments but did not receive EFT.
Results*:* There were 55 women in each group who completed the study, and the groups were similar in terms of baseline measures, including socioeconomic status, smoking status, previous pregnancy, severity of nausea-vomiting, and total pregnancy-related anxiety. EFT significantly reduced anxiety levels from the baseline to the second session (fear of delivery, worries about bearing a handicapped child, concern about one's own appearance) and total pregnancy-related anxiety (total pretest 29.85 ± 9.87, post-test 20.67 ± 8.38; $p < 0.001$), while the control group showed no reduction in pregnancy-related anxiety (total pretest 26.1 ± 7.79, post-test 25.98 ± 8.49; $p = 0.933$). Although nausea-vomiting was reduced in both groups over the two-session period, at the end of treatment, the EFT group had significantly lower nausea intensity (EFT group 4.4 ± 1.81, control group 5.36 ± 2.48; $p = 0.02$).
Conclusions: EFT is a nonpharmacologic intervention that can be effective in reducing nausea, vomiting, and anxiety in early pregnancy.

Jameela, S., & Thapa, K. S. (2024). A study to assess the effectiveness of emotional freedom techniques on anxiety among wives of alcoholics. ***Journal of Pharmacy and Bioallied Sciences, 16*****(3).** https://doi.org/10.4103/jpbs.jpbs_551_24

Anxiety is an unpleasant feeling that is typically associated with uneasiness, fear, or worry. It is a normal human emotion that everyone experiences at times many people feel anxious or nervous, when faced with a problem at work, before making an important decision. Anxiety in extreme form, may cause distress which interferes with a person's ability to lead a normal life.
Aims:
This Study aims is to assess the effectiveness of Emotional Freedom Techniques on Anxiety Among Wives of Alcoholics
Method:
A quasi-experimental nonequivalent research design with a nonprobability sampling technique was used to conduct a study among 30 wives of alcoholic patients. A generalized anxiety disorder scale (7-point scale) was used to assess the level of anxiety among alcoholic wives. Confidentiality was maintained throughout the research. The data were analyzed by using descriptive statistics and inferential statistics.
Result:
The result shows that in the pretest, 70 (70%) had no anxiety, 12 (12%) had mild anxiety, and 18 (18%) had moderate anxiety whereas in the post-test, 85 (85%) had no anxiety, 13 (13%) had mild anxiety, and 2 (2%) had moderate anxiety among wives of alcoholics.

Conclusion:
This study revealed that among wives of alcoholics, a significant proportion had anxiety about the alcoholic spouse by Emotional freedom techniques.

Marzban, A., Akbari, M., Moradi, M., & Fanian, N. (2024). The effect of emotional freedom techniques (EFT) on anxiety and caregiver burden of family caregivers of patients with heart failure: A quasi- experimental study*. Journal of Education and Health Promotion, 13,* 128. https://doi.org/10.4103/jehp.jehp_609_23

Family members are at the forefront of providing care to patients with chronic illnesses, such as heart failure (HF). Since patient caregiving can affect the mental and physical health of family caregivers, the implementation and training of new psychological interventions by nurses are considered important and necessary for family caregivers. Therefore, the aim of this study was to evaluate the effect of emotional freedom techniques (EFTs) on anxiety and caregiver burden of family caregivers of patients with HF.
Materials and Methods:
This study was a quasi-experimental study, in which 91 family caregivers participated. The family caregivers were assigned into two groups of intervention (n = 46) and control (n = 45). Data were collected using a demographic information form, Zung Self-Rating Anxiety Scale (SAS), and Caregiver Burden Inventory (CBI) developed by Novak and Guest. The intervention group underwent EFT training within six sessions, while the control group received no training. Descriptive statistics (mean, standard deviation, and absolute and relative frequency) and inferential statistical tests such as Chi-square, Fisher's exact, and independent t-tests were run, and the data were analyzed by Statistical Package for the Social Sciences (SPSS) version 23 software.
Results: The findings showed that the intervention group had a significant improvement in reducing anxiety ($P > 0.001$). In addition, EFT significantly reduced caregiver burden among family caregivers of HF patients ($P > 0.001$).
Conclusion: EFT could significantly reduce anxiety and caregiver burden in family caregivers of patients with HF in our study. Therefore, nurses working in clinical settings are recommended to learn and use EFT to reduce the anxiety and caregiver burden of patients' family caregivers.

Pujol, A. (2024). Energy psychology for social anxiety and erythrophobia: A case study. ***Energy Psychology: Theory, Research, and Treatment, 16(1), 19–34.***
doi 10.9769/EPJ.2024.16.1.AP

Background: The intense fear of blushing in public (erythrophobia) is part of the spectrum of social anxiety that affects between 3% and 13% of the population. This phobia can be very debilitating for those who suffer from it. It may stem from a difficult childhood marked by educational attitudes based on shame and humiliation as well as repeated traumatic experiences.
Object: The aim here is to explain in detail how the energy psychology techniques Clinical EFT (the manualized form of Emotional Freedom Techniques) and Energetic Memory Reconsolidation Therapy function in practice, as applied to "Jeanne," a young woman suffering from social anxiety and erythrophobia following a chaotic start in life.
Method and setting: The therapeutic plan was drawn up on the theoretical basis of the scientific literature on energy psychology, which has produced convincing results in the

treatment of trauma and anxiety. The therapy was threefold: (a) learning to manage anxiety autonomously using Clinical EFT, (b) trauma treatment using Energetic Memory Reconsolidation Therapy, and (c) psycho-education. Jeanne had a total of 15 sessions, two of which are detailed here to illustrate the work. At the start of each session, the SUD (Subjective Units of Distress) scale was used to rate the level of blushing anxiety (the scale ranges from 0 to 10, with 0 being no distress and 10 being the most imaginable).
Results: The level of anxiety decreased from 9/10 to 3/10 between the first and last sessions. In addition, the number of problem situations encountered (blushing having generated negative emotions) dropped from 5 per week to 0 per week between the beginning and end of therapy. Jeanne's goal of not blushing at her wedding was achieved. She was able to experience the event without worrying about or even thinking about the anxiety.
Conclusion: Psychotherapy based on energy techniques enabled me to treat Jeanne's social anxiety and erythrophobia in depth by targeting the sources while giving her access to an emotional regulation tool to use independently: Clinical EFT.

Qi, W., Xinyi, Y., Yuhan, W., Wenwen, Y., & Yan, S. (2024). The effect of emotional freedom techniques on anxiety depression and sleep in older people living with HIV: a randomized controlled trial. *AIDS Research and Therapy*, *21*(1), 94.
https://doi.org/10.1186/s12981-024-00679-4

Objective: To investigate the effect of Emotional Freedom Techniques on anxiety, depression and sleep in older people living with HIV (PLWH).
Methods: 70 older PLWH experiencing anxiety, depression, and sleep disorders were randomly divided into control and experimental groups using a random number table system (RNT), with 35 participants in each group. The experimental group received Emotional Freedom Techniques once a day for 15–20 min as part of their routine care and health counselling, and the intervention lasted for 2 weeks. The control group received standard nursing care and health guidance. The two groups were assessed using the Pittsburgh Sleep Quality Index (PSQI) and the Hospital Anxiety and Depression Scale (HADS) to measure changes in anxiety, depression, and sleep quality before and after the intervention.
Results: There are totally 67 participants in the trial. In the EFT group ($n=33$), PSQI scores decreased from 12.36 ± 2.409 to 9.15 ± 2.476(mean ± SD $P<0.001$), HA scores decreased from 12.39 ± 2.344 to 9.12 ± 2.176(mean ± SD $P<0.001$), HD scores decreased from 11.58 ± 1.969 to 8.94 ± 2.015 (mean ± SD $P<0.001$), compared with no change in the usual care group ($n=34$). The EFT group showed significantly lower post-intervention scores than the control group on all scales ($P<0.001$), indicating the effectiveness of the intervention.
Conclusion: Emotional Freedom Techniques can effectively alleviate anxiety and depression in older PLWH and improve their sleep quality.

Wang, J., Yan, T. L., & Zhaoyu, D., (2024). The Effect of Emotional Freedom Technique (EFT) on Psychosomatic Health: A Traditional Chinese Medicine (TCM) Pilot Study. *J CAM Res Progress, 3*(1): 116. https://doi.org/10.33790/ jcrp1100116

Aim: To investigate whether Emotional Freedom Technique (EFT) can improve emotional and psychosomatic health through clinical trials, and to further explore the relationship between Emotional Freedom Technique and traditional Chinese medicine.
Methods: 30 participants with psychosomatic sub-health states and psychosomatic diseases

were selected for a randomized controlled study from July to October 2022. A 4-week training regimen based on Emotional Freedom Technique for the treatment group and no intervention for the control group. Both groups filled in the corresponding questionnaires at 3 timepoints. Finally, the score and change of each scale were sorted out and the data were analysed by statistical methods. The relationship and prospect of Emotional Freedom Technique and traditional Chinese medicine were compared and analysed as well.
Results: After the training of the Emotional Freedom Technique, the Fatigue Assessment Inventory, Self-rating Anxiety Scale, Self-rating Depression Scale and Pittsburgh Sleep Quality Scale all decreased, and the changes were statistically significant. The results showed statistical differences before and after the training, indicating that the clinical trial effect of EFT was considerable.
Conclusions: Emotional Freedom Technique can improve psychosomatic health. It has an academic correlation with the meridian theory of traditional Chinese medicine, which also proves the correctness of the meridian theory. In today's post-COVID-19 era, the Emotional Freedom Technique, as a convenient, safe and effective method of mental health care, has played a protective role in people's psychological health.

Friedman, P. (2023). Change In Depression, Anxiety, Negative and Positive Affect, Life Balance, Self-Forgiveness, Psychological Flexibility, The Working Alliance, Outcome Measures and The Benefits Of Psychotherapy: Case Studies Of 2 Clients*. Int J Healing & Caring, 23*(2). https://doi.org/10.58717/ijhc.20232324

This article demonstrates the digital assessment of two clients over the course of ten therapy sessions. Of particular interest was the change that took place in these two clients during three ART (Accelerated Resolution Therapy) sessions numbered four, five and six. During this period of time there were very substantial changes on many measures using Pragmatic Tracker and Blueprint digital assessment platforms. The changes that took place in these two clients were consistent on some of the measures such as anxiety, cognitive fusion, experiential avoidance, valuing, life balance, self-forgiveness, outcome and the benefits of therapy. However, they differed on other digital assessment measures such as depression, negative affect, the working alliance, and especially spiritual awakening.

Friedman, P. (2023). Change in Emotional Stability, Self-Forgiveness, Life Balance, Cognitive-Affective Balance, Depression, Anxiety and Psychological Flexibility: A Case Study Using Assessments Used in the ICBEST and ACT Models of Therapy*. Int J Healing & Caring, 23*(1).

This article discusses the use of a digital assessment and tracking approach to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, 3 measures of psychological flexibility and the benefits/helpfulness of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), a client was assessed who was moderately depressed and anxious and had relationship problems with her ex-husband, father and sister during psychotherapy. This assessment occurred weekly and showed significant positive changes. One of the unique aspects of this clinical research is that the author was totally unfamiliar with all three psychological flexibility scales primarily developed for ACT therapy during the treatment process.

Friedman, P. & Freedom, J. (2023). A Practice-Based Evidence Approach To Change Pre, During And Post COVID-19 During Psychotherapy. *Int J Healing & Caring, 23*(3).

http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

In this article we discuss the use of a digital assessment and tracking approach to monitor changes in affect, emotional stability, depression, anxiety, happiness, life balance, beliefs, spiritual awakening, the working alliance, outcome, and benefits of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), two clients were assessed weekly, showing significant changes pre, during, and post COVID-19. The clients were monitored during therapy for 15 weeks; it took about nine weeks to recover to pre COVID-19 scores. Graphs in the article show these changes, which can be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Friedman, P., & Freedom, J. (2023). Brief psychotherapy of two cases with very different outcomes: Success and failure. http://www.societyforpsychotherapy.org/success_and_failure.

This article demonstrates the digital assessment of two clients over the course of five psychotherapy sessions with very different outcomes. One was very successful and the other minimally successful or possibly a "failure." Both clients experienced ART (Accelerated Resolution Therapy) in session four before terminating. They also did the exercises in chapters one, two, three, and four in the book "The Forgiveness Solution", as well as breathing exercises and the "Psychological Uplifter." During this period, there were substantial changes on many measures for one client using the "Pragmatic Tracker" and "Blueprint digital assessment platforms", and less change for the other client. The changes that took place in these two clients were demonstrated with measures such as depression, anxiety, negative and positive affect, life balance, cognitive fusion, experiential avoidance, valuing, affect balance, self-forgiveness, outcome, well-being, the working alliance, spiritual awakening, and the benefits of therapy. It appears that both clients benefitted from the ART intervention. Three ACT (Acceptance and Commitment Therapy) measures of psychological flexibility (cognitive fusion, experiential avoidance, and valuing) were used. Large differences were seen between the clients in the working alliance and spiritual awakening as well as the overall benefits of psychotherapy.

Hamne, G., Sandstrom, U. & Stapleton, P. (2023). Novel Ideas: Evaluation of a Brief Trauma Tapping Training and Single Session Application. *Int J Healing & Caring, 23(*3). https://doi.10.78717/ijhc.202323322

A challenge in conflict resolution and peace building efforts for regions affected by war and genocide is the treatment of conditions such as post trauma stress disorder. Previous examination of somatic based trauma approaches has indicated effectiveness with trauma in

conflict zones. This brief clinical note outlines one such approach (Trauma Tapping Technique, TTT) and its value in treating trauma in a single session, for future application as community-led approaches and in combat zones. There were 287 practitioners trained in the TTT across two sessions, who consulted with 1722 clients (males = 551, females = 1163). Significant reductions in subjective units of distress occurred across the one TTT session $F(1, 1721) = 4866.99$, $p<.001$. Qualitative analysis indicated anxiety and stress were the main conditions targeted. As a brief first aid trauma training, TTT appears to be effective as a model to achieve emotional regulation and distress amelioration in a single session. Limitations and further research opportunities are discussed.

Hope, T. (2023). The effects of Access Bars on depression, anxiety, and stress in police officers: A case series. *Energy Psychology: Theory, Research, and Treatment, 15*(2), 33–42.

Police officers in the United Kingdom (UK) have clinical levels of anxiety and depression and comorbid presentations of major depression and anxiety, at rates significantly higher than reported in the general population. Risk of stress is significant and posttraumatic stress disorder (PTSD) among police officers is now at a crisis level in the UK, affecting one in five officers. Complex PTSD (the result of chronic exposure to trauma) affects 12% of the working police population, resulting in a diminishing number of working officers. Access Bars, a noninvasive energy technique was evaluated for its effects on depression, anxiety, stress, and PTSD, presented either singularly or in a comorbid state using subjective self-report measures.
Methods: This case series included participants (n = 4) aged between 36 and 52 years who were police officers referred for treatment with a clinical diagnosis of one or more of depression, anxiety, stress, or PTSD. All participants had been previously treated with standardized methods and continued to present with mild to severe symptoms. Treatments were provided by a licensed Access Bars Facilitator at a naturopathic clinic in Hampshire, UK. The primary measure was the standardized self-report method, the Depression Anxiety Stress Scale–21 (DASS-21), with the addition of the Beck Anxiety Inventory (BAI) and the PTSD Checklist for DSM-5 (PCL-5) to evaluate PTSD in one participant. All were evaluated prior to receiving seven 60-minute sessions over seven weeks, with post evaluations upon completion of the last session.
Results: All methods of evaluation showed a decrease in scores for all post measurements. DASS-21 depression scores had the highest pre scores, with 75% in the extremely severe category. Mean scores declined from 31 to 7.5 (75%, $p = 0.02$). Mean anxiety scores decreased from 20 to 12 (59%, $p = 0.007$) and mean stress scores declined from 24 to 8.5 (64%, $p = 0.002$). A secondary classification of a single participant classified as “acute needs” (AN; n = 1) had additional psychometric evaluations using BAI and PCL-5. BAI scores decreased from 26 to 16 (38%, $p = 0.001$) and PCL-5 scores declined from 38 to 18 (20 points or 51%, $p < 0.001$). An 18-point decrease for PCL-5 is considered a clinically significant change.
Conclusion: Treatment with Access Bars showed a significant decrease in depression, anxiety, and stress in police officers where significant symptoms remained after standardized treatments. Simultaneous improvement was demonstrated in comorbid anxiety, depression, and stress. These results suggest that Access Bars shows promise as a treatment for depression, anxiety, and stress and may contribute to clinical improvement in PTSD.

Kaur Khaira, M., Gopal, R., Suriati, M., & Isa, Z. (2023). Interventional Strategies to Reduce Test Anxiety among Nursing Students: A Systematic Review. *International Journal of*

***Environmental Research and Public Health*, *20*(2), 1233.** http://dx.doi.org/10.3390/ijerph20021233
https://www.mdpi.com/1660-4601/20/2/1233

Nursing students are reported to have moderate to high test anxiety, leading to reduced academic performance, poor self-esteem, and failure to complete the program and practice nursing. This review aims to examine the interventions for test anxiety reduction in nursing students. Fol- lowing the PRISMA guidelines, peer-reviewed experimental studies published in English between 2016 and 2021 from four databases, EBSCOhost, PubMed, Science Direct, and Scopus, were systematically searched. The findings were presented in tabular and narrative form. Among the 722 studies retrieved, 14 selected studies were critically appraised, guided by the Joanna Briggs checklist for Randomized Controlled Trials and the checklist for Quasi-Experimental Studies, resulting in 11 studies for inclusion in the systematic review. Test anxiety was assessed by different scales. Aromatherapy hand massage, aromatherapy using a diffuser in combination with music therapy, confidence training for test relaxation, coping program, music therapy, emotional freedom technique, animal-assisted intervention, and guided imagery were all found to be effective in reducing test anxiety. In conclusion, while numerous interventions to reduce test anxiety in nursing students were found to be effective, the quality of the studies investigating these interventions was varied with generally small sample sizes and limited follow-up. Future research should be conducted, and the same interventions should be carried out using a larger sample size to strengthen the body of evidence.

López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023). Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. Open Access. *Journal of Clinical Nursing*. https://doi.org/10.1111/jocn.16634

Aims: To evaluate the effectiveness of eHealth interventions to reduce stress and promote mental health in healthcare professionals, and to compare the efficacy of different types of programs (guided vs. self-guided; third-wave' psychotherapies vs. other types).
Background: Healthcare workers present high levels of stress, which constitutes a risk factor for developing mental health problems such as depression and anxiety. eHealth interventions have been designed to reduce these professionals' stress considering that the characteristics of this delivery method make it a cost-effective and very appealing alternative because of its fast and easy access
Design: A systematic review of quantitative studies.
Methods: A comprehensive database search for quantitative studies was conducted in PubMed, EMBASE and Cochrane (until 1 April 2022). The systematic review was conducted in accordance with the PRISMA and SWiM reporting guidelines. The quality of the studies was assessed using the National Heart, Lung and Blood Institute tools.
Results: The abstracts of 6349 articles were assessed and 60 underwent in-depth review, with 27 fulfilling the inclusion criteria. The interventions were classified according to their format (self-guided vs. guided) and contents ('third-wave' psychotherapies vs. others). Twenty-two interventions emerged, 13 of which produced significant posttreatment reductions in stress levels of health professionals (9 self-guided, 8 'third wave' psychotherapies). Significant effects in improving depressive symptomatology, anxiety, burnout, resilience and mindfulness, amongst others, were also found.

Conclusion: The evidence gathered in this review highlights the heterogeneity of the eHealth interventions that have been studied; self-guided and 'third-wave' psychotherapy programs are the most common, often with promising results, although the methodological shortcomings of most studies hinder the extraction of sound conclusions.

Menevse, S. & Yavla, A. (2023). Effect of Emotional Freedom Technique applied to patients before laparoscopic cholecystectomy on surgical fear and anxiety: A randomized controlled trial. *Journal of PeriAnesthesia Nursing,* 6 October 2023. https://doi.org/10.1016/j.jopan.2023.07.006

Laparoscopic cholecystectomy is a surgical procedure where the gall bladder is removed through small punctures in the abdomen to permit the insertion of a laparoscope and surgical instruments. This study aimed to determine the effect of EFT on patients' surgical fears and anxieties before laparoscopic cholecystectomy. The research was conducted using a pretest, post-test, and randomized controlled experimental research design. A total of 112 patients treatment practices were applied to the control group, EFT was applied to the intervention group. A Patient Information Form, an Anxiety Specific to Surgery Questionnaire, a Surgical Fear Questionnaire, and Subjective Units of Disturbance (SUD) were used to collect the research data.
There was no significant difference between the groups in terms of descriptive and clinical features ($P > .05$). The post-test score averages of EFT group in the Surgical Fear Questionnaire, Anxiety Specific to Surgery Questionnaire, and SUD were significantly lower than in the control group ($P < .001$). The EFT significantly reduced the SUD scores of the patients by 54.4% ($P < .001$).
The authors concluded: EFT was found to be useful in clinical practice in the preoperative period, reducing surgery-specific anxiety and surgical fear. EFT can be recommended for application during the preoperative period in clinics.

Moradi M, Fanian N, Akbari M, Marzban A, Ardali SR. (2023). The Effect of Emotional Freedom Technique (EFT) on Anxiety and Caregiver Burden of Family Caregivers of Patients with Heart Failure: A Quasi-Experimental Study*. J Clin Images Med Case Rep 2023;*4(5):2430-7.

Purpose: The aim of this study was to evaluate the effect of emotional freedom techniques (EFT) on anxiety and caregiver burden of family caregivers of patients with heart failure.
Design and methods: This study was a quasi-experimental randomized study, in which 91 family caregivers participated. The family caregivers were assigned into two groups of intervention (n= 46) and control (n= 45). Data were collected by using demographic information form, Zung self-rating anxiety scale, and caregiver burden inventory developed by Novak and Guest. The intervention group underwent EFT training within 6 sessions, while the control group received no training.

Findings: The results of the study showed that the mean scores of anxiety and caregiver burden had a significant decrease in the intervention group in the post-test, compared to the control group ($p> 0.001$).
Implications: EFT could significantly reduce anxiety and caregiver burden in family caregivers of

patients with heart failure in our study. Therefore, nurses working in the clinical settings are recommended to learn and use EFT to reduce the anxiety and caregiver burden of patients' family caregivers.

Okyay, E. & Ucar, T. (2023). The effect of Emotional Freedom Technique and music applied to pregnant women who experienced prenatal loss on psychological growth, well-being, and cortisol level: A randomized controlled trial. *Archives of Psychiatric Nursing.* https://doi.org/10.1016/j.apnu.2023.04.027.
https://www.sciencedirect.com/science/article/pii/S088394172300064X

This research study from Turkey explored the effects of EFT and music applied to pregnant women who had experienced prenatal loss on their psychological growth, well-being, and cortisol level. This study was a randomized controlled trial with 53 pregnant women in each of three groups: an EFT group, a music group, and a control group. The study data were collected using the Subjective Units of Disturbance Scale (SUDS), Subjective Units of Experience (SUE) Scale, Post Traumatic Growth Inventory (PTGI), and WHO-5 Well-Being Index; saliva samples were taken for cortisol evaluation. EFT was applied to the women two times every other week; the women in the music group listened to music two times every other week. Throughout the week following the first intervention, the women continued the interventions at home.
Results: Both EFT and music significantly decreased the participants' **subjective anxiety** and salivary cortisol median scores; the lowest anxiety was in the EFT group. PTGI and WHO-5 Well-Being Index mean scores increased ($p<0.005$). Further analyses showed that EFT was more effective in terms of increasing well-being than music ($p<0.001$; $a>b>c$). It was determined that the anxiety levels and salivary cortisol median values of the control group were statistically significantly higher compared to the EFT and music groups ($p<0.001$).
Conclusion: It was found that EFT and music applied to the women who had experienced prenatal loss decreased anxiety, ensured psychological growth, improved well-being, and decreased salivary cortisol level.

Robbins, N., Harvey, K., & Moller, M. (2023). Emotional Freedom Techniques for Postpartum Depression, Perceived Stress, and Anxiety. *Nursing for Women's Health.* https://doi.org/10.1016/j.nwh.2023.09.005

Objective: To examine the effect of an Emotional Freedom Techniques (EFT) group intervention on perceived stress, depression, and anxiety symptoms in women in the postpartum period.
Design: A one-group pre- and posttest quasi-experimental design.
Setting/Local Problem: Postpartum depression (PPD) and anxiety affect nearly one in five women in the first 12 months after childbirth. The COVID-19 pandemic was associated with a significant worsening of symptoms of PPD, stress, and anxiety in this population. Mental health screening is the standard of care in perinatal settings. This practice has led to an increased rate of PPD and anxiety diagnoses and the need for evidence-based nonpharmacologic interventions to support mothers with PPD and anxiety.
Participants: Eleven mothers seeking care for lactation concerns who screened positive for PPD and anxiety symptoms.
Intervention/Measurements: A total of eight 1-hour group EFT sessions were offered to participants over a period of 4 weeks. During the group sessions, participants were taught how to perform the steps of EFT and apply it in a supportive group format. Measurement tools

included the Subjective Unit of Distress Scale, Edinburgh Postnatal Depression Scale, and Generalized Anxiety Disorder–7. The preintervention and postintervention scores of these tools were compared using a paired-samples t test.
Results: After implementing EFT as a group intervention, we observed a reduction in mental health burden experienced by women in the postpartum period. There was a statistically significant decrease in depression ($p = .003$), anxiety ($p < .001$), and perceived stress ($p < .001$) scores 1 month after the EFT intervention.
Conclusion: These findings suggest that EFT may be a viable adjunctive intervention for managing depression, anxiety, and stress in the postpartum period. Further research with larger and more diverse samples is needed to confirm these findings.

Tambunan, M., Suwarni, N. & Selviana, S. (2023). Effect of emotional freedom techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS), 12*(2), 545-553. doi: 10.11591/ijphs.v12i2.22403

The COVID-19 pandemic has had a massive impact on various aspects, including mental health, especially for people confirmed positive for COVID-19. People who are positively confirmed for COVID-19 tend to experience decreased immunity caused by feelings of anxiety, depression, and insomnia. Emotional freedom technique (EFT) has been proven to reduce mental health disorders but has never been applied to people who are positively confirmed for COVID-19. This study aimed to examine the effect of EFT therapy on mental health disorders (anxiety, depression, and insomnia) in COVID-19 patients in Pontianak City. This research method is quantitative with a quasi-experimental design in the COVID-19 isolation area provided by the Pontianak City government, namely Upelkes and Rusunawa in June 2021. The total sampling was employed consisting of 42 people. A validated questionnaire on anxiety, depression, and insomnia was employed as a research instrument. A repeated ANOVA test was used to analyze research data. The results showed that EFT therapy was effective in reducing anxiety, depression, and insomnia scores in positively confirmed people for COVID19 (p-value <0.05). EFT therapy can overcome mental health disorders experienced by people who are positively confirmed for COVID-19 and as an alternative therapy to speed up the healing process.

Bustamante-Paster A. (2022). The Efficacy of EFT on the Symptoms of Depression, Anxiety and Stress among College Students' during the COVID-19 Pandemic: Basis for the Development of Psychological Acupuncture Intervention. *International Journal of Multidisciplinary Research and Analysis,;5*(7):1626-41.

The study's major goal was to determine whether lockdowns, remote learning, and other significant changes brought on by the COVID-19 epidemic caused students at a locally supported institution in Laguna to feel depressed, anxious, or stressed. Students enrolled from 2020 to the present or during the pandemic's duration made comprised the study's participants. This was a quasi-experimental design. It was designed to find out if students were displaying signs of stress, anxiety, or depression. An intervention, Emotional Freedom Technique, has been used to mitigate and address their degree of depression, anxiety, and stress. The participants' age, sex, course, and year level demographics were also noted. The research used simple random sampling and the researcher called all the participants who met the criteria. Depression Anxiety Stress Scales (DASS) was utilized to determine their level of symptoms. Moderate to extremely severe symptoms had been invited to participate in the experiment.

Volunteered participants had been assigned to three experimental groups namely depression group, anxiety, and stress. Forty-five (45) participants had been subjected to 16 (sixteen) sessions of online intervention with a total of 48 sessions for three groups with an interval post-test within the sessions. Fortunately, after 16 sessions of the emotional freedom technique, the participants in the anxiety group had a baseline of 16.69 mean or severe but after three post-tests they became better as revealed by the last post-test mean of 4.84 or normal. As to depression, they had 22.77 mean or severe, but after sessions it was now 10.38 mean or mild. The participants had 25.50 mean or severe but afterwards 8.70 mean or normal in the stress group. Since quantifiable data has demonstrated how well the emotional liberation technique works, the hypothesis that it is ineffective for reducing the participants' levels of sadness, anxiety, and stress symptoms was rejected. Nevertheless, the researcher will create an intervention called "Psychological Acupuncture for Comfort" as the output for the study.

Ghorbani, S., & Solimanifar, S. (2022). The Effectiveness of Emotional Freedom Technique on Improving Alexithymia and Negative Mood in Women with Trait-State Anxiety. *Journal of Research in Behavioural Sciences*, *20*(3), 447-458.

Aim and Background: Emotional freedom technique (EFT) is one of the new therapies that can have a positive effect on emotional mood and mood swings with its positive effects on the physiology of the brain. The main purpose of this study was to evaluate the effectiveness of emotional freedom technique (EFT) training on improving emotional malaise and negative mood in women with mood-trait anxiety.
Methods and Materials: The design of the present study was a single case study of an experimental design. The statistical population of the present study was all women with trait anxiety who referred to counseling centers in Isfahan in the summer and fall of 1399, of which 3 had the criteria of trait-trait anxiety and in terms of entry and exit criteria and other characteristics. In terms of education, age, and economic and social status, they were similar; were chosen. Subjects answered the Toronto Alexithymia Questionnaire, Anxiety, Depression and Stress (DASS-21) and the Mental Disorders Checklist (SCL90). Then, the experimental group received 10 sessions of 90 minutes of emotional freedom technique training, while the control group did not receive any training. Data were analyzed using intra-situational and inter-situational analysis to analyze the effectiveness of the independent variable (EFT intervention) on dependent variables (emotional malaise and negative mood).
Findings: The results showed that emotional freedom technique improved emotional malaise (alexithymia) and negative mood in women with trait anxiety has been significantly effective ($p<0.01$).
Conclusions: Based on the results of the present study, it can be said that the emotional freedom technique can be used as an effective intervention option to help women with trait anxiety to reduce emotional malaise and their negative mood.

Lee, S. H., Han, S. Y., Lee, S. J., Chae, H., & Lim, J. H. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuropsychiatry*, *33*(1), 33–48. https://doi.org/10.7231/JON.2022.33.1.033

Objectives: 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.

Okut, G., Alpar, Ş. E., & Dönmez, E. (2022). The effect of the emotional freedom technique on coronavirus disease 2019 (COVID-19) fear and anxiety levels of nurses working in the emergency department: A randomized controlled study. *Journal of Psychiatric Nursing,13*(4).

Objectives: The coronavirus disease 2019 (COVID-19) pandemic, which has been a significant public health problem due to its high mortality and morbidity rates, has particularly affected the fear and anxiety levels of health professionals. Thus, the aim of this study was to assess the efficacy of the Emotional Freedom Technique (EFT) on the anxiety and fear of COVID-19 levels of nurses in the emergency department.
Methods: This study was designed in line with a pre-and post-test, two-group methodology. A total of 88 partici- pants (experimental group, 44; control group, 44) were included in this study. Data were collected using the following four tools: Questionnaire Form, Subjective Units of Disturbance (SUD), State-Trait Anxiety Inventory (STAI), and Fear of COVID-19 scale.
Results: A total of 84 nurses, 41 of whom were in the intervention group and 43 in the control group, were included in this study. After the intervention, the fear of COVID-19 (-4.58±2.47) levels and the mean anxiety intensity (SUD) of the participants decreased (-5.61±1.16) in the experimental group, and the difference was statistically significant ($p<0.001$) when compared to that of the control group; the state anxiety (-8.82±7.26) and trait anxiety (-1.16±2.97) averages decreased, the decrease in state anxiety was statistically significant ($p<0.001$), while the decrease in trait anxiety was not significant ($p>0.005$). There was no significant change in the mean scores of the control group (P19S=-0.09±2.47; SUD=0±1.15; DDS=-0.22±7.25; SDS=-0.04±2.97).
Conclusion: This study showed that EFT sessions administered in a group setting reduced and helped the emergency nurses better cope with COVID-19 anxiety and fear levels.

Wati, N. L., Sansuwito, T. B., Riyanto, D., Sustiyono, A., & Musfirowati, F. (2022). The effectiveness of Emotional Freedom Technique on public speaking anxiety in university

students: An integrated review. *Open Access Macedonian Journal of Medical Sciences*, *10*(F), 263–268. https://doi.org/10.3889/oamjms.2022.7919

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 randomized controlled, two used mixed methods, and one quasy 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.

Barndad, L. (2021). The long-term effects of Emotional Freedom Technique on anxiety. The Chicago School of Professional Psychology, Pro Quest Dissertations Publishing. 28652647. https://tinyurl.com/yckrekyx

Psychotherapy has provided modalities describing personal experiences toward self-actualization in a physical and non-physical format, an ancient Greek method of emotional healing also known as one's spirit or spiritual essence (Gutland, 2021; Marks, 2017). Spirit has been defined as the activation or emotional principles influencing a person (Chirban, 2013), with the inability to connect with one's self or the inability to understand parts of one's own consciousness being described as a spirit blockage. This study examined the effectiveness of Emotional Freedom Technique (EFT) on the state and trait measures of anxiety on 41 students, and was conducted with archival research using a mixed-method design. In this archival research, levels of anxiety were measured before, in the middle, and after an eight-week EFT course, and participants were measured one year later with a follow-up questionnaire. After the eight-week course, state anxiety appeared to have been reduced. However, trait anxiety increased. Furthermore, a majority of the student participants reported decreased levels of anxiety within their one-year follow-up.

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association) http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

This article discusses the use of a digital assessment and tracking approach pre, during, and post COVID-19 to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, and helpfulness/ benefits of psychotherapy. Using the online assessment systems developed by Pragmatic

Tracker (PT) and Blueprint (BP), two clients who contracted severe cases of COVID-19 during psychotherapy were carefully assessed weekly showing significant changes pre, during, and post COVID-19 on some measures while none on others. The clients were out of work from three to eight weeks. The typical healing process took about nine weeks before recovery to pre COVID-19 scores. Graphs in the article show these changes and can also be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Lambert, M., Smith, S., Moss, S. & Kirschbaum, M. (2022). Emotional Freedom Techniques (Tapping) to Improve Wellbeing and Reduce Anxiety in Primary School Classrooms*. Australian Journal of Teacher Education. 47.* 72-92. 10.14221/ajte.2022v47n3.5.

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.

Cici, R. & Özkan, M. (2021). Effects on anxiety and vital signs of the Emotional Freedom Technique and music before surgery for lumbar disc hernia. Alternative Therapies in Health and Medicine, 27(12). https://pubmed.ncbi.nlm.nih.gov/34097649/ **PMID: 34097649**

Context: 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%.
Objective: This study intended to determine the effects on patients' anxiety and vital signs of the emotional freedom technique (EFT) and music before LDH surgery. Design • The research team designed a quasi-experimental study.
Setting: The research was carried out in the neurosurgery clinic of a university hospital in Turkey.
Participants • Participants were 162 adult patients at the clinic who had LDH surgery between February 2018 and September 2019.
Intervention: Using the nonprobability sampling method, participants were allocated to one of three groups: (1) 54 to the music group, an intervention group; (2) 54 patients to the EFT group, an intervention group; and (3) 54 to the control group.
Outcome Measures: The Patient Information Form, the Life Findings Form, 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.
Results: 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.
Conclusions: 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.

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization, 99*(7). In press. Article ID: BLT.20.269050
https://www.who.int/publications/journals/bulletin/online-first

Objective: To investigate the effectiveness of community-based, mental health interventions by professionally trained, lay counsellors in low- and middle-income countries.
Method: We searched PubMed®, Cochrane Central Register of Controlled Trials, PROSPERO and EBSCO databases and professional section publications of the United States National Center for PTSD for randomized controlled trials of mental health interventions by professionally trained, lay counsellors in low- and middle-income countries published between 2000 and 2019. Studies of interventions by professional mental health workers, medical professionals or community health workers were excluded because there are shortages of these personnel in the study countries. Additional data were obtained from study authors. The primary outcomes were measures of **post-traumatic stress disorder, depression, anxiety and alcohol use.** To estimate effect size, we used a random-effects meta-analysis model
Findings: We identified 1072 studies, of which 19 (involving 20 trials and 5612 participants in total) met the inclusion criteria. Hedges' g for the aggregate effect size of the interventions by professionally trained, lay counsellors compared with mostly either no intervention or usual care was –0.616 (95% confidence interval: –0.866 to –0.366). This result indicates a significant, medium-sized effect. There was no evidence of publication bias or any other form of bias across the studies and there were no extreme outliers among the study results.
Conclusion: The use of professionally trained, lay counsellors to provide mental health interventions in low- and middle-income countries was associated with significant improvements in mental health symptoms across a range of settings.

Dincer, B. & Inangil, D. (2021). The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial, *EXPLORE, 17*(2), 109-114. https://doi.org/10.1016/j.**explore.2020.11.012.**
(https://www.sciencedirect.com/science/article/pii/S1550830720303839)

Background and Objective: Infectious disease outbreaks pose psychological challenges to the general population, and 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.
Methods: The study is a randomized 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.
Results: 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 ($p > .05$).
Conclusions: A single online group EFT session reduced stress, anxiety, and burnout levels in nurses treating COVID-19.

Hasal, D. M., Muriyati, & Alfira, N. (2021). Effect of Spiritual Emotional Freedom Technique (SEFT) on the decrease in anxiety levels in cancer patients. *Comprehensive Health Care*, *5*(2), 73-80. https://doi.org/10.37362/jch.v5i2.596

According to WHO 2013 data, every year the number of cancer patients in the world increases, the incidence of cancer is increasing from 12.7 million cases in 2008 to 14.1 million cases of 2012. The diagnosis of cancer is daunting for the patient and can affect the patient's psychological conditions especially anxiety. This anxiety is common because of the financial problems, diseases of symptoms, concerns about healing, concerns that cannot run function as humans maximally, and may affect the prognosis of disease that should be good, but becomes otherwise. The harassment of nonfarmochalate anxiety is by distraction and relaxation one of them is a Left. This study aims to determine the effect of theft of left therapy on the decline of anxiety in cancer patients. Research methods using experimental pre-design by using the type of One Group Pre-test post-test design, with purposive sample technique and using the t-paired test of Wilcoxon test alternative. The results of the research obtained that the level of anxiety of respondents before the soft therapy is the average anxiety is as much as 11 people (73.3%). While the rate of anxiety of respondents after the SEFT therapy is the average of lightweight anxiety as many as 14 people (93.3%). From the results of the Wilcoxon test is obtained there is the effect of giving the SEFT to the decrease in anxiety level in cancer patients with value ρ value = 0,002 (ρ <0.05). The conclusion of this research is there is an enhanced influence between the spiritual therapy of the Emotional Freedom Technique (SEFT) to the decline in anxiety level in cancer patients at Griya Al-Afiat clinics.

Hidayat, A., Emila, O., Dewi, F., Sumarni, S. 2021. Spiritual Emotional Freedom Technique (SEFT) improved autonomic nervous activity in primipara. *Bali Medical Journal 10*(1): 361-365. doi:10.15562/bmj.v10i1.2178 https://www.balimedicaljournal.org/index.php/bmj/article/view/2178

Introduction: Anxiety is one of prevalent mental disorders in pregnant women and causes alteration in autonomic nervous system (ANS) function and cardiovascular system adaptation. It could potentially lead to increased risk of maternal complications and morbidity. SEFT had been

known to lower anxiety level and autonomic nervous system activity but its application in pregnant women is still debated. Therefore, this study aimed to assess the effectiveness of SEFT in primipara women.
Method: a quasi-experimental, non-equivalent control group study was conducted in Bantul District, Yogyakarta, Indonesia involving primipara who fulfilled the research criteria. SEFT was performed at the 9th month of pregnancy and 1 week before the estimated date of delivery. LF/HF ratio was assessed and compared in the two groups as representation of HRV and autonomic nervous activity.
Results: 62 primiparous women were enrolled in this study and divided equally to the intervention and control group. This study showed that the LF/HF ratio was already different between the two groups at the beginning of the study. However, while the mean of LF/HF ratio was decreasing in the intervention group, an increasing trend was observed in the control group. Finally, the comparison of the mean difference between the two groups revealed that SEFT significantly lowered the ratio of LF/HF in primipara, thus improving the HRV.
Conclusion: SEFT effectively lowered LF/HF ratio in primipara women which might indicate a better balance between sympathetic and parasympathetic nerve responses. However, further study should be conducted to validate the application of SEFT in pregnant women with anxiety.

Irgens, A. (2021). Thought Field Therapy for patients with anxiety disorders. Doctoral thesis, University of Oslo. DOI: 10.13140/RG.2.2.18559.74403

Anxiety disorders are common, disabling and a source of a great deal of suffering for many patients. The number of therapists delivering effective treatment is limited. One should therefore test other therapies aimed at reducing the symptoms of anxiety disorders, particularly therapies that practitioners can learn quickly and easily. Thought field therapy (TFT) is used for many psychiatric conditions, but its efficacy has not been sufficiently documented. We therefore first studied TFT for anxiety disorders, and found better effect from TFT compared to being on a 10-week wait-list. The beneficial effects continued at 3 and 12 months follow-up. In the next study, we compared TFT to Cognitive therapy (CT) for patients having agoraphobia with large scores on avoidance. We found no difference between the therapies pre-post and at 12-month follow-up, although it was a trend towards better effect from CT than TFT, except on the primary variable on agoraphobic avoidance. The number of patients was too small to say for sure that CT was not better for these patients than TFT. Further, we found that cohabiting patients got better results from CT than did patients living alone, but that cohabiting did not affect the results from TFT. Having a comorbid disorder did not affect the results from CT, but the TFT patients having a comorbid depressive disorder showed small beneficial results from TFT. Only few patients reported side effects from therapy, and none of them was serious. Overall, we found positive effects from Thought field therapy both compared to Cognitive therapy and to a wait-list condition, for patients having agoraphobia or another anxiety disorder, but the number of patients was too small to make any firm conclusions.

Jasubhai, S. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults*. Journal of Clinical Psychology and Mental Health Care, 2*(4). DOI: http;//doi.org/03.2021/1.10025.

World Health Organization reported depression as the fourth leading cause of mental illness

worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. 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.

Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal, 13*(1). doi 10.9769/EPJ.2021.13.1.AP

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.

Shilpa. J. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults". *Clinical Psychology and Mental Health Care, 2*(4). https://doi.org/03.2021/1.10025. https://tinyurl.com/zm8zayjb

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. 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.

Yunita Sari, R., Muhith, A., Rohmawati, R., Soleha, U. ., Faizah, I. ., Afiyah, R. K., & Suryadi Rahman, F. (2021). Spiritual Emotional Freedom Technique against Anxiety and Psychological Well-being of Type 2 DM Patients during the COVID-19 Pandemic. *Open Access Macedonian Journal of Medical Sciences*, *9*(G), 260–265. https://doi.org/10.3889/oamjms.2021.7217

https://oamjms.eu/index.php/mjms/article/view/7217

Background: The COVID-19 pandemic makes patients with type 2 diabetes mellitus experience an increase in anxiety, considering that diabetes mellitus is one of the dangerous comorbidities for people infected with the COVID-19 virus so that it affects their psychological well-being. Low psychological well-being will have an impact on decreasing self-care, thereby increasing the occurrence of complications.
Aim: The purpose of this study was to analyze the effect of the spiritual emotional freedom technique (SEFT) on anxiety and the psychological well-being of patients with type 2 DM during the COVID-19 pandemic.
Methods: The research design employed is a quasi-experimental research with the untreated control group design with dependent pre-test and post-test samples. The sampling technique used is probability sampling which is a random sampling to meet the inclusion and exclusion criteria with a total sample of 110 respondents with the distribution of the intervention group consisting of 55 respondents and the control group consisting of 55 respondents. The instrument used to measure the level of anxiety is the Hamilton Rating Scale for Anxiety and psychological well-being of Ryff's psychological well-being. The statistical tests used are Paired Sample t-Test and Independent t-test with significant $p < 0.05$.
Results: The results showed that the mean level of anxiety in the intervention group before the implementation of the intervention was 21.89 (moderate), while after the intervention was 10.98 (mild) and the psychological well-being before the intervention was 147.49 (low), while after the intervention was 170.91 (moderate). Furthermore, in the case of the control group, the mean level of anxiety before the intervention was 19.16 and after the intervention was 19.11 and psychological well-being before the intervention was 146.67 while after the intervention was 146.45. Furthermore, the data analysis obtained that the SEFT affected the level of anxiety and psychological well-being of patients with type 2 diabetes during the COVID-19 pandemic with $p = 0.00$.
Conclusion: The SEFT that is routinely implemented can reduce the level of anxiety so that it can improve the psychological well-being of patients with type 2 DM during the COVID-19 pandemic.

Alamdar, B., Mohammadtehrani, H., Behbodi, M. Kiamanesh, A.R. (2020). 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. *Journal of Applied Psychology, 13*(4), 625-650.

https://www.sid.ir/en/Journal/ViewPaper.aspx?ID=709138

Aim: 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: 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: 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).
Conclusion: Since all the three methods can improve behavioral strategies by influencing irrational thoughts and emotion release, they are effective ways to reduce anxiety in PTSD patients.

Dincer, B., Ozcelik, S.K., Ozer, Z. & Bahcecik, N. (2020). Breathing therapy and emotional freedom techniques on public speaking anxiety in Turkish nursing students: A randomized controlled study. *EXPLORE, 2020,* ISSN 1550-8307. https://doi.org/10.1016/j.explore.2020.11.006.
(https://www.sciencedirect.com/science/article/pii/S1550830720303761)

Background and objective: 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.
Methods: This randomized 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.
Results: 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**.**
Conclusion: It was found that Breathing Therapy and EFT are effective methods to reduce stress, anxiety, and speaking anxiety.

Gaesser, A. H. (2020). Emotional freedom techniques: Stress and anxiety management for students and staff in school settings. In C. Maykel & M. A. Bray (Eds.), *Applying psychology in the schools. Promoting mind–body health in schools: Interventions for mental health professionals* (pp. 283-297). Washington, DC, US: American Psychological Association.
http://dx.doi.org/10.1037/0000157-020

Emotional Freedom Techniques (EFT), more commonly known as tapping, is an emerging, research-based intervention that has been found to be an effective stress and anxiety

management tool for students and school personnel. EFT uses cognitive behavior therapy techniques, such as awareness building, imaginal exposure, reframing of interpretation, and systematic desensitization, while teaching the individual to self-stimulate protocol-identified acupoints. The use of EFT with children and adolescents is relatively new, and therefore, research on its effectiveness is limited. Within the last decade, initial results have indicated that EFT assists students in reducing anxiety and the fear of failure and in improving self-esteem and compassion within a few sessions. This chapter examines relevant EFT research and the use of EFT with school-age children and adolescents. In addition, it discusses the importance of formal training in EFT for school practitioners and ethical considerations.

Inangil, D., Vural, P., Dogan, S. Korpe, G. (2020). Effectiveness of music therapy and Emotional Freedom Technique on test anxiety in Turkish nursing students: A randomised controlled trial. *European Journal of Integrative Medicine, 33.* https://doi.org/10.1016/j.eujim.2019.101041

Introduction: 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).
Methods: 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.
Results: 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.
Conclusions: According to the results of the study, both music therapy and EFT led to a decrease in the nursing.

Yavari Kermani, M., Razavi, S., Shabani, M. (2020). The Effectiveness of Emotional Freedom Technique on Anxiety and Post Traumatic Stress Syndrome in Women with Spontaneous Abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi: 10.22034/aftj.2021.266082.1050

The aim of this study was to determine the effectiveness of emotional release technique on anxiety and post-traumatic stress disorder in women with spontaneous abortion.
Method: The present study was a single-case experimental design of multiple asynchronous baseline that among 21 women with abortion trauma of Shahid Beheshti Hospital in Isfahan in April and May 1398 by purposive sampling and after screening using a list Spielberger (1983) Anxiety and Self-Reporting Scale of Post-Traumatic Stress Disorder Symptoms Foa, Rigs, Dansio, & Ratbam (1993) selected six women. These women were individually treated in twelve forty-five-minute sessions with two follow-up sessions in Church (2014) emotional release techniques sessions. Data were analyzed by visual mapping, stable change index and recovery

percentage formula.
Results: The results showed that the intervention of emotional release technique reduced trait anxiety among women participating in the treatment phase 38.75% improvement and follow-up phase 43.06%, state anxiety in the treatment phase 47.14% improvement and follow-up phase / 91. 47% and post-traumatic stress syndrome improved by 49.92% in the treatment phase and 50.29% in the follow-up phase.
Conclusion: The results showed that the use of this treatment in cases where the person suffers from post-traumatic stress with other associated disorders, including anxiety, can help improve both problems in the person at the same time.

Lambert, M. (2020). The Tapping Project: Introducing Emotional Freedom Techniques (EFT) to reduce anxiety and improve wellbeing in primary school students. Charles Darwin University (Australia), ProQuest Dissertations Publishing. 28911405. https://doi.org/10.25913/78ra-3a33
https://tinyurl.com/2s3djh58

As the rates of childhood anxiety increase and manifest at younger ages, children's mental health and wellbeing have become growing issues for primary schools. The purpose of the current study was to implement and evaluate Emotional Freedom Techniques (EFT), or tapping, as a class treatment that may support the social and emotional learning curriculum in primary schools. The Tapping Project was conducted as a longitudinal, evaluative study within a pragmatic framework, using mixed methods methodology, and assessed the effectiveness of EFT when used as a class intervention for student wellbeing. Several research questions were posed to explore the perceptions of students and teachers about using tapping as a class activity. Eight classes, consisting of 138 students and nine teachers across four schools, participated in the study. Following two 1-hour teacher training sessions and an introductory class lesson delivered by the researcher, teachers administered tapping sessions in classes 3 times a day for a period of 4 weeks. A second stage of 4-weeks tapping occurred in classes during the succeeding school term. Quantitative and qualitative measures found that EFT supports national educational social and emotional wellbeing curriculum, and may be a valuable inclusion in school programs. Results of the project revealed that both students and teachers thought tapping should be introduced to all students in primary schools. Thematic analysis was applied to both student and teacher data sets. Analyses found that tapping is a mechanism for change, tapping skills were transferable to other contexts and, similar to other interventions, tapping was not effective on each occasion. In addition to calming effects, students felt the benefits of tapping extended to focus and concentration and a reduction in physical discomfort. Students were more likely to develop intrinsic motivation for tapping when the psychological needs of competence, autonomy, and relatedness were met. The thesis presents other key findings and recommendations.

Pandey, N. (2020). EFT As a Tool to Resolve Anxiety: A Case Study Approach. *International Journal of Psycho-Social Research (IJPSR)*, *9*(1).

Background: 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.
Objective: 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.
Measures: 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.

Ali SA- e-Z, Loona M. (2019). Effectiveness of Tapping Therapy for the Treatment of Anxiety among University Students. ***Pak J Physiol,15*****(2), 80-3.** http://pjp.pps.org.pk/index.php/PJP/article/view/1037

Background: Anxiety is one of the most recurrent mental illnesses with 10–44% prevalence in developing nations and is the 4th supreme cause of morbidity. Studies have shown that rate of anxiety are 29 to 66% higher in females as compared to their male counterparts. The important step is to treat anxiety by using therapeutic techniques. Emotional Freedom Technique (EFT), called tapping, is a developing psychological treatment based on tapping therapy that has been utilized to treat an assortment of conditions, including anxiety. This study aimed to investigate the effectiveness of emotional freedom technique as a tapping therapy for treatment of anxiety among female university students.
Method: Quasi experimental design was used. The study was conducted at International Islamic University, from Oct to Dec 2018. Following convenience sampling, a sample of 70 female university students (n=70) with age range 18–25 years, was selected. Following a one group pre-test and post-test design, State-Trait Anxiety Inventory was administered before and after implementation of emotional freedom technique in order to determine the anxiety, i.e., State-Anxiety and Trait-Anxiety. For data analysis, paired sample *t*-test was used in SPSS-23.
Results: Paired sample *t*-test indicated significant pre- and post-test differences in the state and trait anxiety levels in female university students (p<0.000).
Conclusion: Using the emotional freedom technique as a tapping therapy, one can decrease the incidence of state and trait anxieties among university students.

Demet, I., Vural, P., Sibel, D., & Korpe, G. (2019). Effectiveness of music therapy and Emotional Freedom Technique on test anxiety in Turkish nursing students: A randomised controlled trial. ***European Journal of Integrative Medicine, 33;*** **101041. DOI**:10.1016/j.eujim.2019.101041

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).
Methods: 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.
Results: 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.
Conclusions: 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.

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine 24.*

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.

Fitch, J. Kimmel, K., Fairchild, J. & DiGirolamo, J. (2019). Dismantling an energy psychology technique for communication apprehension. *Energy Psychology Journal, 11*(2). DOI: 10.9769/EPJ.2019.11.2.JF

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.

Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence based approach to change in psychotherapy*. International Journal of Healing and Caring, 20*(1), 1-29.

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

Konig, N., Stever, S., Seebacher, J., von Prittwitz, Q., Bliem, H. & Rossi, S. (2019). How therapeutic tapping can alter neural correlates of emotional prosody processing in anxiety*. Brain Science, 9,* 206; doi:10.3390/brainsci9080206.

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.

Ledger, K.E. 2019. A feasibility study of Emotional Freedom Technique taught in the curriculum for secondary school students, to reduce stress and test anxiety and enhance coping skills. *The International Journal of Healing and Caring, 19*(3).

Objective: This 2008 Feasibility Study explored the impact of teaching Emotional Freedom Technique (EFT) as part of class curriculum for Secondary School students, as a self-care tool for reducing stress and test anxiety and for enhancing coping skills.
Participants: Canadian students at a Secondary School taking Planning 10 courses, with combined Grades 10, 11 & 12, (n = 138) participated in the study. All students received the EFT training as part of class curriculum, and completed all the questionnaires.
Methods: An initial controlled trial of EFT for 2 class groups (total n = 44) is compared to no treatment for 2 class groups (total n = 43).. Standardized quantitative measures were taken of stress (Perceived Stress Scale) coping strategies (Brief COPE) and test anxiety (Westside TA), prior to Intervention; one week after the first class; and following the completion of the EFT training sessions.
Following the Controlled Study and prior to Christmas exams, the "No Treatment" classes were given the same number of hours training in EFT as the Intervention Group. A fifth class which could not be used in the controlled study, was taught EFT during the initial time period. Because all students had to participate in the EFT training to get school credit, Quantitative measures were taken for all students at all time periods; including just after the EFT training of the control groups prior to Christmas break, and before Provincial Exams in January. An 18 item, anonymous, Quantitative questionnaire was administered at the conclusion of the EFT training for all Groups.
Results: Putting together a research proposal, designing the study; jumping through the hoops of permissions, and institution rules; carrying out the interventions; collecting the data and reporting the results are all monumental tasks. Things can go wrong at any juncture, and often do. However, the one issue I didn't think would occur was that the Quantitative Data would be virtually useless. I was also surprised by the wide range of response and results of the various Class Groups, as detailed below, given that they were all offered almost identical EFT training.
Due to unfortunate circumstances, none of the Quantitative Data could be considered clearly valid. There were two main reasons. 1. The Principal Investigators were not notified that many of the students would not be taking exams during the trial period and approximately 25% of the foreign students did not have to write exams at all. This meant that collecting data on Test Anxiety was irrelevant for many. 2. Contamination of the Quantitative questionnaires occurred with some students checking off multiple choice answers in "patterns" on the answer checkboxes, and it was not clear how many other students had done this, but perhaps not in as blatant a manner as to be detected. This data loss was exceedingly disappointing for all involved.
Fortunately, valuable findings were still gleaned from student responses to the 18 item Qualitative Questionnaire, submitted anonymously by all students at the end of EFT Study. Perhaps because these surveys encouraged both positive and negative feedback and could not be tracked to individuals, the students appeared to be more open and direct - (sometimes brutally). But they offered useful and constructive information on many levels. Most encouraging was that 67% of students recommended that EFT be taught in schools; 63% indicated they could benefit from learning EFT in smaller groups, and 33% indicated they would be interested in having 1:1 assistance from a Counsellor using EFT.
While some students were resistant to the EFT classes, the majority shared clear examples of how they had taken their EFT skills into coping with: homework, studying, assignments, and sports and arts performances. In addition, some were able to expand their use of EFT to family and social relationships, and other issues outside the school setting, which was clear evidence of enhanced coping skills.

Conclusions: The teaching of EFT in schools can benefit some students; particularly those who are motivated to learn it due to need or interest. It is recommended that more research, investigation and refinement of teaching EFT in schools, to a range of grades; to whole classes and to smaller groups of students seeking specific help for anxiety and stress be undertaken.

Lina, L., Sabriyanti, H., Sartika, A. (2019). Decreased the anxiety scale of hemodialysis patients with the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation*. Southeast Asia Nursing Research, 1*(3). 142-47. https://doi.org/10.26714/seanr.1.3.2019.142-147

Problems that can be rendered by hemodialysis include anxiety, relationships in marriage, and disobedience in diet and medicine, limitations in lifestyle and threat of death. The purpose of this study was to find out the effectiveness comparison between the Spiritual Emotional Freedom Technique (SEFT) with autogenic relaxation to decrease the anxiety scale of hemodialysis patients. The research design employed Quasy Experiment Without Control Group Design. The results of independent t-test analysis in the Emotional Spiritual intervention group Freedom Technique (SEFT) obtained results p = 0,000, in the Autogenic Relaxation intervention group the results were p = 0,000. The results of the independent t-test analysis showed that p = 0.184. The study indicates that there was no difference between the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation on decreasing the anxiety scale of hemodialysis patients. It is looked forward that the Hospital can enforce independent interventions such as Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation to degrade the anxiety scale of hemodialysis patients.

Tarsha, M.S., Park, S., & Tortora, S. (2019). Body-Centered Interventions for Psychopathological Conditions: A Review. *Frontiers in Psychology, 10.*

World-wide, billions of dollars are spent each year on body-centered interventions to alleviate both physical and psychological pathologies. Given the high demand and increasing popularity of body-centered interventions, there is need for a systematic organization of empirical evidence associated with body-centered therapies. This article reviews the psychological effects of body-centered interventions on emotional well-being, including both self and other-administered (receptive) therapies. Theory behind body-centered interventions rely upon the bidirectional communication pathway between the brain and body. We investigated the bidirectional communication pathway between the brain and body by evaluating evidence across multiple body-centered therapies. The research reviewed includes studies that investigate effects of massage therapy, reflexology, acupuncture, functional relaxation, emotional freedom technique, Rolfing, yoga, tai-chi, and dance/movement therapy on psychological conditions across the lifespan. Results demonstrated that overall, massage therapy, tai-chi, dance/movement therapy, functional relaxation, reflexology, acupuncture and **emotional freedom technique** seem to alleviate stress, depression, anxiety, bipolar disorder and facilitate pain reduction. Of these, the most robust evidence available was for massage therapy, indicating it is an effective intervention for numerous age groups and populations. Rolfing and reflexology had the least amount of support, with few studies available that had small sample sizes. Although these conclusions are limited by scarcity of high-quality empirical data and contradictory findings, available evidence indicates that body-centered interventions can be effective in reducing psychopathology and

supports the proposed mechanism of the bidirectional pathway between the brain and body: the body holds the potential to influence the mind. Integrating body-centered therapies in both clinical settings and as self-care could lead to better outcomes. Lastly, we propose the first taxonomy of body-centered interventions and empirical evidence of their effectiveness for clinicians and researchers.

Vural, P., Korpe, G. & Inangil, D. (2019). Emotional Freedom Techniques (EFT) to Reduce Exam Anxiety in Turkish Nursing Students. *European Journal of Integrative Medicine. 32.* 101002. https://doi.org/10.1016/j.eujim.2019.101002Get.

Introduction: Nursing education involves among other things tracking the learning process. Many students experience anxiety prior to exams, and they try to cope with it. The purpose of this study was to determine the effects of Emotional Freedom Techniques (EFT) on the reduction of exam anxiety in nursing students in the Women's Health and Diseases Nursing course in Turkey.
Methods: In this outcomes study, 80 s-year nursing students participated in three EFT sessions, each consisting of six two-minute parts. The study took an average of 46 min. Pre- and post-treatment measurements included: the socio-demographics of participants, the Beck Anxiety Inventory (BAI), the State-Trait Anxiety Inventory (STAI Tx-1, Tx-2), and the Subjective Units of Distress (SUD) scale. The SUD scale was used before and after sessions. Prior to and following the three sessions, the BAI and the STAI Tx 1 and 2 were administered.
Results: EFT significantly reduced exam anxiety. Almost half of the students were using some method of coping with anxiety and the most common methods were listening to music and breathing exercises. However, the initial anxiety level was quite high. State and trait anxiety levels, as well as exam anxiety, decreased, statistically significant, after the EFT sessions. At the end of three sessions of EFT, more than half success was determined in the subjective exam anxiety level.
Conclusions: This study showed that three EFT sessions administered in a group setting, reduced and helped them better cope with exam anxiety as well as other anxiety indicators in nursing students.

Church, D. & House, D. (2018). Borrowing Benefits: Group treatment with Clinical Emotional Freedom Techniques is associated with simultaneous reductions in posttraumatic stress disorder, anxiety and depression symptoms. *Journal of Evidence-Based Integrative Medicine, 23*: 1-4. DOI: 10.1177/2156587218756510
https://www.ncbi.nlm.nih.gov/pubmed/29468884

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 ¼ 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.

Gaesser, A. (2018). Befriending anxiety to reach potential: Strategies to empower our gifted youth. *Gifted Child Today,* 41(4); 186-195. https://DOI.org/10.1177/1076217518786983

Gifted students can encounter anxiety-provoking stressors throughout their day. Developing effective anxiety management skills allows them to better navigate these challenges. Concepts from neuroscience help us better understand responses to anxiety and can assist gifted youth and those working with them in recognizing how and when to best apply anxiety management strategies. This article reviews these concepts and integrating them into the classroom environment to assist with this learning process. In addition, it examines an evidenced-based anxiety management intervention that has been found to be efficacious for gifted youth, Emotional Freedom Techniques (EFT). Results of recent EFT research are reviewed and the steps to learning EFT are outlined.

Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church. D. (2018). The Interrelated Physiological and Psychological Effects of EcoMeditation: A Pilot Study*. Journal of Evidence-Based Complementary & Alternative Medicine, 23.*

This study investigated changes in psychological and physiological markers during a weekend meditation workshop (N 1/= 34). Psychological symptoms of anxiety, depression, posttraumatic stress disorder (PTSD) and happiness were assessed. Physiological markers included cortisol, salivary immunoglobulin A (SigA), heart rate variability (HRV), blood pressure (BP), and resting heart rate (RHR). On posttest, significant reductions were found in cortisol (_29%, P < .0001), RHR (_5%, P = .0281), and pain (_43%, P = .0022). Happiness increased significantly (?11%, P = .0159) while the increase in SigA was nonsignificant (?27%, P = .6964). Anxiety, depression, and PTSD all declined (_26%, P = .0159; _32%, P = .0197; _18%, P = .1533), though changes in PTSD did not reach statistical significance. No changes were found in BP, HRV, and heart coherence. Participants were assessed for psychological symptoms at 3-month follow-up, but the results were nonsignificant due to inadequate sample size (n = 17). EcoMeditation shows promise as a stress-reduction method.

Jasubhai, S. & Mukundan, C. R. (2018). Cognitive Behavioural Therapy and Emotional Freedom Technique in reducing anxiety and depression in Indian adults.
***Int J Emerg Ment Health, 20*(2): 403. DOI**: 10.4172/1522-4821.1000403

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 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 comparative effectiveness of CBT and EFT in the treatment of anxiety and depression in Indian adults. Random subjects (n = 10) were selected from Ahmedabad, 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. Examination of individual cases showed clinically significant improvement in anxiety and depression across both interventions. 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.

Masters, R., Baertsch, K. & Troxel, J. (2018). Changes in psychological symptoms after treatment with a novel therapy, the Phoenix Protocol: A case series. *Energy Psychology Journal, 10*(2).

The present case series examined the effectiveness of an integrated Energy Psychology intervention, the Phoenix Protocol, in five subjects being treated for moderate to severe anxiety. The study utilized single-subject design and convenience sampling. Participants completed the Brief Symptom Checklist–18 (BSI-18) to track symptoms throughout the study, and at 60- and 90-day follow-ups. All five participants completed the entire study, including 60- and 90-day follow-ups, and reported decreased anxiety and depression symptoms, with the greatest symptom reductions in anxiety. Four out of five subjects had trauma history. The mean T-scores for all participants prior to the intervention indicated clinical significance on the anxiety, depression, and Global Severity Index scales. Results over the course of the six-week intervention period showed that the participants' anxiety T-scores decreased an average of 20.2 points and were below the clinical cutoff for anxiety on the BSI-18. At the 60-day follow-up, the participants' anxiety T-scores decreased an average of another 1.4 points, and at the 90-day follow-up, the participants' anxiety T-scores decreased an average of another 1.4 points from the 60-day follow-up, reflecting an overall decrease of 23.2 points from the start of the study, remaining below the clinical cutoff for anxiety on the BSI-18. The reduction of anxiety symptoms is a preliminary indication that the Phoenix Protocol may be an effective intervention in treating anxiety. Reduced depression symptoms indicate the Phoenix Protocol should be studied further as an effective intervention for other conditions.

Warrier, A. (2018). Effect of EFT tapping on anxiety and quality of life. *Phonix International Journal for Psychology and Social Sciences (PIJPS), 2*(2), 53–73.

Emotional Freedom Technique (EFT) as a new therapeutic technique in energy psychology has positive effects on psychological and physiological symptoms, and quality of life. It has deep

roots in modern psychology as well as the ancient science of acupuncture. It is also called tapping because EFT involves tapping with your fingertips on acupoints on your body. Studies were conducted to understand the effect of EFT Tapping on anxiety and quality of life in adults. Ethical approval was secured. Clients over the age of 20 years and staying in the Delhi NCR area were invited to participate in a two-week intervention program. At the start and end of their intervention, participants were asked to complete STAT and WHOQOL-BREF questionnaires. Sixty-five participants gave consent, 61 completed questionnaires, and 46 fulfilled the inclusion criteria. The range in age was 20-75 years. The researcher conducted three tapping sessions in a time span of two weeks. The main presenting conditions were anxiety. STAT and WHOQOL-BREF scores showed both emotionally and statistically significant improvements after the intervention. Statistically there was significant improvement for anxiety and quality of life (all $p < 0.001$). Mean anxiety scores improved from 8.3250 (high) at start to 6.9750 (average). Mean quality of life scores improved from 65.5313 at start to 67.1125 (higher mean shows better quality of life) at end ($SD = 6.81$, $p < 0.001$). Improvements were seen in all participants. Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective intervention to reduce anxiety and thereby help improve quality of life. However, there were 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.

Boath, E., Good, R., Tsaroucha, A., Stewart, A., Pitch, S. & Boughey, A. (2017). Tapping your way to success: using Emotional Freedom Techniques (EFT) to reduce anxiety and improve communication skills in social work students. ***Journal of Social Work Education, 36*****(6).** http://dx.DOI.org/10.1080/02615479.2017.1297394

By the nature of their professional training and practice placements, social work students are prone to situations provoking the onset of anxiety. A programme of academic and placement support, termed the 'Skills Lab', provides help and support for students to develop their communication skills and prepare for their practice placements and transition into professional social work practice. Skills Lab evaluations indicated a high level of appreciation, linked with a strong sense of apprehension and anxiety, which some students report has negatively affected their performance. To address student anxiety, a pilot study using Emotional Freedom Techniques (EFT) was developed. EFT is an intervention, which may potentially be effective in reducing academic anxiety and enhancing public speaking. This mixed-methods pilot study measured participants' ($n = 45$) subjective distress and anxiety before and after using EFT. Subjective distress/anxiety was invoked through a 15-min assignment lecture. Twelve of the 45 students also participated in one-one interviews to elaborate on their experiences of EFT. Quantitative findings indicated participants reported significantly less subjective distress and anxiety after using EFT. Qualitative findings indicated three themes whereby participants found EFT calming, relaxing and helpful; considered the transferability of EFT in other settings; and proposed some of the mechanisms of EFT's action.

Hope, Terrie. (2017) The Effects of Access Bars on Anxiety and Depression: A Pilot Study. ***Energy Psychology Journal, 9*****(2). DOI** 10.9769/EPJ.2017.9.2.TH

Anxiety and depression are highly prevalent disorders that result in human suffering. The consequences to the individual include increased health care utilization, disability, and decreased income; depression, at its current prevalence, impacts global economic output as well. Access Bars, a noninvasive energy therapy technique, was evaluated for its effects on anxiety and depression using both subjective self-report and objective brain-scanning measures.
Methods: Participants, *N* = 7, aged 25–68, were assessed as having mild to severe anxiety and/or depression. The assessment methods were standardized self-report measures: Beck Anxiety Inventory (BAI), Beck Depression Inventory–II (BDI II), State Trait Anxiety Inventory (STAI), and the Maryland State and Trait Depression (MTSD) scale. Electroencephalogram (EEG) data were acquired for objective analysis of brain function via QEEG and sLORETA. Evaluations were performed prior to one 90-minute Access Bars session and immediately following the session. All participants tested positive for trait anxiety on pretest.
Results: Lower scores were reported in all self-report measures post session. BAI mean scores dropped from 23.3 to 3.6 (–84.7%), $p = 0.004$. BDI II mean scores were reduced from 22.3 to 3.9 (–82.7%), $p = 0.02$. STAI-S (State) means dropped from 38.9 to 25.9 (–33.5%), $p = 0.027$. MTSD-S (State) means were reduced from 23.6 to 4.7 (–80%), $p = 0.015$. Brain maps derived from QEEG results showed notable changes in frequency bands from 6 Hz (theta) to 21 Hz (beta). These frequency bands in pretest results showed extreme values of –3 to –1 standard deviations (SD) below the norm and changed toward normal in posttest results. QEEG FFT (Fast Fourier Transform) Z Score coherence paired t-tests demonstrated an improvement in QEEG coherence, $p < 0.05$.
Conclusion: Treatment with Access Bars was associated with a significant decrease in the severity of symptoms of anxiety and depression and an increase in EEG coherence. These results suggest that Access Bars may be useful as a treatment for anxiety and depression.

Irgens, A. et al. (2017). Thought Field Therapy Compared to Cognitive Behavioral Therapy and Wait-List for Agoraphobia: A Randomized, Controlled Study with a 12-Month Follow-up. *Front. Psychol.,* https://DOI.org/10.3389/fpsyg.2017.01027

Background: Thought field therapy (TFT) is used for many psychiatric conditions, but its efficacy has not been sufficiently documented. Hence, there is a need for studies comparing TFT to well-established treatments. This study compares the efficacy of TFT and cognitive behavioral therapy (CBT) for patients with agoraphobia.
Methods: Seventy-two patients were randomized to CBT ($N = 24$), TFT ($N = 24$) or a wait-list condition (WLC) ($N = 24$) after a diagnostic procedure including the MINI PLUS that was performed before treatment or WLC. Following a 3 months waiting period, the WL patients were randomized to CBT ($n = 12$) or TFT ($n = 12$), and all patients were reassessed after treatment or waiting period and at 12 months follow-up. At first we compared the three groups CBT, TFT, and WL. After the post WL randomization, we compared CBT ($N = 12 + 24 = 36$) to TFT ($N = 12 + 24 = 36$), applying the pre-treatment scores as baseline for all patients. The primary outcome measure was a symptom score from the Anxiety Disorders Interview Scale that was performed by an interviewer blinded to the treatment condition. For statistical comparisons, we used the independent sample's *t*-test, the Fisher's exact test and the ANOVA and ANCOVA tests.
Results: Both CBT and TFT showed better results than the WLC ($p < 0.001$) at post-treatment. Post-treatment and at the 12-month follow-up, there were not significant differences between CBT and TFT ($p = 0.33$ and $p = 0.90$, respectively).
Conclusion: This paper reports the first study comparing TFT to CBT for any disorder. The

study indicated that TFT may be an efficient treatment for patients with agoraphobia.

Saleh, B., Tiscione, M., & Freedom, J. (2017). The effect of Emotional Freedom Techniques on patients with dental anxiety: A pilot study. ***Energy Psychology Journal, 9(*****1). DOI** 10.9769/EPJ.2017.9.1.BS

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.

Thomas, R., Cutinho, S. & Aranha, D. (2017). Emotional Freedom Techniques (EFT) Reduces Anxiety among Women Undergoing Surgery. ***Energy Psychology Journal, 9(*****1). DOI**: 10.9769/EPJ.2017.9.1.RT

Background: 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.
Methods: Women admitted for OBG surgeries were selected through consecutive sampling. Preinterventional anxiety was assessed using the Modified Hamilton Anxiety Rating Scale, which has subscales for psychological and somatic anxiety. Fifty participants meeting the diagnostic criteria for moderate to severe anxiety were randomly assigned to experimental (n = 25) and control (n = 25) groups. Participants in the experimental group received two 10-minute sessions of EFT, the first session on the day prior to surgery and the second session on the day of surgery. Both groups received treatment as usual (TAU). Post anxiety scores were assessed immediately before participants were shifted to the operating theater.
Results: The two groups were similar at baseline. While there was no change in anxiety in the control group, anxiety scores in the EFT group dropped from 27.28 (± 2.47) to 7.60 (± 2.00) and were highly statistically significant ($p < 0.0001$). Reductions in both psychological and somatic anxiety subscales were also significant ($p < 0.002$).

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

Benor, D. Rossiter-Thornton, J. and Toussaint, L. (2016). A Randomized, Controlled Trial of Wholistic Hybrid derived from Eye Movement Desensitization and Reprocessing and Emotional Freedom Technique (WHEE) for self-treatment of pain, depression, and anxiety in chronic pain patients. *J Evidence-Based Complementary & Alternative Medicine*. DOI: 10.1177/2156587216659400

In this pilot study, a convenience sample of 24 chronic pain patients (17 with chronic fatigue syndrome/fibromyalgia) were randomized into WHEE treatment and wait-list control groups for 6 weeks. Assessments of depression, anxiety, and pain were completed before, during, and at 1 and 3 months after treatment. Wait-listed patients then received an identical course of WHEE and assessments. WHEE decreased anxiety ($P < .5$) and depression ($P < .05$) compared with the control group. The wait-list-turned-WHEE assessments demonstrated decreased pain severity ($P < .05$) and depression ($P < .04$) but not pain interference or anxiety. WHEE appears a promising method for pain, anxiety, and depression in patients with chronic pain, compared to standard medical care alone. Though a small pilot study, the present results suggest that further research appears warranted. An incidental finding was that a majority of patients with chronic pain had suffered psychological trauma in childhood and/or adulthood.

Chatwin, H., Stapleton, P., Porter, B., Devine, S., Sheldon, T. (2016). The effectiveness of Cognitive Behavioral Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study. *Integrative Medicine, 15*(2), 27-34.

This pilot study aimed to evaluate the effectiveness of Cognitive-Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT) in the treatment of depression and comorbid anxiety. Intervention subjects were local community members who screened positive for a primary diagnosis of Major Depressive Disorder (MDD) (N = 10). Intervention subjects were randomly assigned to an 8-week CBT or EFT treatment program. A community sample was assessed for comparative purposes (N = 57). Findings revealed both treatment approaches produced significant reductions in depressive symptoms, with the CBT group reporting a significant reduction at post-intervention that was not maintained over time, while the EFT group reported a delayed effect involving a significant reduction in symptoms at three- and six-month follow-up only. Examination of individual cases revealed clinically significant improvements in anxiety across both interventions. Overall, findings provide evidence to suggest that EFT may be an effective treatment strategy worthy of further investigation.

Clond, M. (2016). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis. *J Nerv Ment Dis. 2016 May; 204*(5):388-95. DOI: 10.1097/NMD.0000000000000483.

Emotional Freedom Techniques (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 APA'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% CI: 0.82-1.64, p < 0.001), while the effect size for combined controls was 0.41 (0.17-0.67, p=0.001). EFT treatment demonstrated a significant decrease in anxiety scores, even when accounting for the effect size of control treatment. However, there was too little 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.

Gaesser, A. and Karan, O. (2016). A randomized controlled comparison of Emotional Freedom Technique and Cognitive-Behavioral Therapy to reduce adolescent anxiety: A pilot study. *J Alt Comp Medicine, 23*(2), 102-08. DOI:10.1089/acm.2015.0316.

Objective: The objective of this pilot study was to compare the efficacy of Emotional Freedom Techniques (EFT) with that of Cognitive-Behavioral Therapy (CBT) in reducing adolescent anxiety.
Design: Randomized controlled study.
Settings: This study took place in 10 schools (8 public/2 private; 4 high schools/6 middle schools) in 2 northeastern states in the United States.
Participants: Sixty-three high-ability students in grades 6-12, ages 10-18 years, who scored in the moderate to high ranges for anxiety on the Revised Children's Manifest Anxiety Scale-2 (RCMAS-2) were randomly assigned to CBT (n = 21), EFT (n = 21), or waitlist control (n = 21) intervention groups.
Interventions: CBT is the gold standard of anxiety treatment for adolescent anxiety. EFT is an evidence-based treatment for anxiety that incorporates acupoint stimulation. Students assigned to the CBT or EFT treatment groups received three individual sessions of the identified protocols from trained graduate counseling, psychology, or social work students enrolled at a large northeastern research university.
Outcome Measures: The RCMAS-2 was used to assess pre-intervention and post-intervention anxiety levels in participants.
Results: EFT participants (n = 20; M = 52.16, SD = 9.23) showed significant reduction in anxiety levels compared with the waitlist control group (n = 21; M = 57.93, SD = 6.02) (p = 0.005, d = 0.74, 95% CI [-9.76, -1.77]) with a moderate to large effect size. CBT participants (n = 21; M = 54.82, SD = 5.81) showed reduction in anxiety but did not differ significantly from the EFT (p = 0.18, d = 0.34; 95% CI [-6.61, 1.30]) or control (p = 0.12, d = 0.53, 95% CI [-7.06, .84]).
Conclusions: EFT is an efficacious intervention to significantly reduce anxiety for high-ability adolescents.

Ningsih, S., Karim, D. , Sabrian, F. (2015). Efektivitas terapi Emotional Freedom Technique (EFT) Terhadap Kecemasan Pasien Kanker Payudara Stadium II Dan II. (Effectiveness of Emotional Freedom Technique (EFT) on patient anxiety in stage II and III breast cancer). *Online Student Journal (JOM) in Nursing, 2*(2).

This study used a quasi-experimental design with a non-equivalent control group. The study was conducted at the Arifin Achmad Hospital in Pekanbaru, Indonesia. Purposive sampling technique with inclusion criteria was used to recruit 30 respondents. The instrument in this study used in both groups was a questionnaire that has been tested for validity and realibility. The data were analyzed using paired sample t-test and independent sample t-test. The results in

experimental group showed p value (0.005) <Î± (0.05), indicating that EFT was effective to decrease anxiety in breast cancer patient. Based on this result, it is recommended that health providers especially nurses use Emotional Freedom Technique (EFT) therapy as one of non-pharmacological therapies to decrease anxiety.

Aremu, A. O., & Taiwo, A. K. (2014). Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and emotional freedom techniques: Moderating effect of mathematics efficacy*. African Journal for the Psychological Studies of Social Issues, 17*(1), 113–129.

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 a paucity of studies using numerical cognition and Emotional Freedom Techniques (EFT) in solving the above challenges. This study therefore investigated the effects of numerical cognition and EFT on mathematics anxiety among non-science students with pseudo-dyscalculia in Oyo State. Pretest, posttest, 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 EFT. Seven hypotheses were tested at 0.01 level of significance. Data were analyzed using analysis of covariance (ANCOVA). The study revealed main effect of treatment on mathematics anxiety; F (2,109) = 173.020, p < 0.01. Meridian-based intervention (EFT) was more effective (mean = 33.78) than numerical cognition (mean = 45.35) in the reduction of mathematics anxiety. There was a significant main effect F(1, 109 = 21.00, p < 0.01), interactive effect F(2, 109 = 6.116, p < 0.01). of mathematics efficacy and treatment of mathematics anxiety of the participants. The two packages were effective in reducing mathematics anxiety among the participants. Based on the findings, educational psychologists, counseling psychologists, and other educational related bodies could adopt the packages for educational diagnosis to improve academic performance of students with academic phobia.

Church, D., & Brooks, A. J. (2014). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing, 10*(1), 24-33.

A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after EFT (Emotional Freedom Techniques). While pain, depression, and anxiety were not the targets of treatment, significant improvements in these conditions were found. Subjects (N = 59) received six sessions of EFT coaching supplementary to primary care. They were assessed using the SA-45, which measures 9 mental health symptom domains, and also has 2 general scales measuring the breadth and depth of psychological distress. Anxiety and depression both reduced significantly, as did the breadth and depth of psychological symptoms. Pain decreased significantly during the intervention period (– 41%, p < .0001). Subjects were followed at 3 and 6 months, revealing significant relationships between PTSD, depression, and anxiety at several assessment points. At follow-up, pain remained significantly lower than pretest. The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general

mental health improves, and that EFT produces long-term gains for veterans after relatively brief interventions

Gaesser, A. H. (2014). Interventions to Reduce Anxiety for Gifted Children and Adolescents. *Doctoral Dissertations,* Paper 377. http://digitalcommons.uconn.edu/dissertations/377/

Anxiety can cause many concerns for those affected, and previous research on anxiety and gifted students has been inconclusive. 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) to measure students' anxiety levels, Phase I of this study examined anxiety in gifted youth (n = 153) participating in private and public gifted education programs, grades 6 -12, in two Northeastern states. ANOVAs were used to assess differences in the anxiety levels, and results indicated that gender (F [1, 149] = 13.52, $p <$ .001, ?2 = .08) and school setting (F [2, 149] = 21.41, $p < .001$, ?2 = .23) were significant factors in the anxiety levels of the gifted students in this study. In Phase II, a randomized controlled research design was used to investigate the effectiveness of CBT and EFT interventions for gifted adolescents. Utilizing permuted randomized assignment, participants (n = 63) identified with moderate to high levels of anxiety on the pretreatment RCMAS-2 were assigned to one of three treatment groups: a) CBT, the current gold standard of anxiety treatment, b) EFT, an innovative modality presently showing increased efficacy in anxiety treatment, and c) a wait-listed control group. Students assigned to CBT or EFT treatment groups received three individual sessions of the identified therapy from upper-level counseling, psychology, or social work students enrolled in graduate programs at a large Northeastern research university. Treatment outcomes were measured by administration of the RCMAS-2 post treatment and analyzed using ANCOVA with pretreatment RCMAS-2 scores serving as the covariate. Using a Bonferroni correction of $p = .016$, 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).

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

Objectives: The purpose of this study was to evaluate the effects of EFT on panic disorder.
Methods: Three patients with panic disorders were treated with oriental medical treatments which involved acupuncture, herbal medications, moxibustion and emotional techniques. Participants were diagnosed with panic disorder using the criteria of the Diagnostic and Statistical Manual (DSM-IV), and assessed with the Panic Disorder Severity Scale (PDSS), Visual Analogue Scale (VAS), Beck Depression Inventory (BDI), and the Beck Anxiety Inventory (BAI) upon admission and discharge.
Results: After treatment, both physical and psychological symptoms decreased.

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

Boath, E., Stewart, A., & Carryer, A. (2013). Is Emotional Freedom Techniques Generalizable? Comparing Effects in Sport Science Students Vs. Complementary Therapy Students. *Energy Psychology Journal, 5*(2).
DOI:10.9769.EPJ.2013.5.5.EB.AC.as.su

Objectives: Previous research has shown Emotional Freedom Techniques (EFT) to be effective in reducing presentation anxiety in student populations. Generalizability is a critical issue in research, and this study compared whether EFT is as effective in a cohort of younger, predominantly male students undertaking a sports science degree as in a cohort of all female, predominantly older complementary therapy students undertaking a foundation degree in complementary therapy.
Method: Two convenience samples of students were used. A cohort of students undertaking a foundation degree in complementary therapy (also known as CAM or Complementary and Alternative Medicine) and a cohort of students undertaking a sports science degree were informed of the research and invited to give their informed consent. Those who agreed were given a 15-min assignment workshop outlining the requirements for their assessed presentation by their module leads (authors Carryer and Boath).
Results: Table 1 shows the sociodemographic details of each student cohort. There was a significant difference in gender and age between the two cohorts of students. Men were predominant in the sports science degree group, whereas the complementary therapy group were all women. Complementary therapy students were also significantly older.
Discussion: This study demonstrates that EFT is effective in reducing presentation anxiety in cohorts of students regardless of age or gender. The findings are remarkably similar to previous research (Boath et al., 2012a, 2012b, 2013).
Conclusions: 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.

Boath, E., Stewart, A, & Carryer, A. (2013). Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in university students. *Innovative Practice in Higher Education, 1*(3).

Emotional Freedom Techniques (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 analyzed 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.

Mohler, M. (2014). Utilization of Emotional Freedom Techniques (EFT) to reduce test anxiety in high stakes testing. *Dissertation Abstracts International Section A: Humanities and Social Sciences Dissertation Abstracts International, 74*(11-A(E)). PhD Dissertation. https://search.proquest.com/openview/0b68419c2970b2c9a1f6bc3d8418bdce/

There are many reasons a person may fail a high stakes test such as the National Council Licensure Examination for Registered Nurses (NCLEX-RN®). Sleep deprivation, illness, life stressors, knowledge deficit, and test anxiety are some of the common explanations. A student with test anxiety may feel threatened by this evaluation process. This reaction causes the students to become self-absorbed with altered cognitive abilities such as reduced ability: to concentrate, to remember, and/or to retrieve information, thus lowering the students' performance. This research study explored the correlation among factors such as stress, test anxiety, and student expectations that may be predictive of success or failure in passing the NCLEX-RN® exam. This study also compared the methods of Emotional Freedom Techniques (EFT) to Guided Imagery regarding the reduction of test anxiety and success in passing the NCLEX-RN® exam. Emotional Freedom Techniques, a form of energy psychology, works by having an individual concentrate on a specific psychological issue while simultaneously tapping on specific meridian points. Guided Imagery, a well-respected form of meditation, utilizes directed and focused thought and imaginations. The participants of this quantitative study were nursing students enrolled in a NCLEX Review course at a university in the Midwest. Randomized groups received two treatment sessions. The students completed the Test Anxiety Inventory (TAI), Westside Test Anxiety Scale, Stress Vulnerability Questionnaire, Subjective Units of Disturbance Scale (SUDS), and had their blood pressure taken before and after treatments. The students also completed the SA-45 Symptom Assessment (SA-45(TM)), a Personal Profile Data Sheet, and three Student Perception Surveys. The results of the study showed scoring below an 80% on the HESI Exit Exam and obtaining a lower score on a retake of the HESI Exit Exam was associated with the pass rate of the NCLEX-RN® exam. There was a statistical significant difference in the SUDS rating recorded pre-treatment versus post-treatment which indicated the treatment lowered distress levels in both groups. The systolic and diastolic blood pressure showed a statistical significant decrease in Group 1 (Guided Imagery) after the second treatment. The diastolic blood pressure showed a statistical significant decrease after the second treatment in Group 2 (EFT). There was a statistical significant difference in the Westside Test Anxiety incapacity (memory) subscale before treatments and after treatments in Group 2 (EFT). On Student Perception Survey 3, at the end of the study, Group 2 (EFT) reported a decrease in test anxiety while Group 1 (Guided Imagery) conveyed a slight increase. Both groups reported they thought the treatment were effective. Emotional Freedom Techniques did reduce test anxiety in high stakes testing.

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

Objectives: A service evaluation was carried out to establish the feasibility and effectiveness of Emotional Freedom Techniques (EFT) in the NHS.
Setting: A dedicated EFT service, within the NHS in the district of Sandwell, West Midlands. Referrals were accepted for any emotional condition (including physical pain), provided that clients were over 18 and not "vulnerable adults". Ethical approval was secured.
Method: Over a 13 month period, clients accessing the EFT service for a range of emotional conditions were invited to participate. Those who gave consent were included in the service evaluation. At the start and end of their treatment, clients were asked to complete the CORE10 (main outcome variable), WEMWBS, Rosenberg Self Esteem and HADS measurement scales. Clients completing their therapy were invited for a 3-month follow-up.
Results: Thirty-nine clients gave consent, and 31 completed therapy. A total of 77% were female, and 80% were White British. The mean age was 45 years (range 18-76),and mean number of sessions attended was 5 (median 4; range 2-17). The main presenting conditions were anxiety, depression and anger and clients revealed up to 4 additional issues. CORE10, Rosenberg Self-Esteem, HADS Anxiety and HADS Depression scores showed both statistically and clinically significant improvements, with statistically significant improvement for WEMWBS (all $p<0.01$). Mean CORE10 scores improved from 20.16 (moderate severe) at start to 8.71 (normal) at end (SD difference=6.81, $p<0.001$). Improvements were seen in all but one client.
Conclusion: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize drop-outs.

Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D. & Dawson, K. (2013). Can Matrix Reimprinting using EFT be effective in the treatment of emotional conditions in a public health setting? Results of a UK pilot study. Energy Psychology: Theory, Research, and Treatment , 5(1), 13–31.

Objectives: This pilot study was carried out to establish the feasibility and effectiveness of Matrix Reimprinting (MR). A dedicated MR/ Emotional Freedom Techniques service was delivered in a community setting within the National Health Service in the metropolitan borough of Sandwell, United Kingdom. Method: Over a 15-month period, the study followed clients accessing the service for a range of emotional conditions. At the start and end of their treatment, clients were asked to complete the CORE–10 (psychological distress; main outcome variable), Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; mental well-being), Rosenberg Self Esteem and Hospital Anxiety and Depression Scale (HADS; anxiety and depression) measurement scales.
Results: 24 clients were included in the MR pilot study, and the mean number of sessions attended was 8.33 (Mdn = 6.5). There were both statistically and clinically significant improvements for CORE–10 (52% change, $p < .001$), Rosenberg Self-Esteem (46% change, $p < .001$), HADS Anxiety (35% change, $p = .007$), and HADS total score (34% change, $p = .011$) and a statistically significant improvement for WEMWBS (30% change, $p < .001$). All MR clients showed clinical improvements.

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

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

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.

Irgens A, Dammen T, Nysæter TE, Hoffart A. (2012). Thought Field Therapy (TFT) as a treatment for anxiety symptoms: A randomized controlled trial. *Explore: The Journal of Science and Healing, 8,* 331-8. DOI: 10.1016/j.explore.2012.08.002.

Objective: To investigate if thought field therapy (TFT) has an impact on anxiety symptoms in patients with a variety of anxiety disorders.
Design: Forty-five patients were randomized to either TFT (N=23) or a waiting list (N=22) condition. The wait-list group was reassessed and compared with the TFT group two and a half months after the initial evaluation. After the reassessment, the wait-list patients received treatment with TFT. All 45 patients were followed-up one to two weeks after TFT treatment, as well as at three and 12 months post-treatment.
Subjects: Patients with an anxiety disorder, mostly outpatients.
Intervention: Thought field therapy aims to influence the body's bioenergy field by tapping on specific points along energy meridians, thereby relieving anxiety and other symptoms.
Outcome Measures: Symptom Checklist 90-Revised, Hospital Anxiety and Depression Scale, the Sheehan Disability Scale.
Results: Repeated measures ANOVAs were used to compare the TFT and the wait-list group. The TFT group had a significantly better outcome on two measures of anxiety and one measure of function. Follow-up data for all patients taken together showed a significant

decline in all symptoms during the one to two weeks between the pre-treatment and the post-treatment assessments. The significant improvement seen after treatment was maintained at the three and 12 months assessments.
Conclusion: The results suggest that thought field therapy (TFT) may have an enduring anxiety-reducing effect.

Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment, 4*(2), 13-24. DOI: 10.9769.EPJ.2012.4.2.SJ

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 sample consisted of 150 undergraduates from three universities in the Inland Northwest USA with debilitating test anxiety 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 RTT, SA-45 and Westside instruments 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 diaphragmatic breathing and EFT groups on most measures, with gains maintained on follow-up.

Fitch, J., Di Girolamo, J. A., & Schmuldt, L.M. (2011). The Efficacy of Primordial Energy Activation and Transcendence (PEAT) for Public Speaking Anxiety. *Energy Psychology Journal, 4*(1). DOI: 10.9769/EPJ.2011.3.2.JF

Background: Primordial Energy Activation and Transcendence (PEAT) is one of the newer energy psychology protocols. The purpose of this study was to test the effectiveness of a PEAT protocol on individuals experiencing communication anxiety and compare results with existing protocols such as Emotional Freedom Techniques (EFT) and Thought Field Therapy (TFT).
Method: The current study (N = 82) examined the efficacy of the PEAT protocol in reducing communication anxiety by measuring anxiety using the Communication Anxiety Inventory Form State (CAI State) before and after a 20-min PEAT treatment for an experimental group and comparing the results with a control group that received no treatment.
Participants: University students enrolled in a public speaking class volunteered for participation in the study.
Results: The PEAT process produced a statistically significant downward shift in CAI State scores, relative to the control group, with a medium effect size. A qualitative content analysis of participant interviews also identified themes of effectiveness of the Basic PEAT protocol in reducing public speaking anxiety.
Conclusion: The strength of the results indicates a beneficial effect due to the PEAT treatment and that further investigation is warranted.

Fitch, J., Schmuldt, L., & Rudick, K. L. (2011). Reducing state communication anxiety for public speakers. An energy psychology pilot study. *Journal of Creativity in Mental Health, 6*(3), 178-192.

This mixed-method pilot study investigates the efficacy of implementing primordial energy activation and transcendence to address public speaking anxiety. Speech anxiety was significantly reduced from pretest to posttest, as measured by the Communication Anxiety Inventory State. Suggestions for future research, limitations of the current study, and interview responses from participants are included.

Jones, S., Thornton, J., & Andrews, H. (2011). Efficacy of EFT in Reducing Public Speaking Anxiety: A Randomized Controlled Trial. *Energy Psychology: Theory, Research, Treatment, 3*(1).

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.

Temple, G., & Mollon, P. (2011). Reducing Anxiety in Dental Patients using EFT: A Pilot Study. *Energy Psychology: Theory, Research & Treatment, 3*(2).

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 pretreatment score of 8.03 and a posttreatment 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.

Church, D. & Brooks, A. (2010). The Effect of a Brief EFT (Emotional Freedom Techniques) Self-Intervention on Anxiety, Depression, Pain and Cravings in Healthcare Workers. *Integrative Medicine: A Clinician's Journal,* Oct/Nov.

This study examined a cross section of 194 healthcare professionals, including physicians, nurses, psychotherapists, chiropractors, psychiatrists, alternative medicine practitioners, and allied professionals. It 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 subjects' levels of anxiety, depression, and other psychological symptoms. The study utilizes a within-subjects, time-series, repeated measures design. It evaluates symptoms using the SA-45, a well-validated 45 item questionnaire. Besides measuring the breadth and intensity of psychological distress, this instrument has nine subscales for specific conditions, including anxiety and depression. It was administered to subjects before and after an EFT demonstration and self-application that lasted about 90 minutes. Subjects also self-reported physical pain, emotional distress, and cravings on a 10 point Likert-type scale. The SA-45 followup was administered 3 months later, to determine whether any improvement held over time. Subjects received a single page homework EFT reminder sheet, and their frequency of practice was tracked at followup. EFT self-application resulted in statistically significant decreases in pain, emotional distress, and cravings, and improvements for all nine subscales. On the two general scales on the SA-45, symptom severity dropped by 34%, and symptom breadth by 40% relative to normal baselines (both $p<.001$). Pain scores dropped by 68%, the intensity of traumatic memories by 83%, and cravings by 83% (all $p<.001$).

Church, D., Brooks, A. (2010). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal,* 2010, August/September 2010.

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.

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

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 conditions. 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 behavior, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychotism, 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% ($p<.001$), while breadth of symptoms decreased by 29% ($p<.032$). Anxiety decreased 46% ($p<.003$), depression 49% ($p<.001$), and PTSD 50% ($p<.026$). Most gains were maintained at the 90-day follow-up.

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2009). Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for Treatment of Test Anxiety in University Students. *Explore, 5*(6).

Objective: This study explored test anxiety benefits of Wholistic Hybrid derived from EMDR (WHEE), Emotional Freedom Techniques (EFT), and Cognitive Behavioral Therapy.
Participants: Canadian university students with severe or moderate test anxiety participated.
Methods: A double-blind, controlled trial of WHEE (n = 5), EFT (n =5), and CBT (n = 5) was conducted. Standardized anxiety measures included: the Test Anxiety Inventory (TAI) and Hopkins Symptom Checklist (HSCL-21).
Results: Despite small sample size, significant reductions were found for WHEE on the TAI ($p < 0.014$-.042) and HSCL-21 ($p < 0.029$); on the TAI ($p < 0.001$-.027) for EFT; and on the HSCL-21 ($p < 0.038$) for CBT. There were no significant differences between the scores for the three treatments. In only two sessions WHEE and EFT achieved the same or better benefits as CBT did in five sessions. Participants reported high satisfaction with all treatments. EFT and WHEE students successfully transferred their self-treatment skills to other stressful areas of their lives.
Conclusions: WHEE and EFT show promise as effective treatments for test anxiety.

Lane, J. (2009). The Neurochemistry of Counterconditioning: Acupressure Desensitization in Psychotherapy. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 31-44.

A growing body of literature indicates that imaginal exposure, paired with acupressure, reduces midbrain 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 counterconditioning used in energy psychology and provides explanations for the mechanisms of actions of these therapies, based upon currently accepted paradigms of brain function, behavioral psychology, and biochemistry.

Sezgin, N., Ozcan, B., Church, D., (2009). The Effect of Two Psychophysiological Techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on Test Anxiety in High School Students: A Randomized Blind Controlled Study. *International Journal of Healing and Caring,* Jan, 9:1.

This study investigated the effect on test anxiety of Emotional Freedom Techniques (EFT), a brief exposure therapy with somatic and cognitive components. A group of 312 high school students enrolled at a private academy was evaluated using the Test Anxiety Inventory (TAI),

which contains subscales for worry and emotionality. Scores for 70 demonstrated high levels of test anxiety; these students were randomized into control and experimental groups. During the course of a single treatment session, the control group received instruction in Progressive Muscular Relaxation (PMR); the experimental group, EFT, followed by self-treatment at home. After two months, subjects were re-tested 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 two subscales. 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; though the improvement was greater for the EFT group, the difference was not statistically significant.

Rowe, J. (2005). The effects of EFT on long-term psychological symptoms. *Counseling and Clinical Psychology Journal, 2*(3):104.

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 (www.emofree.com) 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.

Andrade, Joaquin and Feinstein, David. (2004). Preliminary report of the first large-scale study of energy psychology. Energy Psychology Interactive: Rapid Interventions for Lasting Change. Ashland, OR: Innersource.

In an ongoing in-house investigation conducted by 11 allied clinics in Argentina and Uruguay, the progress of 5,000 anxiety patients was tracked over a 5-1/2 year period. Half were randomly assigned to the clinics' standard protocol for anxiety disorders, cognitive behavior therapy (CBT) with anti-anxiety medication as needed. The other half received acupoint tapping with imaginal exposure but no anti-anxiety medication. Raters did not know which treatment a patient received. Improvement was found in 90% of the acupoint tapping group and 63% of the CBT group, with complete relief of symptoms at 76% for acupoint tapping and 51% for CBT. One-year follow-up samplings predicted that 78% sustained the benefits from acupoint tapping and 69% from CBT. In a sub-study of 190 of the patients who were treated successfully, an average of three acupoint tapping sessions were required before the

anxious condition was no longer present while an average of 15 CBT sessions were required. Limitations of the study include that it was always conceived of as a preliminary investigation and was never submitted for journal review, record-keeping was relatively informal, some variables were not strictly monitored, source data was not always retained, and outcome assessments were subjective ratings.

Waite, L. W. & Holder, M. D. (2003). Assessment of the Emotional Freedom Technique: An alternative treatment for fear. *The Scientific Review of Mental Health Practice, 2*(1). 20-26.

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.

Sakai, C., Paperny, D., Mathews, M., Tanida, G., Boyd, G., Simons, A., Yamamoto, C., Mau, C., & Nutter, L. (2001). Thought Field Therapy Clinical Applications: Utilization in an HMO in Behavioral Medicine and Behavioral Health Services. *Journal of Clinical Psychology, 57*(10), 1229-35.

Thought Field Therapy (TFT) is a self-administered treatment developed by psychologist Roger Callahan. TFT uses energy meridian treatment points and bilateral optical–cortical stimulation while focusing on the targeted symptoms or problem being addressed. The clinical applications of TFT summarized included anxiety, adjustment disorder with anxiety and depression, anxiety due to medical condition, anger, acute stress, bereavement, chronic pain, cravings, depression, fatigue, nausea, neurodermatitis, obsessive traits, panic disorder without agoraphobia, parent–child stress, phobia, posttraumatic stress disorder, relationship stress, trichotillomania, tremor, and work stress. This uncontrolled study reports on changes in self-reported Subjective Units of Distress (SUD; Wolpe, 1969) in 1,594 applications of TFT, treating 714 patients. Paired t-tests of pre- and posttreatment SUD were statistically significant in 31 categories reviewed. These within-session decreases of SUD are preliminary data that call for controlled studies to examine validity, reliability, and maintenance of effects over time. Illustrative case and heart rate variability data are presented.

Autism

Harner, D., Miller, S., Manek, N., Reed, C. & Tiller, W. (2022). The Effects of Intention-Broadcasting on Subjects Diagnosed with Autism Spectrum Disorder: Part I–A proof of concept study. *International J of Healing & Caring, 22*(4).

Autism spectrum disorders (ASDs) are complex, lifelong, neuro-developmental conditions of unknown etiology. They are clinically evident from early childhood and characterized by impaired ability to interact socially and restricted, stereotypical behaviors. The objective of this pilot study was to broadcast intention to subjects diagnosed with ASD and assess its impact over a period of one year. A total of forty-four subjects enrolled/39 completed the Autism Treatment Evaluation Checklist (ATEC) at baseline and at monthly intervals for twelve months. The intention was broadcast from a single location in Arizona to subjects physically located around the world and was designed to alleviate core symptoms of autism. Statistical analysis validated our hypothesis that the ATEC total score would improve over time ($p < .001$). Results from all four ATEC subscales demonstrated a reduction in core symptoms of autism: social interaction ($p < .001$), expressive language ($p < .001$), cognitive functioning ($p < .001$), and overall health ($p < .001$). Pair-wise comparisons revealed that our intervention elicits significant effects after the first month of treatment and that benefits keep increasing with treatment duration. No adverse reactions were reported. From this first observational study, Intention-Broadcasting is an effective intervention for the reduction of core symptoms of ASD. The results show proof of concept of human intentionality efficacy and build upon the biomedical and mind-body approaches to medicine.

Keppel, Hadas. (2021). The effects of a Thought Field Therapy stress reduction protocol on the stress and empath levels of parents of children with autism spectrum disorder. Fielding Graduate University, ProQuest Dissertations Publishing, 28713632.
https://www.proquest.com/docview/2572246678/E089F81C8F1F4C15PQ/1

The effects of a stress reduction Thought field therapy protocol vs. a control-stimulation protocol on general stress, parenting stress, and empathy (perspective taking) were explored in this mixed-model, randomized control study. Parents of children with autism, from Israel and the USA, showed reduced general stress and an increase in perspective taking following the intervention, as measured by self-reports. Parenting stress partially mediated the effect of TFT on perspective taking. There were no additional changes during the follow-up period. Participants with personality characteristics of the broad autism phenotype presented at baseline higher general and parenting-related stress scores, and lower perspective taking scores, regardless of their intervention group. The finding suggests that perspective taking is part of the broad autism phenotype (BAP). TFT was effective, regardless of participants' BAP status.

Freger, M. (2019). Use of Over Energy Correction (OEC) for intervention therapists at a center-based treatment facility for Autism Spectrum Disorders (ASD). *International Journal of Healing and Caring, 19*(2).

Caregivers and therapists can often experience high stress levels or burnout when working in intensive environments with children who are diagnosed with Autism Spectrum Disorders (ASDs). It was hypothesized that a single breathing exercise practiced several times per day over an extended period of time, may assist in decreasing stress levels and burnout and

assist in developing resiliency. Specifically, a breathing exercise designed to integrate left and right hemispheric activity was used. The breathing exercise appeared to be effective with respect to the subjects perceived ratings. Specifically, subjects reported being able to gain a deeper understanding of their mind body awareness to anticipate using self-talk on the job to decrease distractibility and to increase focus. Subjects also reported greater resiliency across settings other than the workplace, decreased stress levels, and increased energy levels.

Birth Trauma and Obstetrics

Adams, J., & Ballantyne, P. (2022). Emotional Freedom Techniques for Obstetric Violence. *AIMS Journal, 34*(2), 1–7. https://www.aims.org.uk/journal/index/34/2 https://www.aims.org.uk/journal/item/birth-healing-eft No abstract.

Cancer

Hamidah, H., Rauf, S., Arifuddin, S., Musba, A. M., Prihantono, P., Pelupessy, N. U., . . . Hidayati, E. (2025). Comparison of pain, cortisol, and IL6 levels pre and post SEFT in Stage III B cervical cancer patients. *Asian Pacific Journal of Cancer Prevention, 26*(2), 625-630. https://doi.org/10.31557/apjcp.2025.26.2.625

Objective: The objective of the study is to assess the impact of Spiritual Emotional Freedom Technique (SEFT) intervention on pain severity, cortisol, and IL6 levels in stage III B cervical cancer patients undergoing chemoradiation. Methods: A quasi-experimental study with a one-group pre-test post-test design was conducted at Gatot Soebroto Hospital, Jakarta, Indonesia, focusing on stage III B cervical cancer patients who received chemoradiation. Pain severity was quantified using the Numeric Rating Scale (NRS), while cortisol and IL6 levels were determined via serum specimen collection and ELISA analysis. Statistical analysis revealed significant disparities in pain severity, cortisol levels, and IL6 levels pre- and post-intervention. A significant correlation emerged between pain severity, cortisol, and IL6 levels ($p<0.001$). Result: The average pre-intervention pain severity was 4.5 and the average post-intervention pain severity was 1.6. The average pre-intervention cortisol level was 632.9 and the average post-intervention cortisol level was 305.3 (p-value <0.001). The average pre-intervention IL6 level was 260.1 and the average post-intervention IL6 level was 106.7. Conclusion: The SEFT proves highly effective in alleviating pain among cervical cancer patients undergoing chemoradiation.

Hasibuan, S.H., Said, F.M., Rashid, N.A., Huda, A., & Mulyani, S. (2025). The Effectiveness of Emotional Freedom Technique (EFT) in Improving the Mental Health of Breast Cancer Patients: Systematic Literature Review. *African Journal of Biomedical Research.* · DOI:10.53555/ajbr.v28i1s.6175

Breast cancer is the second most common cancer in Indonesia and the leading cause of

cancer-related deaths globally, with a prevalence of 28.7%. Emotional impacts, such as anxiety, depression, and stress, often accompany this diagnosis, making effective interventions necessary to improve the mental health of patients. Emotional Freedom Technique (EFT) and Spiritual Emotional Freedom Technique (SEFT) are modern energy therapies aimed at addressing these challenges through tapping methods and the integration of spiritual aspects.
Method: This study employs a systematic literature review (SLR) approach by reviewing articles from the PubMed, and Google Scholar databases published within the 2019-2024 timeframe. The included studies encompass experimental research and interventions related to EFT or SEFT in breast cancer patients with a focus on mental health.
Results: EFT and SEFT are effective in reducing stress, anxiety, and depression in cancer patients. EFT improves the positive behavior of pancreatic cancer patients, which is relevant to breast cancer patients. SEFT, with its spiritual component, provides additional benefits, especially for elderly patients, in harmonizing physical, psychological, and spiritual aspects. Compared to other therapies such as Life Review Therapy, EFT and SEFT offer a unique approach that is more oriented towards the management of body energy.
Conclusion: of this study affirms that EFT and SEFT are innovative holistic methods for improving the mental health of breast cancer patients. The integration of spiritual elements in SEFT provides significant added value, making it relevant for the Indonesian context.

Kaplan, M., & Çelik, H. (2025). The effect of the Emotional Freedom Technique (EFT) on pain and depression in cancer patients: A randomized controlled trial. *Supportive Care in Cancer, 33*(8), 749. https://doi.org/10.1007/s00520-025-09814-x

Purpose
Cancer patients frequently experience both physical and psychological challenges, including chronic pain and depression. While conventional treatments primarily rely on pharmacological interventions, complementary approaches such as the Emotional Freedom Technique (EFT) may help alleviate both physical and psychological distress. This study aimed to assess the effects of EFT on pain and depression in individuals with cancer.
Methods
This randomized controlled trial was conducted in the oncology ward of a high-capacity hospital in eastern Turkey between December 2023 and March 2024. Seventy cancer patients were randomly assigned to either the EFT group (n = 35) or the control group (n = 35). The EFT group received four structured 30-min sessions over two weeks, led by a certified EFT practitioner, with symptom reassessment after each session. The control group received routine care. Data were collected using a Participant Information Form, the Beck Depression Inventory (BDI), and the Visual Analog Scale (VAS) before and after the intervention.
Results
VAS scores in the EFT group significantly decreased from 4.82 ± 2.47 to 2.44 ± 1.97 ($p < 0.05$), whereas the control group showed a smaller reduction from 5.36 ± 2.42 to 4.25 ± 2.75 ($p > 0.05$). BDI scores in the EFT group improved significantly, decreasing from 31.44 ± 17.68 to 18.44 ± 7.0 ($p < 0.05$), while the control group's scores increased from 27.94 ± 16.26 to 31.42 ± 12.65 ($p > 0.05$).
Conclusion
These findings suggest that EFT was effective in significantly reducing both pain and depression levels in cancer patients.

Lazarov, A., Church, D., Shidlo, N., & Benyamini, Y. (2025). The effectiveness of group and

individual training in emotional freedom techniques for patients in remission from melanoma: A randomized controlled trial. *Healthcare, 13*(12), 1-27. https://doi.org/10.3390/healthcare13121420

Background/Objectives: A history of cancer has been linked to stress and concerns about its recurrence. We aimed to test the benefits of an evidence-based self-help stress reduction method, the Clinical Emotional Freedom Technique (EFT), in survivors of cutaneous melanoma, and to contrast its effects on wellbeing and perceptions of cancer recurrence when delivered in a group versus individual instruction setting.
Methods: This study was preregistered at clinicaltrials.gov (NCT05421988, 3 April 2022). Fifty-three patients aged 18 and above, diagnosed with melanoma (stage T1a–T2a) at least 6 months prior, and not in active treatment were recruited from a private skin cancer clinic. After consent, all participants were randomized in one step into three condition groups: Group EFT (G-EFT; n = 16), Individual EFT (I-EFT; n = 18), and a waiting-list control condition (CC; n = 19). G-EFT and I-EFT participants attended weekly treatment sessions for four weeks. Perceptions of cancer recurrence and wellbeing measures were obtained pre- and post-intervention and at three-months follow-up using online questionnaires. Subjective units of distress (SUDs) were recorded by the EFT instructor at the beginning and end of each session.
Results: Two-way repeated measures ANOVAs revealed significant improvements from pre- to post-intervention in both EFT conditions in terms of participants' understanding of how to prevent recurrence and in their spiritual wellbeing. No statistically significant effects were found for fear of recurrence, recurrence perceptions, and affect. Significant decreases in SUD scores were observed in both EFT conditions. Over 80% of the experimental conditions' participants reported positive changes and satisfaction.
Conclusions: The findings provide support for offering EFT instruction as a non-pharmacological and noninvasive self-help method to ameliorate the stress of cancer diagnosis and treatment, and for its similar effectiveness in either a group or individual format.

Mohamed, A.F., Hamed, A.E.M., Mohamed, S.S.A. *et al.* (2025). Effect of nursing application of emotion freedom technique on perceived stress, resilience and sexual satisfaction among women after mastectomy. *BMC Nurs* 24, 428. https://doi.org/10.1186/s12912-025-02977-2

Background
A breast cancer diagnosis extends beyond physical health concerns, profoundly impacting a woman's psychological well-being, resilience and sexual satisfaction. Mastectomy intensifies these challenges, potentially affecting overall quality of life and long-term well-being. Understanding the interrelationships between perceived stress, resilience and sexual satisfaction is crucial for designing targeted interventions that effectively support mastectomized women. This study evaluates the effectiveness of the Emotional Freedom Technique in mitigating stress, enhancing resilience and improving sexual well-being post-mastectomy.

Methods
A quasi-experimental pretest-posttest design was employed with a convenient sample of 112 Egyptian women who had undergone mastectomy. Participants were recruited from the Outpatient Oncology Clinic at Beni-Suef University Hospital. Data were collected over six months (January–June 2024) and analyzed using SPSS version 26.0. The intervention consisted of six structured EFT sessions delivered over six weeks. Paired t-tests assessed pre-

and post-intervention differences, while Pearson and Spearman correlation analyses examined relationships between variables to accommodate different data distributions.

Results
Post-intervention assessments revealed statistically significant improvements. Perceived stress scores decreased from 32.42 ± 1.70 to 17.27 ± 2.96 ($t = 49.130$, $p < 0.001$, Cohen's $d = 3.2$), resilience scores increased from 11.53 ± 1.67 to 31.46 ± 5.48 ($t = 36.454$, $p < 0.001$, Cohen's $d = 2.8$) and sexual satisfaction scores improved from 17.03 ± 1.55 to 31.00 ± 4.31 ($t = 13.245$, $p < 0.001$, Cohen's $d = 2.5$). Strong negative correlations were found between perceived stress and both resilience ($r = -0.692$, $p < 0.001$) and sexual satisfaction ($r = -0.835$, $p < 0.001$), while resilience and sexual satisfaction were strongly positively correlated ($r = 0.890$, $p < 0.001$).

Conclusion
EFT is a cost-effective, non-invasive intervention that significantly reduces stress, enhances resilience and improves sexual satisfaction in women post-mastectomy. To optimize clinical integration, healthcare institutions should develop structured EFT training programs for nurses, incorporating theoretical foundations, hands-on practice and competency assessments. Standardized protocols should be established to guide EFT implementation in post-mastectomy care. Further research should explore long-term effects and broader applicability across diverse healthcare settings.

Zheng, D., Lin, X., Gao, X., Wang, L., & Zhu, M. (2025). The impact of emotional freedom techniques on anxiety, depression, and anticipatory grief in people with cancer: A meta-analysis and systematic review. *Journal of Psychosomatic Research, 192,* 112088. https://doi.org/10.1016/j.jpsychores.2025.112088
Objective
Emotional Freedom Techniques (EFT) is a self-healing method that combines Eastern meridian acupuncture and Western psychology. This meta-analysis evaluates the efficacy of EFT in reducing anxiety, depression, and anticipatory grief symptoms in people with cancer.
Methods
A comprehensive search was conducted across nine databases, including Cochrane Library, Embase, PubMed, Web of Science, Google Scholar, CBM, WeiPu, CNKI, and WanFang, up to May 2024. We included randomized controlled trials (RCTs) focused on EFT's effects on psychological symptoms and well-being in people with cancer. Eligible RCTs were screened, quality-assessed, and analyzed using RevMan 5.3 software.
Results
From 1026 articles, ten RCTs met the inclusion criteria, involving 774 patients (388 in the EFT group and 386 in the control group). EFT reduced symptoms of depression (MD = –7.41, 95 % CI [–9.32, –5.51], $P < .001$) and anxiety (MD = –7.92, 95 % CI [–11.01, –4.83], $P < .001$). For anticipatory grief, EFT improved symptoms related to sadness, anger, death attitude, somatic symptoms, religious comfort, and perceived social support, but did not affect disease adjustment, self-awareness, or psychological distress. EFT also improved sleep quality (MD = –1.96, 95 % CI [–2.80, –1.13], $P < .001$).
Conclusion
EFT significantly alleviates anxiety, depression, and certain aspects of anticipatory grief, as well as sleep issues in people with cancer, though it shows limited efficacy in psychological distress, disease adjustment, and self-awareness. Further research should standardize outcomes to verify EFT's comprehensive benefits.

Zheng, D., Xiao, W., Duan, D., Tang, C., & Lin, X. (2025). Effectiveness of emotional freedom techniques therapy in alleviating anticipatory grief for cancer patients. ***Medicine, 104*****(36), e44211**. https://doi.org/10.1097/md.0000000000044211

Cancer patients frequently experience anticipatory grief (AG), anxiety, and sleep disturbances. This randomized controlled trial evaluates the efficacy of the emotional freedom technique (EFT) therapy in alleviating these symptoms.

Methods: A total of 58 cancer patients were randomly assigned to an intervention group (n = 30) receiving 4-week EFT therapy (acupoint tapping + scripted prompts, 5 minutes per prompt) plus routine care, or a control group (n = 28) receiving routine care alone. AG was measured using the Preparatory Grief in Advanced Cancer Patients scale, anxiety with the Hamilton Anxiety Rating Scale, and sleep quality via the Pittsburgh Sleep Quality Index at baseline and postintervention.

Results: After 4 weeks, the intervention group demonstrated: Significantly lower AG scores versus control ($P < .01$); greater anxiety reduction ($P = .04$); improved sleep quality ($P < .01$).

Conclusion: EFT therapy produces clinically significant improvements in AG, anxiety symptoms, and sleep quality among cancer patients within 4 weeks.

Hamidah, H., Rauf, S., Arifuddin, S., Musba, A. M., Prihantono, P., Pelupessy, N. U., . . . Permatasari, T. A. (2024). The effect of spiritual emotional freedom technique impact to pain in cervical cancer post-chemoradiation: a review article. ***Healthcare in Low-Resource Settings, 12*****(4).** https://doi.org/10.4081/hls.2024.12189

Chronic pain that is subjective is experienced by patients with advanced cervical cancer. Simple movements are used in spiritual emotional freedom technique (SEFT) therapy, a therapeutic approach that improves performance and achievement, addresses psychological and physical pain issues, and promotes happiness and serenity in life. In this systematic review study, we evaluate how SEFT affects patients with cervical cancer who have had chemotherapy and radiation treatment. Using databases from 2003 to 2023, including Google Scholar, PubMed, ScienceDirect, PsycINFO, and Ovid, this study employs a systematic review methodology. The keywords “spiritual emotional freedom technique (SEFT)”, “emotional freedom technique (EFT)”, and “cervical cancer” form the basis of the search strategy. Experiments and observational studies with a minimum sample size of two participants involving patients with cervical cancer meet the inclusion criteria. The results show that among patients with post-chemoradiation cervical cancer, SEFT therapy is beneficial in lowering pain, stress, and depression. Cancer patients who experience pain may see a reduction in their quality of life as well as physical health issues. Cervical cancer patients can experience marked improvements in their pain, stress, and depression when the SEFT therapy theory is applied.

Kalroozi, F., Moradi, M., Ghaedi-Heidari, F., Marzban, M., & Raeisi-Ardali, S. (2022). Comparing the effect of emotional freedom technique on sleep quality and happiness of women undergoing breast cancer surgery in military and non-military families: A quasi-experimental multicenter study. ***Perspectives in Psychiatric Care, 58(*****4),** **2986-97. https://doi.org/10.1111/ppc.13150**

Purpose: The aim of this study was to compare the effect of emotional freedom technique (EFT) on sleep quality and happiness of women who underwent breast cancer surgery and lived in military and nonmilitary families.
Design and Methods: The patients were randomly divided into four groups of military intervention (n=34), nonmilitary intervention (n=33), military control (n=31), and nonmilitary control (n=35). Data were collected using demographic information form, Pittsburgh Sleep Quality Index, and Oxford Happiness Questionnaire.
Findings: The mean scores of sleep quality and happiness in military and nonmilitary intervention groups improved significantly immediately and 1 month after the intervention compared to control groups (p<0.001). However, there was no statistically significant difference between the military and nonmilitary intervention groups regarding the mean scores of sleep quality and happiness before, immediately, and 1 month after the intervention (p>0.05).
Practice Implications: Given the efficacy of EFT in improving sleep quality and happiness, it is recommended that this technique be taught to nurses to implement in the entire process of providing nursing care to cancer patients.

Tack, L., Lefebvre, T. et al. (2021). A randomised wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment in cancer survivors (EMOTICON). ***EClinicalMedicine, 39.*** **101081** https://doi.org/10.1016/j.eclinm.2021.101081

Background: 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).
Methods: 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 on the Cognitive Failures Questionnaire (CFQ). Participants were randomised to the immediate treatment group (ITG) or wait-list control (WLC) group, based on age, 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.
Findings: 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.
Interpretation: 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.

Islam, Z. & Tully, L. (2019). Energy healing therapies for symptom control of cancer patients. ***International Journal of Healing and Caring, 19*****(1).**

Energy medicine techniques, including Healing Touch, Reiki, Quantum Touch, Donna Eden Method were added to the routine medical treatment regime of cancer patients at the MD Anderson Cancer and their effects were evaluated on the most common symptoms suffered by the patients, including anxiety, pain, fatigue, nausea and insomnia. Improvements ranging from 3.4-5.8 points (on a scale of 1-10) were seen in symptoms, as rated by the patients and these were highly significant. The highest response was found in anxiety (CI 4.7-5.8), followed by pain (CI 3.4-4.5) and fatigue (CI 3.6-4.8). Our results demonstrate that energy medicine techniques provide significant symptomatic relief, as judged subjectively by the patients. Furthermore, our results indicate that energy medicine techniques can be non-pharmaceutical adjuncts in helping to control the symptoms of cancer patients, many of whom are already on multiple medications.

Baker, B. & Hoffman, C. (2015). Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation. *European Journal of Integrative Medicine 7*(2), 136-42. DOI:10.1016/j.eujim.2014.10.004

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.
Methods: Participants (n = 41) received a three-week course of EFT, consisting of one session of three hours per week, followed by use of the self-tool over the next nine weeks as required. Self-report questionnaires were used to assess mood, pain, fatigue, endocrine (menopausal) symptoms and hot flushes and night sweats, together with a hot flush diary, at baseline and at 6 and 12 weeks. Participants also completed 7-day home practice sheets for the first six weeks, a feedback form at six weeks and were invited to attend a follow-up focus group at eight weeks.
Results: Statistically significant improvements in Total Mood Disturbance ($p = 0.005$; $p = 0.008$), and anxiety ($p = 0.003$; $p = 0.028$), depression ($p = 0.006$; $p = 0.020$) and fatigue ($p = 0.008$; $p = 0.033$) occurred at both 6 and 12 weeks, respectively, compared to baseline. In addition, mean fatigue interference and global scores, numbers of hot flushes and the hot flush problem rating score decreased at 6 and/or 12 weeks.
Conclusions: These preliminary findings suggest that EFT may be an effective self-help tool for women with breast cancer experiencing side effects from hormonal therapies.

Ningsih, S., Karim, D. , Sabrian, F. (2015). Efektivitas terapi Emotional Freedom Technique (EFT) Terhadap Kecemasan Pasien Kanker Payudara Stadium II Dan II. (Effectiveness of Emotional Freedom Technique (EFT) on patient anxiety in stage II and III breast cancer). *Online Student Journal (JOM) in Nursing, 2*(2).

This study used a quasi-experimental design with a non-equivalent control group. The study was conducted at the Arifin Achmad Hospital in Pekanbaru, Indonesia. Purposive sampling technique with inclusion criteria was used to recruit 30 respondents. The instrument in this study

used in both groups was a questionnaire that has been tested for validity and realibility. The data were analyzed using paired sample t-test and independent sample t-test. The results in experimental group showed p value (0.005) <Î± (0.05), indicating that EFT was effective to decrease anxiety in breast cancer patient. Based on this result, it is recommended that health providers especially nurses use Emotional Freedom Technique (EFT) therapy as one of non-pharmacological therapies to decrease anxiety.

Callahan, J. (2004). Using Thought Field Therapy® (TFT) to support and complement a medical treatment for cancer: A case history. *The International Journal of Healing and Caring, 4*(3).

“Tessa” was diagnosed with a stage four mixed small and large cell follicular non-Hodgkin’s lymphoma at age 51. She was treated at Dr. Burzynski’s clinic in Houston, Texas. Her treatment was supported by Thought Field Therapy® (TFT) procedures such as eliminating the trauma and anxiety associated with having cancer as well as treatments for Psychological Reversals (PR), which is assumed to promote greater bioenergy healing flow. Unpleasant side effects of necessary medications were also greatly reduced or eliminated with a treatment recently developed by Dr. Callahan, who founded and developed TFT. The combined treatments were successful, and she has been cancer free for a year and a half.

Catastrophes and Disasters

Kwon, C.-Y., Seo, J., & Kim, S.-H. (2023). Development of a Manual for Disaster Medical Support Using Korean Medicine for Disaster Survivors. *Journal of Integrative and Complementary Medicine, 29*(6–7), 395–407. https://doi.org/10.1089/jicm.2022.0561

Objective: Disasters adversely affect the mental health of disaster survivors, leading to depression, anxiety, and stress-related disorders. Survivors complain of not only psychological symptoms but also physical symptoms such as insomnia, pain, and fatigue. Providing immediate and effective psychological support to all survivors is difficult because human and physical medical resources are limited. Therefore, the authors developed a manual for disaster medical support using Korean medicine (KM) for disaster survivors to provide prompt, effective, and long-term support that supplement existing psychological support.
Methods: In this article, the authors introduce KM treatment protocols, which are unique elements of the manual. In addition, the authors have developed a step-by-step treatment protocol based on the stage and condition of survivors, as well as separate treatment protocols for psychological and physical symptoms.
Results: The interventions include ear acupuncture, acupuncture, herbal medicine, breathing relaxation, stabilization techniques, **emotional freedom technique,** and self-care methods such as acupressure, exercise, and walking meditation. This manual has been certified as an official procedure of the Korean Society of Oriental Neuropsychiatry.
Conclusions: The authors believe that this manual will enable KM doctors to be effectively utilized as medical resources at disaster sites. Furthermore, this manual would provide a good model that can be extended to countries that wish to use integrative medicine for disaster support to implement the commitments of the Declaration of Astana.

DiLauro, M. (2022). Expanding the social work toolbox: Utilizing Emotional Freedom Techniques in practice. *Health & Social Work*, 47(1), 63–67. https://doi.org/10.1093/hsw/hlab026

Energy psychology practices — most notably Emotional Freedom Techniques (EFT) or tapping —are noninvasive, client-friendly methods of therapy that should be included in the social worker's toolbox. EFT is an evidence-based practice that has been recognized as an effective treatment for a range of physical and emotional conditions including PTSD, anger, anxiety, stress, test anxiety, phobias, weight control, chronic pain, addiction, and other disruptive habits, behaviors, and limiting beliefs (Feinstein, 2012, 2018; Rowe, 2005; Stapleton, 2019). The technique has been used both nationally and internationally by organizations to aid in trauma relief for veterans, survivors of national disasters, war-related trauma, and mass shooting tragedies such as in Newtown and Pacific Grove (Ortner, 2013). Clinical EFT tapping protocols have been validated by research, with over 100 research studies, review articles, and meta-analyses published in professional, peer-reviewed journals (Stapleton, 2019).

Feinstein, D. (2022). Uses of energy psychology following catastrophic events. *Frontiers in Psychology, 13*, 856209. doi:10.3389/fpsyg.2022.856209

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/stabilization, (2) reducing limbic arousal to trauma-based triggers, (3) overcoming complex psychological difficulties, 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. 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 ofenergy psychology in the days or weeks after a disaster and in the subsequent treatment oftrauma-based psychological problems. Many of these accounts corroborate one another in termsof rapid relief and long-term benefits. Finally, examples of more efficient delivery methodsutilizing large groups, lay counselors, digital technology, and cultivating community resilience are presented.

Church, D. Stapleton, P. Mollon, P. Feinstein, D. Boath, E. Mackay, D. Sims, R. (2018) Guidelines for the treatment of PTSD using clinical EFT (Emotional Freedom Techniques). *Healthcare 2018, 6*(4),146; https://DOI.org/10.3390/healthcare6040146

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.

Brown, R.C., Witt, A., Fegert, J.M., Keller, F., Rassenhofer, M. & Plener, P.L. (2017). Psychosocial interventions for children and adolescents after man-made and natural disasters: a meta-analysis and systematic review. ***Psychological Medicine 47,*** **1893–1905. • PMID: 28397633** doi: 10.1017/S0033291717000496

Children and adolescents are a vulnerable group to develop post-traumatic stress symptoms after natural or man-made disasters. In the light of increasing numbers of refugees under the age of 18 years worldwide, there is a significant need for effective treatments. This meta-analytic review investigates specific psychosocial treatments for children and adolescents after man-made and natural disasters. In a systematic literature search using MEDLINE, EMBASE and PsycINFO, as well as hand-searching existing reviews and contacting professional associations, 36 studies were identified. Random and mixed-effects models were applied to test for average effect sizes and moderating variables. Overall, treatments showed high effect sizes in pre–post comparisons (Hedges' g = 1.34) and medium effect sizes as compared with control conditions (Hedges' g = 0.43). Treatments investigated by at least two studies were cognitive–behavioural therapy (CBT), eye movement desensitization and reprocessing (EMDR), narrative exposure therapy for children (KIDNET) and classroom- based interventions, which showed similar effect sizes. However, studies were very heterogenic with regard to their outcomes. Effects were moderated by type of profession (higher level of training leading to higher effect sizes). A number of effective psychosocial treatments for child and adolescent survivors of disasters exist. CBT, EMDR, KIDNET and classroom-based interventions can be equally recommended. Although disasters require immediate reactions and improvisation, future studies with larger sample sizes and rigorous methodology are needed. (Interventions reviewed include TFT).

Robson, P. & Robson, H. (2012). The Challenges and Opportunities of Introducing Thought Field Therapy (TFT) Following the Haiti Earthquake. ***Energy Psychology Journal, 4*****(1).** doi: 10.9769/EPJ.2012.4.1.PR

The 2010 earthquake in Haiti was followed by international emergency interventions. The scale of the disaster resulted in considerable psychological trauma amongst the population, which was likely to persist after the initial emergency response. The authors visited Haiti 6 months after the earthquake with a medical team to deliver a 1-week Thought Field Therapy training program to the local community. A 2-day training program was followed by opportunities for supervised practice. The authors have continued to receive positive feedback from participants, for more than 1 year following the training. Although limited healthcare and poor preceding infrastructure impaired the local response to the disaster, efforts were helped by the resilience of the population and their community spirit. The visit success was facilitated by working with a team who were familiar with the country and negotiating with local community leaders, were adequately prepared, and gave attention to the authors' security and health.

Church, D., Feinstein, D. (2012). The psychobiology and clinical principles of energy psychology treatments for PTSD: A review. In T. Van Leeuwen and M. Brouwer, editors, *Psychology of Trauma*. Hauppage, NY: Nova Publishers.

Energy Psychology (EP) protocols use elements of established therapies such as exposure and cognitive processing, and combines these with the stimulation of acupuncture points. EP methods such as EFT (Emotional Freedom Techniques) and TFT (Thought Field Therapy) have been extensively tested in the treatment of post-traumatic stress disorder (PTSD). Randomized controlled trials and outcome studies assessing PTSD and co-morbid conditions have demonstrated the efficacy of EP in populations ranging from war veterans to disaster survivors to institutionalized orphans. Studies investigating the neurobiological mechanisms of action of EP suggest that it quickly and permanently mediates the brain's fear response to traumatic memories and environmental cues. This review examines the published trials of EP for PTSD and the physiological underpinnings of the method, and 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.

Kwon, Y-J., & Cho, S-H. (2011). Oriental medical interventions for posttraumatic stress disorder: A model of Oriental Medicine for disaster mental health. *Journal of Oriental Neuropsychiatry, 22*(4), 77-86.

Objectives: Rates of assault as well as natural and human disasters are increasing. In Korea however, Oriental Medicine PTSD treatment research has been limited to motor vehicle accident survivors. Our objective is to develop a model for the application of evidence-based Oriental Medicine interventions for PTSD to a wide spectrum of traumatic disasters.
Methods: An online search was performed for Korean research in Oriental Medicine journals. International studies were sourced from Pubmed and the US Department of Veterans Affairs. We sorted studies into Randomized Controlled Trials (RCTs) and non-RCTs, and further analyzed them by the elapsed time from traumatic exposure to treatment.
Results: We confirmed that acupuncture, cognitive behavioral therapy (CBT) and progressive muscular relaxation (PMR) were effective in the acute stages immediately after a traumatic event. We further determined that Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Techniques (EFT) and relaxation therapy were efficacious in the chronic stages. Building on these findings, we propose a model of Oriental Medicine for disaster mental health.
Conclusions: An analysis of research into Oriental Medicine shows that the above evidence-based interventions are efficacious for different stages of PTSD treatment. Oriental Medicine is an appropriate mental health intervention in disasters.

Feinstein, David. (2010). Rapid Treatment of PTSD: Why Psychological Exposure with Acupoint Tapping May Be Effective. *Psychotherapy: Theory, Research, Practice, Training, 47*(3), 385-402.

Combining brief psychological exposure with the manual stimulation of acupuncture points (acupoints) in the treatment of post-traumatic stress disorder (PTSD) and other emotional conditions is an intervention strategy that integrates established clinical principles with methods derived from healing traditions of Eastern cultures. Two randomized controlled trials and six outcome studies using standardized pre- and post-treatment measures with military veterans, disaster survivors, and other traumatized individuals corroborate anecdotal reports and systematic clinical observation in suggesting that (a) tapping on selected acupoints (b) during imaginal exposure (c) quickly and permanently reduces maladaptive fear responses to traumatic memories and related cues. The approach has been controversial. This is in part because the mechanisms by which stimulating acupoints can contribute to the treatment of serious or longstanding psychological disorders have not been established. Speculating on such mechanisms, the current paper suggests that adding acupoint stimulation to psychological exposure is unusually effective in its speed and power because deactivating signals are sent directly to the amygdala, resulting in reciprocal inhibition and the rapid attenuation of maladaptive fear. This formulation and the preliminary evidence supporting it could, if confirmed, lead to more powerful exposure protocols for treating PTSD.

Feinstein, D. (2008) Energy psychology in disaster relief. *Traumatology 141*:1, 124-137.

Energy psychology utilizes cognitive operations such as imaginal exposure to traumatic memories or visualization of optimal performance scenarios—combined with physical interventions derived from acupuncture, yoga, and related systems—for inducing psychological change. While a controversial approach, this combination purportedly brings about, with unusual speed and precision, therapeutic shifts in affective, cognitive, and behavioral patterns that underlie a range of psychological concerns. Energy psychology has been applied in the wake of natural and human-made disasters in the Congo, Guatemala, Indonesia, Kenya, Kosovo, Kuwait, Mexico, Moldavia, Nairobi, Rwanda, South Africa, Tanzania, Thailand, and the U.S. At least three international humanitarian relief organizations have adapted energy psychology as a treatment in their post-disaster missions. Four tiers of energy psychology interventions include 1) immediate relief/stabilization, 2) extinguishing conditioned responses, 3) overcoming complex psychological problems, and 4) promoting optimal functioning. The first tier is most pertinent in psychological first aid immediately following a disaster, with the subsequent tiers progressively being introduced over time with complex stress reactions and chronic disorders. This paper reviews the approach, considers its viability, and offers a framework for applying energy psychology in treating disaster survivors.

Correctional Settings and Prisons

Hartung, J. & Morales, N. (2019). Psychological and medical applications of certain innovative therapies in correctional settings: Clinician, staff, and client observations from three institutions. *Energy Psychology Journal, 11*(1). doi 10.9769/EPJ.2019.11.1.JH

Three field studies are described in which Emotional Freedom Techniques (EFT), Eye Movement Desensitization 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 summarize 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.

Lubin, H. & Schneider, T. (2009). Change Is Possible: EFT (Emotional Freedom Techniques) with Life-Sentence and Veteran Prisoners at San Quentin State Prison. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 83-88.

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.

Cost Effectiveness

Mavranezouli I, Megnin-Viggars O, Grey N, Bhutani G, Leach J, et al. (2020) Cost-effectiveness of psychological treatments for post-traumatic stress disorder in adults. *PLOS ONE 15*(4): e0232245. https://doi.org/10.1371/journal.pone.0232245

Background: Post-traumatic stress disorder (PTSD) is a severe and disabling condition that may lead to functional impairment and reduced productivity. Psychological interventions have been shown to be effective in its management. The objective of this study was to assess the cost-effectiveness of a range of interventions for adults with PTSD.
Methods: A decision-analytic model was constructed to compare costs and quality-adjusted life-years (QALYs) of 10 interventions and no treatment for adults with PTSD, from the perspective of the National Health Service and personal social services in England. Effectiveness data were derived from a systematic review and network meta-analysis. Other model input parameters were based on published sources, supplemented by expert opinion.
Results: Eye movement desensitization and reprocessing (EMDR) appeared to be the most cost-effective intervention for adults with PTSD (with a probability of 0.34 amongst the 11 evaluated options at a cost-effectiveness threshold of £20,000/QALY), followed by combined somatic/cognitive therapies, self-help with support, psychoeducation, selective serotonin reuptake inhibitors (SSRIs), trauma-focused cognitive behavioural therapy (TF-CBT), self-help without support, non-TF-CBT and combined TF-CBT/SSRIs. Counselling appeared to be less cost-effective than no treatment. TF-CBT had the largest evidence base.
Conclusions: A number of interventions appear to be cost-effective for the management of

PTSD in adults. EMDR appears to be the most cost-effective amongst them. TF-CBT has the largest evidence base. There remains a need for well-conducted studies that examine the long-term clinical and cost-effectiveness of a range of treatments for adults with PTSD.

COVID-19

Morikawa, A., Fujimoto, M., Kawagishi, Y., & Fukagawa, T. (2025). Thought field therapy intervention to improve mental health during the COVID-19 pandemic: A randomized controlled trial. ***Explore (NY), 21*****(2), 1-8. . https://doi.org/10.1016/j.explore.2025.103117**

Context
The COVID-19 pandemic contributed to a significant rise in mental health issues, including a 70 % increase in Japan's suicide rate. Prior studies suggest that Thought Field Therapy (TFT) can rapidly alleviate psychological distress.
Objective
To evaluate the efficacy of online TFT as a quick intervention for psychological problems.
Design
This study employed the Brief Job Stress Questionnaire, administered to TFT and waitlist (WL) groups before and after the intervention, with the WL group also assessed two weeks prior to the TFT intervention. Follow-up questionnaires were completed by all participants after two additional weeks.
Setting
Subjective Unit of Distress Scale (SUDS) scores for targeted psychological issues were collected across participant groups.
Participants
Ninety-nine participants were randomly assigned to either the TFT intervention group or the WL group.
Interventions
Among the 88 participants who completed the TFT intervention, significant reductions were observed in all negative emotions, including stress-induced mental and physical reactions, irritability, fatigue, anxiety, depression, and somatic complaints ($p < .01$).
Main Outcome Measures
SUDS scores for 248 issues, including trauma and anxiety, showed a significant decrease from an average of 7 to 1.5 following the TFT intervention ($p < .01$) with a large effect size (dz = 2.15).
Results
A brief online TFT intervention during the COVID-19 pandemic significantly reduced psychological stress, with sustained effects observed over two to six weeks. This suggests that TFT is an effective accessible tool for mental health and self-care in the absence of face-to-face therapy.

Sari, N. K., Burhan, E., Faithiyah, I., Dewi, Y. & Stepvia, S. (2025). Emotional freedom techniques for elderly patients with COVID-19: a case series on clinical recovery, frailty, and inflammatory biomarkers. *Frontiers in Psychology, 16.* https://www.frontiersin.org/

articles/10.3389/fpsyg.2025.1627592.
DOI=10.3389/fpsyg.2025.1627592

Background/Objectives: Older adults are disproportionately affected by COVID-19 due to immunosenescence and comorbidities, resulting in higher rates of severe illness and mortality. Psychological distress such as anxiety and fatigue further compounds disease burden. Emotional Freedom Techniques (EFT), an integrative psychophysiological approach, has shown potential in enhancing psychological resilience and modulating inflammatory responses.
Methods: We report a case series of five elderly patients with confirmed COVID-19 admitted to Persahabatan Hospital, Jakarta. Each received standard pharmacological care, including antiviral therapy, corticosteroids, and comorbidity management, alongside daily EFT sessions combining acupressure, affirmations, and exposure techniques. Clinical symptoms, frailty status (via WHAS criteria), WHO Ordinal Scale for Clinical Improvement (OSCI), and serum IL-6 levels were monitored over a 30-day follow-up period. Emotional well-being was qualitatively assessed through follow-up interviews and therapist observations of patient engagement and affective behavior.
Results: All patients demonstrated substantial clinical improvement. OSCI scores decreased from baseline values of 3–4 to 1 by the final follow-up, representing a 66–75% reduction in clinical severity. Frailty status improved markedly across all cases. IL-6 levels showed an average reduction of approximately 85%, suggesting a clinically meaningful improvement in systemic inflammation. No residual symptoms or adverse events were reported. Patients also demonstrated enhanced emotional well-being and adherence to EFT through digital guidance.
Conclusion: EFT may serve as a safe and supportive adjunct therapy in elderly COVID-19 patients, potentially accelerating clinical recovery and reducing inflammation and frailty. Further controlled trials are warranted to evaluate broader applicability in geriatric care.

Akbari, M., Aghdasi, A., Panah Ali, A., Azemodeh, M., & Naghdi Sadeh, R. (2023). Comparison of efficacy of eye movement desensitization and reprocessing of emotional freedom technique and cognitive-behavioral therapy in PTSD in COVID-19. *Journal of Modern Psychological Researches*, *18*(69). 10.22034/jmpr.2023.16246 https://psychologyj.tabrizu.ac.ir/article_16246.html?lang=en

This study compared the effectiveness of eye movement desensitization and reprocessing (EMDR), emotional freedom technique (EFT) and cognitive behavioral therapy (CBT) in treating PTSD in patients who recovered from Covid-19 in Tabriz (Iran). The present study was quasi-experimental based on a pretest-posttest design with a control group. The statistical population included all female patients recovered from Covid-19 aged 25 to 60 years in Tabriz in 2021. forty-eight patients sampled using the purposeful sampling method and diagnosed with PTSD were randomly assigned to three experimental groups(n=36) and one control group(n=12). Participants in EMDR and EFT sessions were treated individually in six 45 min sessions. Similarly, those who took part in the CBT sessions were treated in groups in 45 min sessions. All participants were evaluated in two pre-test and post-test stages by a post-traumatic stress disorder checklist. Data were analyzed in SPSS software (version 22) using the analysis of covariance. Post-test PTSDA scores were significantly reduced in three experimental groups ($P < 0.05$). Additionally, a reduction in PTSD scores in the EMDR group was substantially more significant than in the CBT and EFT groups.
Conclusion: Three psychotherapies, EMDR, EFT and CBT, relieved the symptoms in PTSD

patients. However, according to the post-test results, EMDR intervention was more effective than CBT and EFT psychotherapy in reducing PTSD symptoms. Since all three methods can improve behavioral strategies by influencing irrational thoughts and emotion release, they are effective ways to reduce PTSD.

Bifano, S., Szeglin, C., Garbers, S. & Gold, M. (2024). Emotional Freedom Techniques (EFT) Tapping for Pediatric Emergency Department Staff During the COVID-19 Pandemic: Evaluation of a Pilot Intervention. ***Medical Acupuncture, 36*****(2). http://doi.org/10.1089/acu.2023.0099**

Objective: Emergency-department (ED) staff may experience psychologic distress due to the stressful nature of their work. The COVID-19 pandemic exacerbated this distress. Emotional Freedom Techniques (EFT) tapping, a somatic psychophysiologic intervention combining vibratory acupressure with elements of cognitive–behavioral and exposure therapies, can reduce psychologic distress. This study tested the short-term effect of 10-minute EFT tapping on the psychologic distress of pediatric ED staff responding to COVID-19.
Materials and Methods: During the COVID-19 pandemic, diverse staff in the pediatric ED of a New York City teaching hospital participated in this single-group study. A licensed creative arts therapist led participants in 10-minute EFT tapping sessions. A self-report questionnaire with 7 items based on the Trauma Exposure Response framework was administered immediately pre- and postintervention. Standardized mean differences between both timepoints were calculated.
Results: There were statistically significant reductions for 6 of the 7 items studied, including stress (3.32–2.14), obsessive and intrusive thoughts (2.50–1.85), feelings of pressure (3.20–2.17), loneliness (1.84–1.44), and emotional and physical pain (2.28–1.70); all $P < 0.001$. No significant changes in professional satisfaction were reported following the intervention.
Conclusions: Despite the limitations of a single-arm study design, a 10-minute brief EFT tapping session was a promising way to reduce short-term psychologic distress in pediatric ED health care workers. Future studies, including rigorous randomized controlled trials, are needed to evaluate the effectiveness of brief EFT tapping interventions in other settings.

Wong, K.W., Wu, X., Dong, Y. (2024). Interventions to reduce burnout and improve the mental health of nurses during the COVID-19 pandemic: A systematic review of randomised controlled trials with meta-analysis. ***Int J Ment Health Nurs, 33*****(2):324-43.** https://doi.org/10.1111/inm.13251

This systematic review aims to investigate and determine the effectiveness of interventions on improving mental health (anxiety, depression, stress or mental well-being) and/or reducing burnout of nurses working in hospitals during the COVID-19 pandemic. A search was conducted on studies from conception to December 2022 in databases: PubMed, Embase, Cochrane Central Register of Controlled Trials, CINAHL, PsycINFO, Scopus and Web of Science and in ProQuest Thesis & Dissertations Global Database, Google Scholar and ClinicalTrials.gov. A total of 17 randomised controlled trials that evaluated different interventions were included. The outcomes were anxiety (n = 11), depression (n = 5), stress (n = 13) mental well-being (n = 7) and burnout (n = 7). Not all interventions led to positive outcomes. Grading of Recommendations Assessment, Development and Evaluation (GRADE) appraisal and risk of bias assessment using the Cochrane tool for randomised controlled trials (RoB 2.0) revealed poor quality of currently available literature, with low to very low certainty. Meta-analysis showed high

heterogeneity among the five different outcomes, with subgroup analysis showing greater success in interventions conducted on nurses involved in the care of COVID-19 patients. More well-designed trials are necessary to reinforce current evidence to improve the mental health of nurses, to not only protect their quality of life but also to ensure the quality of patient care.

Tambunan, M., Suwarni, N. & Selviana, S. (2023). Effect of emotional freedom techniques on anxiety, depression and insomnia among COVID-19 patients. ***International Journal of Public Health Science (IJPHS), 12*****(2), 545-553. doi: 10.11591/ijphs.v12i2.22403**

The COVID-19 pandemic has had a massive impact on various aspects, including mental health, especially for people confirmed positive for COVID-19. People who are positively confirmed for COVID-19 tend to experience decreased immunity caused by feelings of anxiety, depression, and insomnia. emotional freedom technology (EFT) therapy has been proven to reduce mental health disorders but has never been applied to people who are positively confirmed for COVID-19. This study aimed to examine the effect of EFT therapy on mental health disorders (anxiety, depression, and insomnia) in COVID-19 patients in Pontianak City. This research method is quantitative with a quasi-experimental design in the COVID-19 isolation area provided by the Pontianak City government, namely Upelkes and Rusunawa in June 2021. The total sampling was employed consisting of 42 people. A validated questionnaire on anxiety, depression, and insomnia was employed as a research instrument. A repeated ANOVA test was used to analyze research data. The results showed that EFT therapy was effective in reducing anxiety, depression, and insomnia scores in positively confirmed people for COVID19 (p-value <0.05). EFT therapy can overcome mental health disorders experienced by people who are positively confirmed for COVID-19 and as an alternative therapy to speed up the healing process.

Bustamante-Paster A. (2022). The Efficacy of EFT on the Symptoms of Depression, Anxiety and Stress among College Students' during the COVID-19 Pandemic: Basis for the Development of Psychological Acupuncture Intervention. ***International Journal of Multidisciplinary Research and Analysis,;5*****(7):1626-41.**

The study's major goal was to determine whether lockdowns, remote learning, and other significant changes brought on by the COVID-19 epidemic caused students at a locally supported institution in Laguna to feel depressed, anxious, or stressed. Students enrolled from 2020 to the present or during the pandemic's duration made comprised the study's participants. This was a quasi-experimental design. It was designed to find out if students were displaying signs of stress, anxiety, or depression. An intervention, Emotional Freedom Technique, has been used to mitigate and address their degree of depression, anxiety, and stress. The participants' age, sex, course, and year level demographics were also noted. The research used simple random sampling and the researcher called all the participants who met the criteria. Depression Anxiety Stress Scales (DASS) was utilized to determine their level of symptoms. Moderate to extremely severe symptoms had been invited to participate in the experiment. Volunteered participants had been assigned to three experimental groups namely depression group, anxiety, and stress. Forty-five (45) participants had been subjected to 16 (sixteen) sessions of online intervention with a total of 48 sessions for three groups with an interval post-test within the sessions. Fortunately, after 16 sessions of the emotional freedom technique, the participants in the anxiety group had a baseline of 16.69 mean or

severe but after three post-tests they became better as revealed by the last post-test mean of 4.84 or normal. As to depression, they had 22.77 mean or severe, but after sessions it was now 10.38 mean or mild. The participants had 25.50 mean or severe but afterwards 8.70 mean or normal in the stress group. Since quantifiable data has demonstrated how well the emotional liberation technique works, the hypothesis that it is ineffective for reducing the participants' levels of sadness, anxiety, and stress symptoms was rejected. Nevertheless, the researcher will create an intervention called "Psychological Acupuncture for Comfort" as the output for the study.

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association)
http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

This article discusses the use of a digital assessment and tracking approach pre, during, and post COVID-19 to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, and helpfulness/ benefits of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), two clients who contracted severe cases of COVID-19 during psychotherapy were carefully assessed weekly showing significant changes pre, during, and post COVID-19 on some measures while none on others. The clients were out of work from three to eight weeks. The typical healing process took about nine weeks before recovery to pre COVID-19 scores. Graphs in the article show these changes and can also be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Köse, S., & Murat, M. (2022). Interventional studies on nurses' mental health in the COVID-19 pandemic: A systematic review. *Psych, 4*(3), 525–536. https://doi.org/10.3390/psych4030040

This systematic review's primary aim is to examine the interventional studies on the mental health of nurses during the COVID-19 pandemic, and the secondary aim is to determine the interventions that can be planned for future pandemics. For this, databases were searched, and a total of 12 studies meeting the inclusion criteria were included. It was determined that most of the studies were conducted online due to pandemic restrictions. The effects of the interventions (diaphragmatic breathing relaxation, emotional freedom techniques, sending motivational messages, a mobile wellness program, acceptance and commitment therapy, a neuro-meditation program, laughter yoga, gong meditation, distant Reiki, e-aid cognitive behavioral therapy, mindfulness-based breathing, and music therapy) on the parameters affecting the mental health of the nurses working actively in the COVID-19 pandemic were examined. In these studies, the interventions applied to nurses were seen to have positive results on mental health and well-being. The COVID-19 pandemic, which is a traumatic experience for healthcare professionals, shows that more interventional studies are needed to protect and improve the mental health of nurses who take care of critically ill patients during difficult times.

Okut, G., Alpar, Ş. E., & Dönmez, E. (2022). The effect of the emotional freedom technique on coronavirus disease 2019 (COVID-19) fear and anxiety levels of nurses working in the emergency department: A randomized controlled study. *Journal of Psychiatric Nursing,13*(4).

Objectives: The coronavirus disease 2019 (COVID-19) pandemic, which has been a significant public health problem due to its high mortality and morbidity rates, has particularly affected the fear and anxiety levels of health professionals. Thus, the aim of this study was to assess the efficacy of the Emotional Freedom Technique (EFT) on the anxiety and fear of COVID-19 levels of nurses in the emergency department.
Methods: This study was designed in line with a pre-and post-test, two-group methodology. A total of 88 partici- pants (experimental group, 44; control group, 44) were included in this study. Data were collected using the following four tools: Questionnaire Form, Subjective Units of Disturbance (SUD), State-Trait Anxiety Inventory (STAI), and Fear of COVID-19 scale.
Results: A total of 84 nurses, 41 of whom were in the intervention group and 43 in the control group, were included in this study. After the intervention, the fear of COVID-19 (-4.58±2.47) levels and the mean anxiety intensity (SUD) of the participants decreased (-5.61±1.16) in the experimental group, and the difference was statistically significant ($p<0.001$) when compared to that of the control group; the state anxiety (-8.82±7.26) and trait anxiety (-1.16±2.97) averages decreased, the decrease in state anxiety was statistically significant ($p<0.001$), while the decrease in trait anxiety was not significant ($p>0.005$). There was no significant change in the mean scores of the control group (P19S=-0.09±2.47; SUD=0±1.15; DDS=-0.22±7.25; SDS=-0.04±2.97).
Conclusion: This study showed that EFT sessions administered in a group setting reduced and helped the emergency nurses better cope with COVID-19 anxiety and fear levels.

Dincer, B. & Inangil, D. (2021). The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial, EXPLORE, 17(2), 109-114. https://doi.org/10.1016/j.explore.2020.11.012.
(https://www.sciencedirect.com/science/article/pii/S1550830720303839)

Background and Objective: Infectious disease outbreaks pose psychological challenges to the general population, and 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.

Methods: The study is a randomized 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.
Results: 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).
Conclusions: A single online group EFT session reduced stress, anxiety, and burnout levels in nurses treating COVID-19.

Doherty, A., Benedetto, V., Harris, C. et al. (2021). The effectiveness of psychological support interventions for those exposed to mass infectious disease outbreaks: a systematic review. *BMC Psychiatry 21,* 592 (2021). https://doi.org/10.1186/s12888-021-03602-7

Background: Mass outbreaks such as pandemics are associated with mental health problems requiring effective psychological interventions. Although several forms of psychological interventions may be advocated or used, some may lack strong evidence of efficacy and some may not have been evaluated in mass infectious disease outbreaks. This paper reports a systematic review of published studies (PROSPERO CRD:42020182094. Registered: 24.04.2020) examining the types and effectiveness of psychological support interventions for the general population and healthcare workers exposed to mass infectious disease outbreaks.
Methods: A systematic review was conducted. Randomised Controlled Trials (RCT) were identified through searches of electronic databases: Medline (Ovid), Embase (Ovid), PsycINFO (EBSCO) and the Cochrane Library Database from inception to 06.05.2021 using an agreed search strategy. Studies were included if they assessed the effectiveness of interventions providing psychological support to the general population and / or healthcare workers exposed to mass infectious disease outbreaks. Studies were excluded if they focused on man-made or natural disasters or if they included armed forces, police, fire-fighters or coastguards.
Results: Twenty-two RCTs were included after screening. Various psychological interventions have been used: therapist-guided therapy (n = 1); online counselling (n = 1); 'Emotional Freedom Techniques' (n = 1); mobile phone apps (n = 2); brief crisis intervention (n = 1); psychological-behavioural intervention (n = 1); Cognitive Behavioural Therapy (n = 3); progressive muscle relaxation (n = 2); emotional-based directed drawing (n = 1); psycho-educational debriefing (n = 1); guided imagery (n = 1); Eye Movement Desensitization and Reprocessing (EMDR) (n = 1); expressive writing (n = 2); tailored intervention for patients with a chronic medical conditions (n = 1); community health workers (n = 1); self-guided psychological intervention (n = 1), and a digital behaviour change intervention (n = 1). Meta-analyses showed that psychological interventions had a statistically significant benefit in managing depression (Standardised Mean Difference [SMD]: -0.40; 95% Confidence Interval [CI]: − 0.76 to − 0.03), and anxiety (SMD: -0.72; 95% CI: − 1.03 to − 0.40). The effect on stress was equivocal (SMD: 0.16; 95% CI: − 0.19 to 0.51). The heterogeneity of studies, studies' high risk of bias, and the lack of available evidence means uncertainty remains.
Conclusions: Further RCTs and intervention studies involving representative study populations are needed to inform the development of targeted and tailored psychological interventions for those exposed to mass infectious disease outbreaks.

Hossain, F. & Clatty, A. (2021). Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing Ethics, 28*(1), 23-32. https://doi.org/10.1177/0969733020961825

These are strange and unprecedented times in the wake of the COVID-19 pandemic. Most frontline healthcare professionals have never witnessed anything like this before. As a result,

staff may experience numerous and continuous traumatic events, which in many instances, will negatively affect their psychological well-being. Particularly, nurses face extraordinary challenges in response to shifting protocols, triage, shortages of resources, and the astonishing numbers of patients who require care in expedited time constraints. As most healthcare workers are passionate nursing professionals, frustration and often a sense of powerlessness occur when they find themselves unable to provide needed care to their patients. The overwhelming number of deaths, patients isolated and dying alone, and the ever-present fear of being infected and then infecting colleagues, family, friends due to the lack of protective gear or known protocols takes its toll on emotional and psychological well-being. For nurses, the experience of this significant (hopefully once-in-a-lifetime) event can inflict on-going moral injury. Nurses affected by this trauma require education, coping tools, and therapy to help avoid or alleviate the adverse effects on their well-being. Institutions must provide these resources to tend to the well-being of their healthcare staff, during and beyond the pandemic. This article aims to investigate moral distress—considering it as a moral injury—and offer tools and recommendations to support healthcare nurses as they respond to this crisis and its aftermath.

Uzzi, C. et al. (2021). The effect of Covid-19 on the mental health of healthcare workers: A systematic review. *Journal of Advances in Medicine and Medical Research, 33*(21), 183-194. Article no.JAMMR.76595 ISSN: 2456-8899 http://libraryaplos.com/xmlui/handle/123456789/6845

As covid-19 pandemic continues to affect every nation, Healthcare Workers (HCW) who care for the patients are psychologically impacted. This study aims to assess the psychological impact experienced by HCW and the psychosocial support they received.
Methods: Using PubMed, google scholar and Embase from December 2019 through June 2021, we found 376 studies on the impact of the COVID-19 pandemic on the mental health of HCW. Using our inclusion criteria, 325 studies were excluded. 51 full-text articles were assessed for eligibility. 9 articles which met our criteria and eligibility criteria reported on 19,232 HCW, and 75.2% of the study participants were women.
Results: The study participants reported high levels of stress, hypervigilance, fatigue, sleep problems, PTSD symptoms, poor concentration, depression, anxiety, burnout, emotional exhaustion, depersonalization, suicide and self-harm ideations and somatic symptoms due to the COVID-19 pandemic. The psychosocial support provided to HCW includes counseling and psychotherapy-based sessions on stress adaptation, onsite mindfulness-based crisis intervention, online form of emotional freedom technique, and Effort-reward system.
Conclusion: Multiple interventions found in our review were effective in mitigating psychological stress among HCWs. These interventions should be considered as part of support provided to HCW with psychosocial challenges.

Rostami, K., Tiznobaik, A., Maleki, L., Mirzaei, M., & Taheri, N. K. (2020). Investigating the effect of teaching eft technique on reducing anxiety of nurses during corona outbreak. *International Journal of Psychosocial Rehabilitation*, 14335-14341.

Corona virus is a family of viruses that can cause a wide range of diseases. Nurses are among those who have to attend hospital settings due to their job nature and are exposed to suspected patients with Corona. so they experience high level of stress and anxiety. The" Emotional Freedom Technique"(EFT) is an alternative treatment for removing physical pain and emotional

distress. This study was conducted to investigate the effect of using EFT on anxiety of nurses during Corona outbreak. The present study was a clinical trial. The statistical population of the present study included all nurses working in hospitals. The data collection tool consisted of two sections demographic information and the Nursing Stress Scale NSS developed by Gray-Toft James Anderson. After entering the data into computer, they were analyzed through SPSS24 software and by paired T-tests and analysis of variance with repeated observations. It should be noted that the significance level of the study was considered at P 0.05. The independent T-test showed that the mean work stress score in the case and control groups did not differ significantly before the intervention (p= 0.14). Analysis of variance with repeated observations showed that the mean work stress scores in the EFT training group were not the same in three times and there was a significant statistical difference among them (P 0.001). Teaching EFT technique is very effective for nurses to reduce work stress by considering practical skills when exposed to stressful conditions.

Depression

Kaplan, M., & Çelik, H. (2025). The effect of the Emotional Freedom Technique (EFT) on pain and depression in cancer patients: A randomized controlled trial. *Supportive Care in Cancer, 33*(8), 749. https://doi.org/10.1007/s00520-025-09814-x

Purpose
Cancer patients frequently experience both physical and psychological challenges, including chronic pain and depression. While conventional treatments primarily rely on pharmacological interventions, complementary approaches such as the Emotional Freedom Technique (EFT) may help alleviate both physical and psychological distress. This study aimed to assess the effects of EFT on pain and depression in individuals with cancer.
Methods
This randomized controlled trial was conducted in the oncology ward of a high-capacity hospital in eastern Turkey between December 2023 and March 2024. Seventy cancer patients were randomly assigned to either the EFT group (n = 35) or the control group (n = 35). The EFT group received four structured 30-min sessions over two weeks, led by a certified EFT practitioner, with symptom reassessment after each session. The control group received routine care. Data were collected using a Participant Information Form, the Beck Depression Inventory (BDI), and the Visual Analog Scale (VAS) before and after the intervention.
Results
VAS scores in the EFT group significantly decreased from 4.82 ± 2.47 to 2.44 ± 1.97 ($p < 0.05$), whereas the control group showed a smaller reduction from 5.36 ± 2.42 to 4.25 ± 2.75 ($p > 0.05$). BDI scores in the EFT group improved significantly, decreasing from 31.44 ± 17.68 to 18.44 ± 7.0 ($p < 0.05$), while the control group's scores increased from 27.94 ± 16.26 to 31.42 ± 12.65 ($p > 0.05$).
Conclusion
These findings suggest that EFT was effective in significantly reducing both pain and depression levels in cancer patients.

Zheng, D., Lin, X., Gao, X., Wang, L., & Zhu, M. (2025). The impact of emotional freedom techniques on anxiety, depression, and anticipatory grief in people with cancer: A meta-analysis and systematic review. *Journal of Psychosomatic Research, 192,* 112088. https://

doi.org/10.1016/j.jpsychores.2025.112088
Objective
Emotional Freedom Techniques (EFT) is a self-healing method that combines Eastern meridian acupuncture and Western psychology. This meta-analysis evaluates the efficacy of EFT in reducing anxiety, depression, and anticipatory grief symptoms in people with cancer.
Methods
A comprehensive search was conducted across nine databases, including Cochrane Library, Embase, PubMed, Web of Science, Google Scholar, CBM, WeiPu, CNKI, and WanFang, up to May 2024. We included randomized controlled trials (RCTs) focused on EFT's effects on psychological symptoms and well-being in people with cancer. Eligible RCTs were screened, quality-assessed, and analyzed using RevMan 5.3 software.
Results
From 1026 articles, ten RCTs met the inclusion criteria, involving 774 patients (388 in the EFT group and 386 in the control group). EFT reduced symptoms of depression (MD = –7.41, 95 % CI [–9.32, –5.51], $P < .001$) and anxiety (MD = –7.92, 95 % CI [–11.01, –4.83], $P < .001$). For anticipatory grief, EFT improved symptoms related to sadness, anger, death attitude, somatic symptoms, religious comfort, and perceived social support, but did not affect disease adjustment, self-awareness, or psychological distress. EFT also improved sleep quality (MD = –1.96, 95 % CI [–2.80, –1.13], P < .001).
Conclusion
EFT significantly alleviates anxiety, depression, and certain aspects of anticipatory grief, as well as sleep issues in people with cancer, though it shows limited efficacy in psychological distress, disease adjustment, and self-awareness. Further research should standardize outcomes to verify EFT's comprehensive benefits.

Friedman, P. (2024). Changes in Cognitive-Affective Balance, Life Balance, Depression, Anxiety, Self-Forgiveness, Psychological Flexibility, Valuing, Well-being, Spiritual Awakening, the Working Alliance, and Outcome in Psychotherapy: **A Case Study.** ***Int J Healing & Caring, 24*****(2).**

This article demonstrates that the major change ingredients during psychotherapy over 20 sessions are cognitive-affective balance and life balance.
Methods: This practice-based evidence approach demonstrates how to measure change, using digital assessments by Pragmatic Tracker and Blueprints weekly on a wide variety of empirical measures. The article utilizes the ICBEST model for psychotherapeutic interventions. Some of the specific interventions utilized in this case study include energy tapping, acceptance and commitment therapy, integrated forgiveness therapy, guided imagery, re-scripting, bilateral stimulation, breathing, meditation, psychological uplifter, the flash technique, “love in all directions” and “spiritual awakening” tools.
Results: Graphs of change show significant and often dramatic changes on digital assessments measured online by Pragmatic Tracker and Blueprint.
Conclusion: Although this was a case study of one client, the Cognitive- Affective Balance (CAB) and the Life Balance (LB) model for measuring change seem to apply to many change processes and particularly to most, if not all psychotherapy cases. Using the digital assessment systems developed by Pragmatic Tracker and Blueprint, it is relatively easy to measure these variables session by session, and track changes within a practice-based evidence model.

Friedman, P. & Freedom, J. (2024). Changes In Cognitive-Affective Balance And Flexibility, Life Balance, Depression, Anxiety, Self-Forgiveness, Valuing, Well-Being, Spiritual Awakening, Cognitive Fusion, Experiential Avoidance, The Working Alliance, And Outcome In Psychotherapy*, Int. J. Healing & Caring, 24*(3).

This practice-based evidence approach demonstrates how to measure change, using digital assessments by Pragmatic Tracker and Blueprints weekly on a wide variety of empirical measures. The article utilizes an ICBEST model for psychotherapeutic interventions. Some of the specific interventions utilized in this case study include integrated forgiveness therapy, the positive pressure point techniques, guided imagery, re-scripting, bilateral stimulation, breathing, meditation, psychological uplifter, the flash technique, "love in all directions", and "spiritual awakening" tools. Graphs of change show significant and often marked changes on digital assessments measured online by Pragmatic Tracker and Blueprint. Therapeutic progress is also indicated by the typed exercises the client shared over the course of the 22 sessions. Major ingredients of change during psychotherapy with this client were cognitive-affective balance, cognitive-affective flexibility and life balance.

Qi, W., Xinyi, Y., Yuhan, W., Wenwen, Y., & Yan, S. (2024). The effect of emotional freedom techniques on anxiety depression and sleep in older people living with HIV: a randomized controlled trial. *AIDS Research and Therapy*, *21*(1), 94.
https://doi.org/10.1186/s12981-024-00679-4

Objective: To investigate the effect of Emotional Freedom Techniques on anxiety, depression and sleep in older people living with HIV (PLWH).
Methods: 70 older PLWH experiencing anxiety, depression, and sleep disorders were randomly divided into control and experimental groups using a random number table system (RNT), with 35 participants in each group. The experimental group received Emotional Freedom Techniques once a day for 15–20 min as part of their routine care and health counselling, and the intervention lasted for 2 weeks. The control group received standard nursing care and health guidance. The two groups were assessed using the Pittsburgh Sleep Quality Index (PSQI) and the Hospital Anxiety and Depression Scale (HADS) to measure changes in anxiety, depression, and sleep quality before and after the intervention.
Results: There are totally 67 participants in the trial. In the EFT group ($n=33$), PSQI scores decreased from 12.36 ± 2.409 to 9.15 ± 2.476(mean ± SD $P<0.001$), HA scores decreased from 12.39 ± 2.344 to 9.12 ± 2.176(mean ± SD $P<0.001$), HD scores decreased from 11.58 ± 1.969 to 8.94 ± 2.015 (mean ± SD $P<0.001$), compared with no change in the usual care group ($n=34$). The EFT group showed significantly lower post-intervention scores than the control group on all scales ($P<0.001$), indicating the effectiveness of the intervention.
Conclusion: Emotional Freedom Techniques can effectively alleviate anxiety and depression in older PLWH and improve their sleep quality.

Seok, J. W., & Kim, J. U. (2024). The Effectiveness of Emotional Freedom Techniques for Depressive Symptoms: A Meta-Analysis. *J. Clin. Med.* 2024, *13*(21), 6481. https://doi.org/10.3390/jcm13216481

Emotional Freedom Techniques (EFT) have gained attention as a potential therapy for reducing

depressive symptoms. However, the evidence remains inconsistent. This meta-analysis aims to assess the overall efficacy of EFT in treating depressive symptoms and explore moderators influencing its effectiveness.
Methods: A meta-analysis of 18 randomized controlled trials (RCTs) was conducted, with depressive symptom reduction as the primary outcome. Meta-regression explored moderators such as the EFT format, duration, age, and depression severity.
Results: The analysis showed a significant overall effect size of 1.268 for EFT in reducing depressive symptoms. A moderator analysis revealed that group-based EFT interventions were more effective than individual ones, and participants with moderate depression experienced the greatest benefits. Additionally, shorter interventions were found to be highly effective.
Conclusions: EFT effectively reduces depressive symptoms, particularly in group settings and for those with moderate depression. Shorter, well-structured interventions may enhance treatment efficiency. Further studies should explore long-term effects and broader applications.

Wang, J., Yan, T. L., & Zhaoyu, D., (2024). The Effect of Emotional Freedom Technique (EFT) on Psychosomatic Health: A Traditional Chinese Medicine (TCM) Pilot Study. *J CAM Res Progress, 3*(1): 116. https://doi.org/10.33790/ jcrp1100116

Aim: To investigate whether Emotional Freedom Technique (EFT) can improve emotional and psychosomatic health through clinical trials, and to further explore the relationship between Emotional Freedom Technique and traditional Chinese medicine.
Methods: 30 participants with psychosomatic sub-health states and psychosomatic diseases were selected for a randomized controlled study from July to October 2022. A 4-week training regimen based on Emotional Freedom Technique for the treatment group and no intervention for the control group. Both groups filled in the corresponding questionnaires at 3 timepoints. Finally, the score and change of each scale were sorted out and the data were analysed by statistical methods. The relationship and prospect of Emotional Freedom Technique and traditional Chinese medicine were compared and analysed as well.
Results: After the training of the Emotional Freedom Technique, the Fatigue Assessment Inventory, Self-rating Anxiety Scale, Self-rating Depression Scale and Pittsburgh Sleep Quality Scale all decreased, and the changes were statistically significant. The results showed statistical differences before and after the training, indicating that the clinical trial effect of EFT was considerable.
Conclusions: Emotional Freedom Technique can improve psychosomatic health. It has an academic correlation with the meridian theory of traditional Chinese medicine, which also proves the correctness of the meridian theory. In today's post-COVID-19 era, the Emotional Freedom Technique, as a convenient, safe and effective method of mental health care, has played a protective role in people's psychological health.

Zhang, Y., Liu, Y., Li, X., Wang, Y., & Chen, Y. (2024). The effectiveness of emotional freedom techniques for depressive symptoms: A meta-analysis. ***Frontiers in Psychiatry, 15*****, Article 11547174**. https://doi.org/10.3389/fpsyt.2024.11547174

Clinical Emotional Freedom Techniques (EFT) is an evidence-based, self-help, and cost-effective therapy used by millions worldwide since its development in the 1980s. It integrates energy psychology, acupressure, exposure therapy, and cognitive-behavioral elements to treat various psychological and medical conditions. Like other fourth-wave or mind–body therapies

incorporating somatic components, such as eye movement desensitization and reprocessing (EMRD), EFT has gained popularity among practitioners in the last two decades for the treatment of somatic symptoms of stress, anxiety, depression, childhood trauma, and adult survivors and caregivers during natural and human-made disasters, including post-traumatic stress disorder (PTSD). Despite over 100 published studies reporting its efficacy, EFT has historically been controversial and, to date, has faced opposition to its adoption by the scientific community in clinical settings for various reasons, including concerns about its efficacy, alleged rapidity, and questioned mechanisms. This inconsistency in the literature creates gaps in conceptual, theoretical, empirical, methodological, and practical bases. This review addresses these gaps by providing a critical and balanced overview of current EFT research from a scientist–practitioner perspective. PubMed, PsycINFO, and Google Scholar databases were used to search the literature. Findings outline EFT's emerging concepts, recent developments, and latest criticisms. Conclusions propose a potential research agenda and future practical applications of EFT within the current global mental health crisis (GMHC) context. Keywords: emotional freedom techniques, clinical EFT, acupoint stimulation, energy psychology, tapping, mental health, global mental health crisis.

Abedi, P., Mehdipour, A., Ansari, S. & Dastoorpoor, M. (2023). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Maturitas, 173*, p71. ISSN 0378-5122. https://doi.org/10.1016/j.maturitas.2023.04.019

Objectives: Postmenopausal women are at greater risk of depression. Depression may negatively affect the quality of life of women. 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.

Church, D. (2023). Measuring the Effect of Clinical Emotional Freedom Techniques (EFT) Treatment for Depression Using a Seed Bioassay: A Randomized Controlled Trial. *Psychology*, *14*(11), 1687-1697. DOI: 10.4236/psych.2023.1411098

Objective: Bioassays are used to investigate the effect of mechanisms of action, such as human intention and mood, on living organisms. This study examined the effect of depression using a seed bioassay as an objective biomarker.
Design: Sixty Clemson spineless okra seeds were randomly assigned to three equal groups. Group one provided an untreated control. Group two was attached to a clipboard held for 15 minutes by a 42-year-old female patient with major depressive disorder while completing the Beck Depression Inventory (BDI). Group three was held while the BDI was readministered following a 2-hour treatment session using an evidence-based modality, Emotional Freedom Techniques (Clinical EFT). BDI scores improved, going from a pre value of 20 (the clinical cutoff for "moderate" depression) to 3 ("minimal" depression). The three groups of seeds (n = 20 each) were germinated blind. The number of seeds to germinate and produce visible root hairs was assessed by an independent observer at 12-hour intervals across 72 hours.
Results: In the control group, 18 seeds germinated, and of those, four developed visible root hairs. In the pretreatment group, 15 germinated and four evidenced hairs. In the posttreatment group, all but one germinated and 14 developed hairs. Seed germination was greatest in the seeds exposed to the client following EFT treatment and a significant pre/post difference was

observed ($p = .042$). Root hair growth in the posttreatment group was significantly higher than the control ($p < .000$) and pretreatment group ($p < .000$).
Conclusion: Seed viability appears sensitive to human mood. Consistent with the published literature, the results suggested that human emotions affect seeds through proximity. Possible mechanisms of action to explain the observed effects may include electromagnetic field fluctuations associated with mood and conventionally measured with fMRI. The findings support the use of simple seed bioassays as objective biomarkers to examine the treatment effects of healing therapies.

Friedman, P. (2023). Change In Depression, Anxiety, Negative and Positive Affect, Life Balance, Self-Forgiveness, Psychological Flexibility, The Working Alliance, Outcome Measures And The Benefits Of Psychotherapy: Case Studies Of 2 Clients. Int J Healing & Caring, 23(2). https://doi.org/10.58717/ijhc.20232324

This article demonstrates the digital assessment of two clients over the course of ten therapy sessions. Of particular interest was the change that took place in these two clients during three ART (Accelerated Resolution Therapy) sessions numbered four, five and six. During this period of time there were very substantial changes on many measures using Pragmatic Tracker and Blueprint digital assessment platforms. The changes that took place in these two clients were consistent on some of the measures such as anxiety, cognitive fusion, experiential avoidance, valuing, life balance, self-forgiveness, outcome and the benefits of therapy. However, they differed on other digital assessment measures such as depression, negative affect, the working alliance, and especially spiritual awakening.

Friedman, P. (2023). Change in Emotional Stability, Self-Forgiveness, Life Balance, Cognitive-Affective Balance, Depression, Anxiety and Psychological Flexibility: A Case Study Using Assessments Used in the ICBEST and ACT Models of Therapy. Int J Healing & Caring, 23(1).

This article discusses the use of a digital assessment and tracking approach to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, 3 measures of psychological flexibility and the benefits/helpfulness of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), a client was assessed who was moderately depressed and anxious and had relationship problems with her ex-husband, father and sister during psychotherapy. This assessment occurred weekly and showed significant positive changes. One of the unique aspects of this clinical research is that the author was totally unfamiliar with all three psychological flexibility scales primarily developed for ACT therapy during the treatment process.

Güdücü, N., & Özcan, N. K. (2023). The effect of emotional freedom techniques (EFT) on postpartum depression: A randomized controlled trial. *EXPLORE, 19(*6), 842-50. https://doi.org/10.1016/j.explore.2023.04.012

Postpartum depression (PPD) is a severe but common emotional disorder that can occur at any time during the first year after pregnancy, can last up to two years, is non-psychotic, and

includes mild to moderate depressive symptoms. According to the WHO, 10% of women experience a mental disorder, especially depression, during the antenatal period, and 13% experience a mental disorder during the postpartum period.[1] O'Hara and Swain determined the mean prevalence of PPD to be 13% in 1996,[2] and Gaynes et al. determined it to be 19.2% in 2005.[3] Two meta-analyses conducted in Turkey determined the prevalence to be 23.8%[4] and 24%, respectively.[5]
Studies have shown that a significant portion of depressive disorders identified in the postpartum period may exist during pregnancy, such that focusing on screening interventions improves the course of depression and pregnancy outcomes.[6] The American College of Obstetricians and Gynecologists (ACOG) recommends that women be checked for mental disorders such as depression and anxiety at least once during pregnancy using standard and valid measurement tools and be referred to the hospital when necessary.[7] National guidelines also emphasize that midwives who follow women over time during pregnancy and the postpartum period should be sensitive to this issue. These guidelines state that, in the presence of mild depression, midwives may play an important role, using the therapeutic relationship to activate the mother's existing support resources.[8] Much research exists that includes midwives in the prevention and treatment of moderate postpartum depression in terms of developing a robust long-term relationship with pregnant and postpartum women.

Hope, T. (2023). The effects of Access Bars on depression, anxiety, and stress in police officers: A case series. *Energy Psychology: Theory, Research, and Treatment, 15*(2), 33–42.

Police officers in the United Kingdom (UK) have clinical levels of anxiety and depression and comorbid presentations of major depression and anxiety, at rates significantly higher than reported in the general population. Risk of stress is significant and posttraumatic stress disorder (PTSD) among police officers is now at a crisis level in the UK, affecting one in five officers. Complex PTSD (the result of chronic exposure to trauma) affects 12% of the working police population, resulting in a diminishing number of working officers. Access Bars, a noninvasive energy technique was evaluated for its effects on depression, anxiety, stress, and PTSD, presented either singularly or in a comorbid state using subjective self-report measures.
Methods: This case series included participants (n = 4) aged between 36 and 52 years who were police officers referred for treatment with a clinical diagnosis of one or more of depression, anxiety, stress, or PTSD. All participants had been previously treated with standardized methods and continued to present with mild to severe symptoms. Treatments were provided by a licensed Access Bars Facilitator at a naturopathic clinic in Hampshire, UK. The primary measure was the standardized self-report method, the Depression Anxiety Stress Scale–21 (DASS-21), with the addition of the Beck Anxiety Inventory (BAI) and the PTSD Checklist for DSM-5 (PCL-5) to evaluate PTSD in one participant. All were evaluated prior to receiving seven 60-minute sessions over seven weeks, with post evaluations upon completion of the last session.
Results: All methods of evaluation showed a decrease in scores for all post measurements. DASS-21 depression scores had the highest pre scores, with 75% in the extremely severe category. Mean scores declined from 31 to 7.5 (75%, $p = 0.02$). Mean anxiety scores decreased from 20 to 12 (59%, $p = 0.007$) and mean stress scores declined from 24 to 8.5 (64%, $p = 0.002$). A secondary classification of a single participant classified as “acute needs” (AN; n = 1) had additional psychometric evaluations using BAI and PCL-5. BAI scores decreased from 26 to 16 (38%, $p = 0.001$) and PCL-5 scores declined from 38 to 18 (20 points or 51%, $p < 0.001$). An 18-point decrease for PCL-5 is considered a clinically significant change.
Conclusion: Treatment with Access Bars showed a significant decrease in depression, anxiety,

and stress in police officers where significant symptoms remained after standardized treatments. Simultaneous improvement was demonstrated in comorbid anxiety, depression, and stress. These results suggest that Access Bars shows promise as a treatment for depression, anxiety, and stress and may contribute to clinical improvement in PTSD.

López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023). Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. Open Access. *Journal of Clinical Nursing*. https://doi.org/10.1111/jocn.16634

Aims: To evaluate the effectiveness of eHealth interventions to reduce stress and promote mental health in healthcare professionals, and to compare the efficacy of different types of programs (guided vs. self-guided; 'third-wave' psychotherapies vs. other types).

Background: Healthcare workers present high levels of stress, which constitutes a risk factor for developing mental health problems such as depression and anxiety. eHealth interventions have been designed to reduce these professional's stress considering that the characteristics of this delivery method make it a cost-effective and very appealing alternative because of its fast and easy access.

Design: A systematic review of quantitative studies.

Methods: A comprehensive database search for quantitative studies was conducted in PubMed, EMBASE and Cochrane (until 1 April 2022). The systematic review was conducted in accordance with the PRISMA and SWiM reporting guidelines. The quality of the studies was assessed using the National Heart, Lung and Blood Institute tools.

Results: The abstracts of 6349 articles were assessed and 60 underwent in-depth review, with 27 fulfilling the inclusion criteria. The interventions were classified according to their format (self-guided vs. guided) and contents ('third-wave' psychotherapies vs. others). Twenty-two interventions emerged, 13 of which produced significant posttreatment reductions in stress levels of health professionals (9 self-guided, 8 'third wave' psychotherapies). Significant effects in improving depressive symptomatology, anxiety, burnout, resilience and mindfulness, amongst others, were also found.

Conclusion: The evidence gathered in this review highlights the heterogeneity of the eHealth interventions that have been studied; self-guided and 'third-wave' psychotherapy programs are the most common, often with promising results, although the methodological shortcomings of most studies hinder the extraction of sound conclusions.

Robbins, N., Harvey, K., & Moller, M. (2023). Emotional Freedom Techniques for Postpartum Depression, Perceived Stress, and Anxiety. *Nursing for Women's Health.* https://doi.org/10.1016/j.nwh.2023.09.005

Objective: To examine the effect of an Emotional Freedom Techniques (EFT) group intervention on perceived stress, depression, and anxiety symptoms in women in the postpartum period.

Design: A one-group pre- and posttest quasi-experimental design.

Setting/Local Problem: Postpartum depression (PPD) and anxiety affect nearly one in five women in the first 12 months after childbirth. The COVID-19 pandemic was associated with a significant worsening of symptoms of PPD, stress, and anxiety in this population. Mental health screening is the standard of care in perinatal settings. This practice has led to an increased rate of PPD and anxiety diagnoses and the need for evidence-based nonpharmacologic

interventions to support mothers with PPD and anxiety.
Participants: Eleven mothers seeking care for lactation concerns who screened positive for PPD and anxiety symptoms.
Intervention/Measurements: A total of eight 1-hour group EFT sessions were offered to participants over a period of 4 weeks. During the group sessions, participants were taught how to perform the steps of EFT and apply it in a supportive group format. Measurement tools included the Subjective Unit of Distress Scale, Edinburgh Postnatal Depression Scale, and Generalized Anxiety Disorder–7. The preintervention and postintervention scores of these tools were compared using a paired-samples t test.
Results: After implementing EFT as a group intervention, we observed a reduction in mental health burden experienced by women in the postpartum period. There was a statistically significant decrease in depression ($p = .003$), anxiety ($p < .001$), and perceived stress ($p < .001$) scores 1 month after the EFT intervention.
Conclusion: These findings suggest that EFT may be a viable adjunctive intervention for managing depression, anxiety, and stress in the postpartum period. Further research with larger and more diverse samples is needed to confirm these findings.

Tambunan, M., Suwarni, N. & Selviana, S. (2023). Effect of emotional freedom techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS), 12*(2), 545-553. doi: 10.11591/ijphs.v12i2.22403

The COVID-19 pandemic has had a massive impact on various aspects, including mental health, especially for people confirmed positive for COVID-19. People who are positively confirmed for COVID-19 tend to experience decreased immunity caused by feelings of anxiety, depression, and insomnia. emotional freedom technology (EFT) therapy has been proven to reduce mental health disorders but has never been applied to people who are positively confirmed for COVID-19. This study aimed to examine the effect of EFT therapy on mental health disorders (anxiety, depression, and insomnia) in COVID-19 patients in Pontianak City. This research method is quantitative with a quasi-experimental design in the COVID-19 isolation area provided by the Pontianak City government, namely Upelkes and Rusunawa in June 2021. The total sampling was employed consisting of 42 people. A validated questionnaire on anxiety, depression, and insomnia was employed as a research instrument. A repeated ANOVA test was used to analyze research data. The results showed that EFT therapy was effective in reducing anxiety, depression, and insomnia scores in positively confirmed people for COVID19 (p-value <0.05). EFT therapy can overcome mental health disorders experienced by people who are positively confirmed for COVID-19 and as an alternative therapy to speed up the healing process.

Bustamante-Paster A. (2022). The Efficacy of EFT on the Symptoms of Depression, Anxiety and Stress among College Students' during the COVID-19 Pandemic: Basis for the Development of Psychological Acupuncture Intervention. *International Journal of Multidisciplinary Research and Analysis,;5*(7):1626-41.

The study's major goal was to determine whether lockdowns, remote learning, and other significant changes brought on by the COVID-19 epidemic caused students at a locally supported institution in Laguna to feel depressed, anxious, or stressed. Students enrolled from 2020 to the present or during the pandemic's duration made comprised the study's participants. This was a quasi-experimental design. It was designed to find out if students

were displaying signs of stress, anxiety, or depression. An intervention, Emotional Freedom Technique, has been used to mitigate and address their degree of depression, anxiety, and stress. The participants' age, sex, course, and year level demographics were also noted. The research used simple random sampling and the researcher called all the participants who met the criteria. Depression Anxiety Stress Scales (DASS) was utilized to determine their level of symptoms. Moderate to extremely severe symptoms had been invited to participate in the experiment. Volunteered participants had been assigned to three experimental groups namely depression group, anxiety, and stress. Forty-five (45) participants had been subjected to 16 (sixteen) sessions of online intervention with a total of 48 sessions for three groups with an interval post-test within the sessions. Fortunately, after 16 sessions of the emotional freedom technique, the participants in the anxiety group had a baseline of 16.69 mean or severe but after three post-tests they became better as revealed by the last post-test mean of 4.84 or normal. As to depression, they had 22.77 mean or severe, but after sessions it was now 10.38 mean or mild. The participants had 25.50 mean or severe but afterwards 8.70 mean or normal in the stress group. Since quantifiable data has demonstrated how well the emotional liberation technique works, the hypothesis that it is ineffective for reducing the participants' levels of sadness, anxiety, and stress symptoms was rejected. Nevertheless, the researcher will create an intervention called "Psychological Acupuncture for Comfort" as the output for the study.

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association)
http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

This article discusses the use of a digital assessment and tracking approach pre, during, and post COVID-19 to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, and helpfulness/ benefits of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), two clients who contracted severe cases of COVID-19 during psychotherapy were carefully assessed weekly showing significant changes pre, during, and post COVID-19 on some measures while none on others. The clients were out of work from three to eight weeks. The typical healing process took about nine weeks before recovery to pre COVID-19 scores. Graphs in the article show these changes and can also be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization, 99*(7). In press.

Objective: To investigate the effectiveness of community-based, mental health interventions by professionally trained, lay counsellors in low- and middle-income countries.
Method: We searched PubMed®, Cochrane Central Register of Controlled Trials, PROSPERO

and EBSCO databases and professional section publications of the United States National Center for PTSD for randomized controlled trials of mental health interventions by professionally trained, lay counsellors in low- and middle-income countries published between 2000 and 2019. Studies of interventions by professional mental health workers, medical professionals or community health workers were excluded because there are shortages of these personnel in the study countries. Additional data were obtained from study authors. The primary outcomes were measures of **post-traumatic stress disorder, depression, anxiety and alcohol use.** To estimate effect size, we used a random-effects meta-analysis model
Findings: We identified 1072 studies, of which 19 (involving 20 trials and 5612 participants in total) met the inclusion criteria. Hedges' g for the aggregate effect size of the interventions by professionally trained, lay counsellors compared with mostly either no intervention or usual care was –0.616 (95% confidence interval: –0.866 to –0.366). This result indicates a significant, medium-sized effect. There was no evidence of publication bias or any other form of bias across the studies and there were no extreme outliers among the study results.
Conclusion: The use of professionally trained, lay counsellors to provide mental health interventions in low- and middle-income countries was associated with significant improvements in mental health symptoms across a range of settings.

Friedman, P. (2021). Digital assessment and tracking, life balance, emotional stability, well-being, spiritual awakening, anxiety and depression: A practice-based evidence approach to change in psychotherapy. *International Journal of Healing and Caring*, 21(2).

This article discussed the use of a digital assessment and tracking approach to life balance, emotional stability, well-being, spiritual awakening, anxiety and depression. Using Pragmatic Tracker (PT) and Blueprint (BP) 6 Friedman Scales plus outcome measures were presented to demonstrate how to administer, score, record, track and graph changes during psychotherapy session by session. 18 tables and graphs of change were shown. A case study of a distressed couple showed different trajectories of change for the husband and wife. The couple reported that tapping, the "psychological uplifter' and Friedman's "Forgiveness Solution" book were powerful variables for change. Pragmatic Tracker (PT) and Blueprint (BP) which are both available on computer, tablet, or cell phone were compared for similarities and differences. Both Pragmatic Tracker (PT) and Blueprint (BP) present very colorful graphs of change on their websites and are HIPAA compliant.

Jasubhai, S. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults*. Journal of Clinical Psychology and Mental Health Care, 2*(4). DOI: http;//doi.org/03.2021/1.10025.

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. 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.

Krishnamurthy, D., & Sharma, A. K. (2021). Effectiveness of Add-on Emotional Freedom Technique on Reduction of Depression: A Quasi-experimental Study. *Journal of Clinical & Diagnostic Research*, *15*(8), 1-5. https://tinyurl.com/2p8t4xse

Prevalent in all age group irrespective of gender, religion, ethnicity and geographical area. Emotional Freedom Technique (EFT) is a brief treatment consists of cognitive therapy, acupoint stimulation on selected meridians of the body. The EFT is a self-help therapeutic tool to reduce the distress level. However, existing literature may not be sufficient to demonstrate effectiveness of adding adjuvant therapy EFT will enhance the outcome among depressive patients along with conventional treatment.
Aim: To determine effectiveness of add-on EFT on treating depression among patients with depression and to find out the effect of predictive variables on depression level. Materials and Methods: It was a quasi-experimental study with pre-test and post-test design, involving a control group, conducted among patients admitted in open ward for observation and treatment in Hospital for Mental Health, Vadodara, Gujarat, India, with in this study, 100 samples were selected by convenience sampling technique and data collection was done from March 2019 to July 2019. The Beck Depression Inventory was administered on 1st day to all the patients. In one group EFT was administered for 40 minutes for three consecutive days along with routine treatment. The other group {Treatment as usual (TAU) group} received only conventional treatment. Depression level was evaluated on third day after intervention by an independent assessor among both the groups. Data were analysed using frequency distribution, Wilcoxon test and Mann-Whitney test.

Results: Total 100 subjects were included in study. Mean age (years) of EFT group was 44±12 and 42±13 among TAU group. In EFT group 24(48%) were males and 26(52%) were females; while it was 26(52%) males and 24(48%) females in TAU group. Mean depression score was 30.82±2 before intervention and after intervention it was found 27.20±4 among TAU group. Mean depression score was 30.96±3 before intervention and after intervention it came down to 24±4 in EFT group. On univariate logistic regression analysis, significant association was found with age less than 29 years {Odds Ratios (OR) 2.68; 95% Confidence Interval (CI) =0.398-18.1}, primary education (OR 6.759; 95% CI=1.106- 41.296), secondary education (OR 2.95: 95% CI=0.56-15.66).
Conclusion: Study concludes that adding EFT as an adjuvant therapy along with conventional treatment antidepressant and psychotherapy will enhance the outcome of depression level among patients with depression.

Mehdipour, A., Abedi, P., Ansari, S. and Dastoorpoor, M. (2021). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Journal of Complementary and Integrative Medicine,* May 2021. https://doi.org/10.1515/jcim-2020-0245

Objectives: Postmenopausal women are at greater risk of depression. Depression may negatively affect the quality of life of women. 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.
Methods: This was a randomized controlled trial in which 88 women with mild to moderate depression recruited from a menopausal clinic in Ahvaz, Iran, and randomlyassigned into two groups of EFT (n=44) and control forsham 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 (BDI-2) completed by women before and after the inter-vention. The control group received training on sham acupressure points similar to the intervention group. Data collected using a demographic and BDI2. Women requested to complete the BDI2 before and after the intervention. The independent t-test, chi-square, and ANCOVA were used to analyze data.
Results: 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±2.79to 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 from50 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).
Conclusions: 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.

Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal, 13*(1). doi 10.9769/EPJ.2021.13.1.AP

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.

Shilpa. J. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults". *Clinical Psychology and Mental Health Care, 2*(4). https://doi.org/03.2021/1.10025. https://tinyurl.com/zm8zayjb

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. 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.

Uma, D.T. & Safreena, I. (2021). A quasi experimental study to appraise the perceived competency and effect of emotional freedom technique on postpartum blues among postnatal mothers in selected hospitals, Chennai. *TNNMC Journal of Obstetrics and Gynaecological Nursing, 9*(1), 7 – 13. Online ISSN : 2456-7027. https://tinyurl.com/hkd37fah

Background: A mother's joy begins as new life is stirring inside; when a tiny heart beat is heard for the first time, and a playful kick remains her that she is never alone. The delivery of a child yields excitement and joy, and the new mother is expected to welcome her new responsibility with happiness. For some, this new responsibility may not be an enjoyable experience because of ignorance or mishandling of postpartum psychological health. Postnatal mothers may struggle with their mental health as they transit to motherhood.
Aim: To assess the effect of Emotional Freedom Technique on level of Postpartum blues.
Material and methods: Quasi experimental pertest post-test with control group design was adopted and the samples consist of 30 postnatal mothers. Edinburgh postnatal depression scale was used to assess the postpartum blue level.
Results: Only 13.3% of the postnatal mothers had adequate perceived competency in terms of knowledge regarding postpartum blue. In experimental group, 13 postnatal mothers who had moderate level of postpartum blue during pretest improved after implementation of the Emotional freedom technique where majority 66.7% of the mothers came to mild level. There is a significant change in the postpartum blue between pertest and post-test among experimental group which is statistically proved by that 't' value of 5.72 (Df=14, table value=2.14 at 0.05 level of significance).

van Ginneken, N. et al. (2021). Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. *Cochrane Database of Systematic Reviews 2021,* Issue 8. Art. No.: CD009149. DOI: 10.1002/14651858.CD009149.pub3.
[Systematic literature review and meta-analysis including Connolly & Sakai, 2011.

Background: Community-based primary-level workers (PWs) are an important strategy for addressing gaps in mental health service delivery in low- and middle-income countries.
Objectives: To evaluate the effectiveness of PW-led treatments for persons with mental health symptoms in LMICs, compared to usual care.
Search Methods: MEDLINE, Embase, CENTRAL, ClinicalTrials.gov, ICTRP, reference lists (to 20 June 2019). SELECTION CRITERIA: Randomised trials of PW-led or collaborative-care interventions treating people with mental health symptoms or their carers in LMICs. PWs included: primary health professionals (PHPs), lay health workers (LHWs), community non-health professionals (CPs)

Data Collection & Analysis: Seven conditions were identified apriori and analysed by disorder and PW examining recovery, prevalence, symptom change, quality-of-life (QOL), functioning, service use (SU), and adverse events (AEs). Risk ratios (RRs) were used for dichotomous outcomes; mean difference (MDs), standardised mean differences (SMDs), or mean change differences (MCDs) for continuous outcomes. For SMDs, 0.20 to 0.49 represented small, 0.50 to 0.79 moderate, and ≥0.80 large clinical effects. Analysis timepoints: T1 (<1 month), T2 (1-6 months), T3 (>6 months) post-intervention.
Results: Description of studies 95 trials (72 new since 2013) from 30 LMICs (25 trials from 13 LICs). Risk of bias Most common: detection bias, attrition bias (efficacy), insufficient protection against contamination. Intervention effects *Unless indicated, comparisons were usual care at T2. "Probably", "may", or "uncertain" indicates "moderate", "low," or "very low" certainty evidence. Adults with common mental disorders (CMDs) LHW-led interventions a. may increase recovery (2 trials, 308 participants; RR 1.29, 95%CI 1.06 to 1.56); b. may reduce prevalence (2 trials, 479 participants; RR 0.42, 95%CI 0.18 to 0.96); c. may reduce symptoms (4 trials, 798 participants; SMD -0.59, 95%CI -1.01 to -0.16); d. may improve QOL (1 trial, 521 participants; SMD 0.51, 95%CI 0.34 to 0.69); e. may slightly reduce functional impairment (3 trials, 1399 participants; SMD -0.47, 95%CI -0.8 to -0.15); f. may reduce AEs (risk of suicide ideation/ attempts); g. may have uncertain effects on SU. Collaborative-care a. may increase recovery (5 trials, 804 participants; RR 2.26, 95%CI 1.50 to 3.43); b. may reduce prevalence although the actual effect range indicates it may have little-or-no effect (2 trials, 2820 participants; RR 0.57, 95%CI 0.32 to 1.01); c. may slightly reduce symptoms (6 trials, 4419 participants; SMD -0.35, 95%CI -0.63 to -0.08); d. may slightly improve QOL (6 trials, 2199 participants; SMD 0.34, 95%CI 0.16 to 0.53); e. probably has little-to-no effect on functional impairment (5 trials, 4216 participants; SMD -0.13, 95%CI -0.28 to 0.03); f. may reduce SU (referral to MH specialists); g. may have uncertain effects on AEs (death). Women with perinatal depression (PND) LHW-led interventions a. may increase recovery (4 trials, 1243 participants; RR 1.29, 95%CI 1.08 to 1.54); b. probably slightly reduce symptoms (5 trials, 1989 participants; SMD -0.26, 95%CI -0.37 to -0.14); c. may slightly reduce functional impairment (4 trials, 1856 participants; SMD -0.23, 95%CI -0.41 to -0.04); d. may have little-to-no effect on AEs (death); e. may have uncertain effects on SU. Collaborative-care a. has uncertain effects on symptoms/QOL/SU/AEs. Adults with post-traumatic stress (PTS) or CMDs in humanitarian settings LHW-led interventions a. may slightly reduce depression symptoms (5 trials, 1986 participants; SMD -0.36, 95%CI -0.56 to -0.15); b. probably slightly improve QOL (4 trials, 1918 participants; SMD -0.27, 95%CI -0.39 to -0.15); c. may have uncertain effects on symptoms (PTS)/functioning/SU/AEs. PHP-led interventions a. may reduce PTS symptom prevalence (1 trial, 313 participants; RR 5.50, 95%CI 2.50 to 12.10) and depression prevalence (1 trial, 313 participants; RR 4.60, 95%CI 2.10 to 10.08); b. may have uncertain effects on symptoms/functioning/SU/AEs. Adults with harmful/ hazardous alcohol or substance use LHW-led interventions a. may increase recovery from harmful/hazardous alcohol use although the actual effect range indicates it may have little-or-no effect (4 trials, 872 participants; RR 1.28, 95%CI 0.94 to 1.74); b. may have little-to-no effect on the prevalence of methamphetamine use (1 trial, 882 participants; RR 1.01, 95%CI 0.91 to 1.13) and functional impairment (2 trials, 498 participants; SMD -0.14, 95%CI -0.32 to 0.03); c. probably slightly reduce risk of harmful/hazardous alcohol use (3 trials, 667 participants; SMD -0.22, 95%CI -0.32 to -0.11); d. may have uncertain effects on SU/AEs. PHP/CP-led interventions a. probably have little-to-no effect on recovery from harmful/hazardous alcohol use (3 trials, 1075 participants; RR 0.93, 95%CI 0.77 to 1.12) or QOL (1 trial, 560 participants; MD 0.00, 95%CI -0.10 to 0.10); b. probably slightly reduce risk of harmful/hazardous alcohol and substance use (2 trials, 705 participants; SMD -0.20, 95%CI -0.35 to -0.05; moderate-certainty evidence); c. may have uncertain effects on prevalence (cannabis use)/SU/AEs. PW-led

interventions for alcohol/substance dependence a. may have uncertain effects. Adults with severe mental disorders *Comparisons were specialist-led care at T1. LHW-led interventions a. may have little-to-no effect on caregiver burden (1 trial, 253 participants; MD -0.04, 95%CI -0.18 to 0.11); b. may have uncertain effects on symptoms/functioning/SU/AEs. PHP-led or collaborative-care a. may reduce functional impairment (7 trials, 874 participants; SMD -1.13, 95%CI -1.78 to -0.47); b. may have uncertain effects on recovery/relapse/symptoms/QOL/SU. Adults with dementia and carers PHP/LHW-led carer interventions a. may have little-to-no effect on the severity of behavioural symptoms in dementia patients (2 trials, 134 participants; SMD -0.26, 95%CI -0.60 to 0.08); b. may reduce carers' mental distress (2 trials, 134 participants; SMD -0.47, 95%CI -0.82 to -0.13); c. may have uncertain effects on QOL/functioning/SU/AEs. Children with PTS or CMDs LHW-led interventions a. may have little-to-no effect on PTS symptoms (3 trials, 1090 participants; MCD -1.34, 95%CI -2.83 to 0.14); b. probably have little-to-no effect on depression symptoms (3 trials, 1092 participants; MCD -0.61, 95%CI -1.23 to 0.02) or on functional impairment (3 trials, 1092 participants; MCD -0.81, 95%CI -1.48 to -0.13); c. may have little-or-no effect on AEs. CP-led interventions a. may have little-to-no effect on depression symptoms (2 trials, 602 participants; SMD -0.19, 95%CI -0.57 to 0.19) or on AEs; b. may have uncertain effects on recovery/symptoms (PTS)/functioning.

Ardan, M. Zulkifli, A., Jafar, N. (2020). Therapy SEFT for controlling the level of depression in people with HIV and AIDS. *Enfermeria Clinica, 30(*4). doi: 10.1016/j.enfcli.2019.10.119

Objective: This study aims to assess the effect of SEFT combination therapy on controlling depression levels in PLWHA (People Living With HIV/AIDS).
Methods: The design of this study used a quasi-experimental method with a nonrandomized one group pretest posttest design. Samples taken by purposive sampling were 16 ODHA and analyzed dependent *t*-test.
Results: Respondents' characteristics of the two research groups with male sex were 62.5%, female 37.5%, average age 26–35 years 50.0% and education level of high school graduates. There was a decrease in the average score of depression before and after the SEFT intervention with the value of each $p = 0.001$, $p = 0.000$ and $p = 0.000$.
Conclusion: Peer Damping groups are expected to provide support, motivation and assistance as well as being able to actively provide SEFT therapy to be able to control the level of depression in PLWHA as a non-pharmacological therapy effort.

Ardan., M., Zulkifli, A., Jafar, N. (2019). The combination between Spiritual Therapy and Emotional Freedom Technique to control the depression level in people with HIV and AIDS at Samarinda City. *European Journal of Research in Medical Science 7*(1), 28-35.

The cases of infectious diseases in Indonesia increase, one of them is HIV and AIDS, which is quite alarming among the society, coupled with the stigma and discrimination felt by People Living With HIV/AIDS (PLWHA), resulting the higher incidence of depression. This study aims to assess Spiritual and Emotional Freedom Technique (SEFT) combination therapy effects on controlling depression level of PLWHA in Samarinda City. The research design used a quasi-experimental method with a randomized control group design pretest posttest design. Samples taken by simple random sampling were 32 PLWHA. Data collection using a questionnaire that runs from March to May 2019 with a Beck Depression Inventory measuring instrument. Data

were analyzed by independent t test. The results showed that respondents' characteristics of two research groups with male sex were 62.5%, female 37.5%, average age was 26-35 years old 50.0% and average education level of high school graduates was 50.0 %. There was no effect of SEFT intervention on depression levels to PLWHA with 1 intervention, p value of 0.264> 0.05, there was an effect of SEFT intervention on depression levels to PLWHA after 3 interventions, p value of 0.000 <0.05. Peer Assistant groups are expected to provide support, motivation and assistance as well as being able to actively provide SEFT therapy to be able to control the level of depression in PLWHA as a non-pharmacological therapy effort.

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine 24.*

Emotional Freedom Techniques (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.

Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence-based approach to change in psychotherapy*. International Journal of Healing and Caring, 20*(1), 1-29.

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

Krishnamurthy D., Sharma A. (2019). Effectiveness of Emotional Freedom Techniques: A

pilot study. ***Indian Journal of Public Health Research & Development, 10*****(10).** **doi:**10.5958/0976-5506.2019.02836.5

Objective: To determine Effectiveness of Emotional freedom technique (EFT) on reduction of depression among depressive patients.
Design: Quasi Experimental study
Participants: Ten patients who are aged above 18 years and diagnosed with depression and who were scored 21–40 for depression on the beck depression Inventory. Participants were randomly assigned to Experimental (EFT) (n=05) and Control (treatment as usual) (n=05) groups.
Intervention: This research is a pretest-post-test; single-blind randomized experimental study. An Emotional Freedom Technique group (EFT) and a Treatment as usual (TAU) were formed, each consisting of 05 depression patients in each group determined by beck depression inventory (with moderate to severe level of depression). 40 min Emotional freedom technique was administered to the depressive patients along with routine treatment and TAU group received the routine treatment. 3 days EFT session was planned and on 3rd day beck depression inventory is administered to determine the depression level in both groups. Data were compelled using descriptive and inferential statistics.
Results: EFT participants (n=5; M=11.80, SD= 2.59) depicts significant reduction in level of depression compared with treatment as usual group (n=5; M= 4.20, SD= 2.95) (p = 0.05, d = 1.75, 95% CI [-3.55–11.65]). In the pre-test no substantial difference was found between the two arms before the intervention in terms of the mean depression level score. After the administration of Emotional freedom technique, it was determined that the mean frequency of level of depression statistically significantly lower compared to treatment as usual.
Conclusion: Emotional freedom technique is a simple noninvasive tool, which helps to reduce the depression level.

Church, D. & House, D. (2018). Borrowing Benefits: Group treatment with Clinical Emotional Freedom Techniques is associated with simultaneous reductions in posttraumatic stress disorder, anxiety and depression symptoms. ***Journal of Evidence-Based Integrative Medicine, 23:*** **1-4. DOI**: 10.1177/215658721875651

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 ¼ 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.

Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church. D. (2018). The Interrelated Physiological and Psychological Effects of EcoMeditation: A Pilot Study. ***Journal of Evidence-Based Complementary & Alternative Medicine, 23.***

This study investigated changes in psychological and physiological markers during a weekend meditation workshop (N = 34). Psychological symptoms of anxiety, depression, posttraumatic stress disorder (PTSD) and happiness were assessed. Physiological markers included cortisol, salivary immunoglobulin A (SigA), heart rate variability (HRV), blood pressure (BP), and resting heart rate (RHR). On posttest, significant reductions were found in cortisol (_29%, P < .0001), RHR (_5%, P = .0281), and pain (_43%, P = .0022). Happiness increased significantly (?11%, P = .0159) while the increase in SigA was nonsignificant (?27%, P = .6964). Anxiety, depression, and PTSD all declined (_26%, P = .0159; _32%, P = .0197; _18%, P = .1533), though changes in PTSD did not reach statistical significance. No changes were found in BP, HRV, and heart coherence. Participants were assessed for psychological symptoms at 3-month follow-up, but the results were nonsignificant due to inadequate sample size (n = 17). EcoMeditation shows promise as a stress-reduction method.

Jasubhai, S. & Mukundan, C. R. (2018). Cognitive Behavioural Therapy and Emotional Freedom Technique in reducing anxiety and depression in Indian adults.
Int J Emerg Ment Health, 20**(2): 403. DOI**: 10.4172/1522-4821.1000403

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 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 comparative effectiveness of CBT and EFT in the treatment of anxiety and depression in Indian adults. Random subjects (n = 10) were selected from Ahmedabad, 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. Examination of individual cases showed clinically significant improvement in anxiety and depression across both interventions. 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.

Masters, R., Baertsch, K. & Troxel, J. (2018). Changes in psychological symptoms after treatment with a novel therapy, the Phoenix Protocol: A case series. *Energy Psychology Journal, 10*(2).

The present case series examined the effectiveness of an integrated Energy Psychology intervention, the Phoenix Protocol, in five subjects being treated for moderate to severe anxiety. The study utilized single-subject design and convenience sampling. Participants completed the Brief Symptom Checklist–18 (BSI-18) to track symptoms throughout the study, and at 60- and 90-day follow-ups. All five participants completed the entire study, including 60- and 90-day follow-ups, and reported decreased anxiety and depression symptoms, with the greatest symptom reductions in anxiety. Four out of five subjects had trauma history. The mean T-scores for all participants prior to the intervention indicated clinical significance on the anxiety, depression, and Global Severity Index scales. Results over the course of the six-week intervention period showed that the participants' anxiety T-scores decreased an average of 20.2 points and were below the clinical cutoff for anxiety on the BSI-18. At the 60-day follow-up, the participants' anxiety T-scores decreased an average of another 1.4 points, and at the 90-day follow-up, the participants' anxiety T-scores decreased an average of another 1.4 points from the 60-day follow-up, reflecting an overall decrease of 23.2 points from the start of the study, remaining below the clinical cutoff for anxiety on the BSI-18. The reduction of anxiety symptoms is a preliminary indication that the Phoenix Protocol may be an effective intervention in treating anxiety. Reduced depression symptoms indicate the Phoenix Protocol should be studied further as an effective intervention for other conditions.

Hope, Terrie. (2017) The Effects of Access Bars on Anxiety and Depression: A Pilot Study. *Energy Psychology Journal, 9*(2). DOI 10.9769/EPJ.2017.9.2.TH

Anxiety and depression are highly prevalent disorders that result in human suffering. The consequences to the individual include increased health care utilization, disability, and decreased income; depression, at its current prevalence, impacts global economic output as well. Access Bars, a noninvasive energy therapy technique, was evaluated for its effects on anxiety and depression using both subjective self-report and objective brain-scanning measures.

Methods: Participants, $N = 7$, aged 25–68, were assessed as having mild to severe anxiety and/or depression. The assessment methods were standardized self-report measures: Beck Anxiety Inventory (BAI), Beck Depression Inventory–II (BDI II), State Trait Anxiety Inventory (STAI), and the Maryland State and Trait Depression (MTSD) scale. Electroencephalogram (EEG) data were acquired for objective analysis of brain function via QEEG and sLORETA. Evaluations were performed prior to one 90-minute Access Bars session and immediately following the session. All participants tested positive for trait anxiety on pretest.

Results: Lower scores were reported in all self-report measures post session. BAI mean scores dropped from 23.3 to 3.6 (–84.7%), $p = 0.004$. BDI II mean scores were reduced from 22.3 to 3.9 (–82.7%), $p = 0.02$. STAI-S (State) means dropped from 38.9 to 25.9 (–33.5%), $p = 0.027$. MTSD-S (State) means were reduced from 23.6 to 4.7 (–80%), $p = 0.015$. Brain maps derived from QEEG results showed notable changes in frequency bands from 6 Hz (theta) to 21 Hz (beta). These frequency bands in pretest results showed extreme values of –3 to –1 standard deviations (SD) below the norm and changed toward normal in posttest results. QEEG FFT (Fast Fourier Transform) Z Score coherence paired t-tests demonstrated an improvement in QEEG coherence, $p < 0.05$.

Conclusion: Treatment with Access Bars was associated with a significant decrease in the severity of symptoms of anxiety and depression and an increase in EEG coherence. These results suggest that Access Bars may be useful as a treatment for anxiety and depression.

Benor, D. Rossiter-Thornton, J. and Toussaint, L. (2016). A Randomized, Controlled Trial of Wholistic Hybrid derived from Eye Movement Desensitization and Reprocessing and Emotional Freedom Technique (WHEE) for self-treatment of pain, depression, and anxiety in chronic pain patients. *J Evidence-Based Complementary & Alternative Medicine*. DOI: 10.1177/2156587216659400

In this pilot study, a convenience sample of 24 chronic pain patients (17 with chronic fatigue syndrome/fibromyalgia) were randomized into WHEE treatment and wait-list control groups for 6 weeks. Assessments of depression, anxiety, and pain were completed before, during, and at 1 and 3 months after treatment. Wait-listed patients then received an identical course of WHEE and assessments. WHEE decreased anxiety ($P < .5$) and depression ($P < .05$) compared with the control group. The wait-list-turned-WHEE assessments demonstrated decreased pain severity ($P < .05$) and depression ($P < .04$) but not pain interference or anxiety. WHEE appears a promising method for pain, anxiety, and depression in patients with chronic pain, compared to standard medical care alone. Though a small pilot study, the present results suggest that further research appears warranted. An incidental finding was that a majority of patients with chronic pain had suffered psychological trauma in childhood and/or adulthood.

Chatwin, H., Stapleton, P., Porter, B., Devine, S., Sheldon, T. (2016). The effectiveness of Cognitive Behavioral Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study. *Integrative Medicine, 15*(2), 27-34.

This pilot study aimed to evaluate the effectiveness of Cognitive-Behavioural Therapy (CBT) and Emotional Freedom Techniques (EFT) in the treatment of depression and comorbid anxiety. Intervention subjects were local community members who screened positive for a primary diagnosis of Major Depressive Disorder (MDD) (N = 10). Intervention subjects were randomly assigned to an 8-week CBT or EFT treatment program. A community sample was assessed for comparative purposes (N = 57). Findings revealed both treatment approaches produced significant reductions in depressive symptoms, with the CBT group reporting a significant reduction at post-intervention that was not maintained over time, while the EFT group reported a delayed effect involving a significant reduction in symptoms at three- and six-month follow-up only. Examination of individual cases revealed clinically significant improvements in anxiety across both interventions. Overall, findings provide evidence to suggest that EFT may be an effective treatment strategy worthy of further investigation.

Nelms, J. & Castel, D. (2016). A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression. *Explore: The Journal of Science and Healing, 12*(6), 416-26. http://dx.DOI.org/10.1016/j.explore.2016.08.001

Background: Among a group of therapies collectively known as Energy Psychology (EP), Emotional Freedom Techniques (EFT) is the most widely practiced. EFT combines elements of

cognitive and exposure therapies with the stimulation of acupuncture points (acupoints). Lacking is a recent quantitative meta-analysis that enhances understanding of the variability and clinical significance of depression reduction outcomes after EFT.
Methods: All studies (2005 – 2015), both outcome and RCT, evaluating the EFT for sufferers of depression were identified by electronic search. Our primary outcome was depression measured by a variety of psychometric questionnaire and scales. Meta-analysis was undertaken synthesizing the data from all trials, distinguishing within and between effect sizes.
Results: 21 studies qualified for inclusion into the meta-analysis (Outcome studies n = 446; RCT n = 653 (306 EFT, 347 Control). As hypothesized, EFT training showed a moderate effect size in the treatment of depression. Cohen's d across all studies was 0.37. Effect sizes at posttest, less than 90 days, 90 days, and greater than 90 days were 0.63, 0.17, and 0.43 respectively. EFT was more efficacious than DB and SI in the posttest measurements (p = 0.06 vs DB; p <0.0001 vs SI), and SHE at the 9th week assessment (p = 0.036).
Conclusion: The results show that EFT is effective in reducing depression in a variety of populations and settings. 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.

Church, D. (2014). Reductions in Pain, Depression, and Anxiety Symptoms After PTSD Remediation in Veterans. *Explore: The Journal of Science and Healing, 10*(3), 162-69.

A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after Emotional Freedom Techniques (EFT). Although pain, depression, and anxiety were not the primary targets of treatment, significant improvements in these conditions were noted. Subjects ($N = 59$) received six sessions of EFT coaching supplementary to primary care. They were assessed using the SA-45, which measures nine mental health symptom domains and also has two 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 up at three and six months, revealing significant relationships between PTSD, depression, and anxiety at several assessment points. At follow-up, pain remained significantly lower than at pretest. The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and pain levels drop. The ability of EFT to produce reliable and long-term gains after relatively brief interventions indicates its utility in reducing the estimated trillion-dollar cost of treating veteran mental health disorders in the coming years.

Stapleton, P., Church, D., Sheldon, T., Porter, B., & Carlopio, C. (2013). Depression symptoms improve after successful weight loss with EFT (Emotional Freedom Techniques): A randomized controlled trial. ISRN Psychiatry, 2013, 1-7. DOI:10.1155/2013/573532.

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-, post- and 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- to 12-months ($p<0.05$) 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 Somatisation ($p<0.05$). Significant decreases from pre- to 12-months 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.

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

Objectives: A service evaluation was carried out to establish the feasibility and effectiveness of Emotional Freedom Techniques (EFT) in the NHS.
Setting: A dedicated EFT service, within the NHS in the district of Sandwell, West Midlands. Referrals were accepted for any emotional condition (including physical pain), provided that clients were over 18 and not "vulnerable adults". Ethical approval was secured.
Method: Over a 13 month period, clients accessing the EFT service for a range of emotional conditions were invited to participate. Those who gave consent were included in the service evaluation. At the start and end of their treatment, clients were asked to complete the CORE10 (main outcome variable), WEMWBS, Rosenberg Self Esteem and HADS measurement scales. Clients completing their therapy were invited for a 3-month follow-up.
Results: Thirty-nine clients gave consent, and 31 completed therapy. A total of 77% were female, and 80% were White British. The mean age was 45 years (range 18-76),and mean number of sessions attended was 5 (median 4; range 2-17). The main presenting conditions were anxiety, depression and anger and clients revealed up to 4 additional issues. CORE10, Rosenberg Self-Esteem, HADS Anxiety and HADS Depression scores showed both statistically and clinically significant improvements, with statistically significant improvement for WEMWBS (all $p<0.01$). Mean CORE10 scores improved from 20.16 (moderate severe) at start to 8.71 (normal) at end (SD difference=6.81, $p<0.001$). Improvements were seen in all but one client.
Conclusion: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize drop-outs.

Church, D., De Asis, M., & Brooks, A. J. (2012). Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial. Depression Research & Treatment, 2012. DOI:10.1155/2012/257172.

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. Posttests were conducted 3 weeks later on those that completed all requirements (N = 18). The EFT group (n = 9) had significantly more depression at baseline than the control group (n = 9) (EFT BDI Mean = 23.44, SD = 2.1 vs. control BDI Mean = 20.33, SD = 2.1). After controlling for baseline BDI score, the EFT group had significantly less depression than the control group at posttest, with a mean score in the "non-depressed" range (p = .001; EFT BDI Mean = 6.08, SE = 1.8 vs. control BDI Mean = 18.04, SE = 1.8). Cohen's d was 2.28, indicating a very strong effect size. These results are consistent with those noted in other studies of EFT that included an assessment for depression, and indicate the clinical usefulness of EFT as a brief, cost-effective, and efficacious treatment.

Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D. & Dawson, K. (2013). Can Matrix Reimprinting using EFT be effective in the treatment of emotional conditions in a public health setting? Results of a UK pilot study. *Energy Psychology: Theory, Research, and Treatment , 5*(1), 13–31.

Objectives: This pilot study was carried out to establish the feasibility and effectiveness of Matrix Reimprinting (MR). A dedicated MR/ Emotional Freedom Techniques service was delivered in a community setting within the National Health Service in the metropolitan borough of Sandwell, United Kingdom. Method: Over a 15-month period, the study followed clients accessing the service for a range of emotional conditions. At the start and end of their treatment, clients were asked to complete the CORE–10 (psychological distress; main outcome variable), Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; mental well-being), Rosenberg Self Esteem and Hospital Anxiety and Depression Scale (HADS; anxiety and depression) measurement scales.
Results: 24 clients were included in the MR pilot study, and the mean number of sessions attended was 8.33 (Mdn = 6.5). There were both statistically and clinically significant improvements for CORE–10 (52% change, $p < .001$), Rosenberg Self-Esteem (46% change, $p < .001$), HADS Anxiety (35% change, $p = .007$), and HADS total score (34% change, $p = .011$) and a statistically significant improvement for WEMWBS (30% change, $p < .001$). All MR clients showed clinical improvements.
Conclusions: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of MR as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize dropouts.

Diabetes

Tang, X., Wang, L., Ni, S., Wu, M., Hu, S., & Zhang, L. (2023). Feasibility and effect of emotional freedom therapy on sleep quality in patients with end-stage renal disease receiving maintenance hemodialysis: A pilot study. *Geriatric Nursing*, *51*, 112-120.

https://doi.org/10.1016/j.gerinurse.2023.02.021

Objective: To explore the feasibility and efficacy of emotional freedom therapy (EFT) in improving sleep quality and managing negative emotions in end-stage renal disease patients on maintenance hemodialysis.
Methods: Between May 2021 and February 2022, 66 maintenance hemodialysis patients with sleep problems were recruited and randomized into an intervention and control group. The intervention group underwent a 12-week intervention of EFT. Two groups' hospital anxiety depression scale (HADS) scores, Pittsburgh sleep quality index (PSQI), and interdialysis weight gain (IDWG) before and one week after the formal intervention were collected and compared. Feasibility analysis was performed using a feasibility questionnaire and in-depth interviews with patients.
Results: Before the intervention, there was no statistical difference in the anxiety, depression, PSQI scores and IDWG between the two groups. After balancing the effects of gender and pre-intervention scores, two-way ANCOVA results showed that there were statistically significant differences between the two groups after the intervention in terms of anxiety, depression, sleep quality, sleep duration, daytime dysfunction and PSQI total score. However, interactions effect for IDWG was statistically significant. Simple effects analysis revealed a difference in post-intervention IDWG between the intervention and control groups for patients over 65 ($p < 0.05$). Most patients agreed or strongly agreed that the EFT was easy to schedule and they did not experience difficulties during learning the EFT process (respectively 75% and 71.88%). And 75% of the participants were willing to continue practicing EFT. Qualitative content analysis identified five prominent categories related to feasibility and acceptability: affirmation, benefits, communication, support and trust.
Conclusion: EFT can relieve anxiety and depression, enhance sleep quality, and improve the physical condition of patients with end-stage renal disease receiving maintenance hemodialysis. As well, the EFT intervention is practicable, acceptable, and perceived as being beneficial to the patient.

Yunita Sari, R., Muhith, A., Rohmawati, R., Soleha, U. ., Faizah, I. ., Afiyah, R. K., & Suryadi Rahman, F. (2021). Spiritual Emotional Freedom Technique against Anxiety and Psychological Well-being of Type 2 DM Patients during the COVID-19 Pandemic. *Open Access Macedonian Journal of Medical Sciences*, *9*(G), 260–265. https://doi.org/10.3889/oamjms.2021.7217
https://oamjms.eu/index.php/mjms/article/view/7217

Background: The COVID-19 pandemic makes patients with type 2 diabetes mellitus experience an increase in anxiety, considering that diabetes mellitus is one of the dangerous comorbidities for people infected with the COVID-19 virus so that it affects their psychological well-being. Low psychological well-being will have an impact on decreasing self-care, hereby increasing the occurrence of complications.
Aim: The purpose of this study was to analyze the effect of the spiritual emotional freedom technique (SEFT) on anxiety and the psychological well-being of patients with type 2 DM during the COVID-19 pandemic.
Methods: The research design employed is a quasi-experimental research with the untreated control group design with dependent pre-test and post-test samples. The sampling technique used is probability sampling which is a random sampling to meet the inclusion and exclusion criteria with a total sample of 110 respondents with the distribution of the intervention group

consisting of 55 respondents and the control group consisting of 55 respondents. The instrument used to measure the level of anxiety is the Hamilton Rating Scale for Anxiety and psychological well-being of Ryff's psychological well-being. The statistical tests used are Paired Sample t-Test and Independent t-test with significant $p < 0.05$.
Results: The results showed that the mean level of anxiety in the intervention group before the implementation of the intervention was 21.89 (moderate), while after the intervention was 10.98 (mild) and the psychological well-being before the intervention was 147.49 (low), while after the intervention was 170.91 (moderate). Furthermore, in the case of the control group, the mean level of anxiety before the intervention was 19.16 and after the intervention was 19.11 and psychological well-being before the intervention was 146.67 while after the intervention was 146.45. Furthermore, the data analysis obtained that the SEFT affected the level of anxiety and psychological well-being of patients with type 2 diabetes during the COVID-19 pandemic with $p = 0.00$.
Conclusion: The SEFT that is routinely implemented can reduce the level of anxiety so that it can improve the psychological well-being of patients with type 2 DM during the COVID-19 pandemic.

Dreams and Dreamwork

Hoss R., Hoss L., Church D. (2022). Integrating the Complementary Therapies of Energy Psychology and Dreamwork – the Dream to Freedom Method*. OBM Integrative and Complementary Medicine 2022;7*(3):27. doi:10.21926/obm.icm.2203024. https://www.lidsen.com/journals/icm/icm-07-03-024

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.

Financial and Money Issues

Church, D., Vasudevan, A., De Foe, A., & Lovegrove, R. (2023). Money Attitudes After Clinical Emotional Freedom Techniques: Psychological Change in a Virtual vs In-Person Group. *Advances in Mind-Body Medicine, 37*(3), 4–14. https://pubmed.ncbi.nlm.nih.gov/38345770/

Context: Emotional Freedom Techniques (EFTs) can reduce anxiety, depression, PTSD, and phobias. Research has found correlations between attitudes toward money and anxiety and depressive symptomatology. No research has yet examined the effectiveness of EFT in changing money attitudes.
Objective: The study intended to measure the effectiveness of EFT in changing money attitudes and to contrast EFT's effects delivered virtually or in-person by evaluating multiple markers of stress, including anxiety, depression, pain, happiness, and PTSD.
Design: The research team performed a retrospective controlled study.
Participants: Participants were a convenience sample of 54 nonclinical individuals.
Intervention: The study included participants into an in-person group and a virtual group. The 24 participants in the in-person group met prior to the COVID-19 pandemic, and the 35 participants in the virtual group participated in the workshop toward the end of 2020. Both used EFT to address money-related issues during a two-day workshop.
Outcome measures: The research team used: (1) the brief version of the Generalized Anxiety Disorder-7 (GAD-7), GAD-2, to assess participants' anxiety; (2) the Patient Health Questionnaire-2 (PHQ-2) to assess symptoms of depression over the two weeks prior to the testing; (3) the PTSD Checklist (PCL-2) to assess symptoms of PTSD over the month prior to the test; (4) the Happiness Scale, an 11-point Likert scale that indicates whether respondents feel happy in general; (5) the Numeric Pain Rating Scale, a self-rated average of pain that participants had experienced in the 24 hours prior to the test; and (6) the Money Attitudes Scale (MAS) to measure change in attitudes.
Results: Postintervention, the in-person group has significant reductions in anxiety ($P = .023$), PTSD ($P = .013$), and pain ($P = .029$) as well as significant improvements in happiness ($P < .001$). The group's MAS scores for Power-Prestige ($P = .008$), Distrust ($P < .001$) and Money Anxiety ($P < .01$) also decreased significantly. At the six-month followup, the group's mean scores showed significant decreases for PTSD ($P < .001$) and pain ($P < .001$) as well as significant improvements in happiness ($P < .05$). Postintervention, the virtual group had a significant increase in happiness ($P < .001$), but while anxiety, depression, and pain decreased, the changes weren't statistically significant. The group's money attitudes also showed a significant increase in Retention-Time ($P < .001$) as well as significantly decreased scores for Distrust ($P < .001$), Money Anxiety ($P < .01$) and Power-Prestige ($P < .01$). At the six-month followup, the virtual group's mean differences from baseline were greater than that of the in-person group.
Conclusions: The current study's findings point toward EFT's potential to improve money attitudes as well as psychological symptoms and indicated that EFT can be effective when delivered virtually. The study demonstrated improvements in anxiety, depression, pain, and happiness. The current research team recommends delivering EFT and other evidence-based therapies virtually, through apps, on-demand therapy sessions, virtual reality (VR), and artificial intelligence (AI).

Forgiveness

Stapleton, P., Le Sech, K., Toussaint, L. L., & Hsieh, H. K. (2025). Effectiveness of a single emotional freedom techniques session on facilitating forgiveness and mental health: a randomized clinical trial. *Cogent Psychology*, *12*(1). https://doi.org/10.1080/23311908.2025.2538740

Interpersonal transgressions can cause emotional distress and harm victims' mental and physical health. This pre-registered clinical trial investigated the effectiveness of Emotional Freedom Techniques (EFT) in promoting forgiveness and mental health. A sample of 98 adults (91% female, aged 28–72) from Australia and the U.S. self-selected and were randomly allocated to an online EFT intervention or control task. Pre- and post-intervention measures assessed forgiveness, empathy, rumination, mood, and anxiety. Results revealed moderate improvements in most outcomes for the EFT group, suggesting its potential role in fostering forgiveness and psychological recovery. Findings suggest EFT may aid emotional reintegration, reduce stress, and enhance mental wellbeing after interpersonal offenses.

Gene Expression & Epigenetics

Yount, G., Church, D., Rachlin, K., Blickheuser, K., Ippolito, C. (2019). Do noncoding RNAs mediate the efficacy of energy psychology? *Global Advances in Health and Medicine*, 8(1-8). DOI: 10.1177/2164956119832500

Background: There are over 100 published studies of a therapy called Emotional Freedom Techniques (EFT). This popular form of energy psychology combines elements of established methods like cognitive therapy with acupressure. Our group reported the first evidence of its mechanisms of action at the molecular level, showing that it can influence levels of the stress hormone cortisol.
Objectives: 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.
Methods: We measured microRNA levels in stored blood samples from our previous study in which veterans were randomized 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.
Results: 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.
Conclusions: These preliminary data support the feasibility of measuring microRNA expression level changes that correlate with effective EFT therapy.

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2016). Epigenetic effects of PTSD re mediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion,* 2016 Aug 12; pii: 0890117116661154.

Purpose: To assess the feasibility of measuring changes in gene expression associated with posttraumatic stress disorder (PTSD) treatment using emotional freedom techniques (EFT).
Design: Participants were randomized into an EFT group receiving EFT and treatment as usual throughout a 10-week intervention period and a group receiving only treatment as usual (TAU) during the intervention period and then receiving EFT.
Setting: A community clinic and a research institute in California.
Subjects: Sixteen veterans with clinical levels of PTSD symptoms.
Intervention: 10 one hour-long sessions of EFT.
Measures: Messenger RNA levels for a focused panel of 93 genes related to PTSD. The SA-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 one-way ANOVA. A Student's t test and post hoc analyses were performed on gene expression data.
Results: PTSD symptoms declined significantly in the EFT group (-53%, $p < .00001$). Participants maintained their gains on follow-up. Significant differential expression of six genes was found ($p < .05$) when comparing expression levels before and after the intervention period in participants receiving EFT.
Conclusion: Study results identify candidate gene expression correlates of successful PTSD treatment, providing guidelines for the design of further studies aimed at exploring the epigenetic effects of EFT.

Maharaj, M. E. (2016). Differential gene expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA assessment. Energy Psychology: Theory, Research, and Treatment, 8(1), 17–32. DOI:10.9769/EPJ.2016.8.1.MM

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.

Yount, G. (2013). Energy Healing at the Frontier of Genomics. *Energy Psychology: Theory, Research, & Treatment 2013;5(*2).

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.

Church, D. (2010). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti Aging Medical Therapeutics,* October 2010.

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 acetylization. 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.

Feinstein, David & Church, Dawson. (2010). Modulating gene expression through psychotherapy:
The contribution of non-invasive somatic interventions. *Review of General Psychology, 14*, 283-295.

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 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.

Grief

Zheng, D., Xiao, W., Duan, D., Tang, C., & Lin, X. (2025). Effectiveness of emotional freedom techniques therapy in alleviating anticipatory grief for cancer patients. ***Medicine, 104*****(36), e44211**. https://doi.org/10.1097/md.0000000000044211

Cancer patients frequently experience anticipatory grief (AG), anxiety, and sleep disturbances. This randomized controlled trial evaluates the efficacy of the emotional freedom technique (EFT) therapy in alleviating these symptoms.

Methods: A total of 58 cancer patients were randomly assigned to an intervention group (n = 30) receiving 4-week EFT therapy (acupoint tapping + scripted prompts, 5 minutes per prompt) plus routine care, or a control group (n = 28) receiving routine care alone. AG was measured using the Preparatory Grief in Advanced Cancer Patients scale, anxiety with the Hamilton Anxiety Rating Scale, and sleep quality via the Pittsburgh Sleep Quality Index at baseline and postintervention.

Results: After 4 weeks, the intervention group demonstrated: Significantly lower AG scores versus control ($P < .01$); greater anxiety reduction ($P = .04$); improved sleep quality ($P < .01$).

Conclusion: EFT therapy produces clinically significant improvements in AG, anxiety symptoms, and sleep quality among cancer patients within 4 weeks.

Infectious Disease and Public Health

Doherty, A., Benedetto, V., Harris, C. et al. (2021). The effectiveness of psychological support interventions for those exposed to mass infectious disease outbreaks: a systematic review. *BMC Psychiatry 21,* 592 (2021). https://doi.org/10.1186/s12888-021-03602-7

Background: Mass outbreaks such as pandemics are associated with mental health problems requiring effective psychological interventions. Although several forms of psychological interventions may be advocated or used, some may lack strong evidence of efficacy and some may not have been evaluated in mass infectious disease outbreaks. This paper reports a systematic review of published studies (PROSPERO CRD:42020182094. Registered: 24.04.2020) examining the types and effectiveness of psychological support interventions for the general population and healthcare workers exposed to mass infectious disease outbreaks.
Methods: A systematic review was conducted. Randomised Controlled Trials (RCT) were identified through searches of electronic databases: Medline (Ovid), Embase (Ovid), PsycINFO (EBSCO) and the Cochrane Library Database from inception to 06.05.2021 using an agreed search strategy. Studies were included if they assessed the effectiveness of interventions providing psychological support to the general population and / or healthcare workers exposed to mass infectious disease outbreaks. Studies were excluded if they focused on man-made or natural disasters or if they included armed forces, police, fire-fighters or coastguards.
Results: Twenty-two RCTs were included after screening. Various psychological interventions have been used: therapist-guided therapy (n = 1); online counselling (n = 1); 'Emotional Freedom Techniques' (n = 1); mobile phone apps (n = 2); brief crisis intervention (n = 1); psychological-behavioural intervention (n = 1); Cognitive Behavioural Therapy (n = 3); progressive muscle relaxation (n = 2); emotional-based directed drawing (n = 1); psycho-educational debriefing (n = 1); guided imagery (n = 1); Eye Movement Desensitization and Reprocessing (EMDR) (n = 1); expressive writing (n = 2); tailored intervention for patients with a chronic medical conditions (n = 1); community health workers (n = 1); self-guided psychological intervention (n = 1), and a digital behaviour change intervention (n = 1). Meta-analyses showed that psychological interventions had a statistically significant benefit in managing depression (Standardised Mean Difference [SMD]: -0.40; 95% Confidence Interval [CI]: − 0.76 to − 0.03), and anxiety (SMD: -0.72; 95% CI: − 1.03 to − 0.40). The effect on stress was equivocal (SMD: 0.16; 95% CI: − 0.19 to 0.51). The heterogeneity of studies, studies' high risk of bias, and the lack of available evidence means uncertainty remains.
Conclusions: Further RCTs and intervention studies involving representative study populations are needed to inform the development of targeted and tailored psychological interventions for those exposed to mass infectious disease outbreaks.

Hart, J. (2022). Emotional Freedom Techniques: Tapping Acupuncture Points and

Talking to Improve Health. ***International Journal of Integrative and Complementary Therapies, 28*****(5).** https://doi.org/10.1089/ict.2022.29035.jha

Emotional Freedom Techniques, or EFT, is an energy and/or psycho-emotional complementary health practice that utilizes a unique protocol of tapping points on the body while speaking truths and affirmations about various life issues out loud. The goal of the technique is to help bring relief to people suffering from these issues. EFT International—a not-for-profit global association in the United Kingdom of dedicated practitioners, trainers and students—defines EFT as "a practical self-help method that involves using the fingers to gently tap on the body's acupuncture points along the meridian lines of Chinese medicine. It is often referred to as 'EFT Tapping' or simply as 'Tapping.'" The therapeutic effects of this technique are recognized around the world. One can use EFT tapping for anxiety, weight loss issues, pain, stress and many other issues.

Mayr, H., Cohen, F., Isenring, E., et al. (2020). Multidisciplinary lifestyle intervention in children and adolescents - results of the project GRIT (Growth, Resilience, Insights, Thrive) pilot study. ***BMC Pediatrics. 20(*****1):174. PMID: 32312241; PMCID: PMC7169025.** doi: 10.1186/s12887-020-02069-x.

Background: During childhood and adolescence leading behavioural risk factors for the development of cardiometabolic diseases include poor diet quality and sedentary lifestyle. The aim of this study was to determine the feasibility and effect of a real-world group-based multidisciplinary intervention on cardiorespiratory fitness, diet quality and self-concept in sedentary children and adolescents aged 9 to 15 years.
Methods: Project GRIT (Growth, Resilience, Insights, Thrive) was a pilot single-arm intervention study. The 12-week intervention involved up to three outdoor High Intensity Interval Training (HIIT) running sessions per week, five healthy eating education or cooking demonstration sessions, and one mindful eating and **Emotional Freedom Technique psychology session**. Outcome measures at baseline and 12-week follow-up included maximal graded cardiorespiratory testing, the Australian Child and Adolescent Eating Survey, and Piers-Harris 2 children's self-concept scale. Paired samples t-test or Wilcoxon signed-rank test were used to compare baseline and follow-up outcome measures in study completers only.
Results: Of the 38 recruited participants (median age 11.4 years, 53% male), 24 (63%) completed the 12-week intervention. Dropouts had significantly higher diet quality at baseline than completers. Completers attended a median 58 (IQR 55-75) % of the 33 exercise sessions, 60 (IQR 40-95) % of the dietary sessions, and 42% attended the psychology session. No serious adverse events were reported. Absolute VO_2peak at 12 weeks changed by 96.2 ± 239.4 mL/min ($p = 0.06$). As a percentage contribution to energy intake, participants increased their intake of healthy core foods by 6.0 ± 11.1% ($p = 0.02$) and reduced median intake of confectionary (- 2.0 [IQR 0.0-3.0] %, $p = 0.003$) and baked products (- 1.0 [IQR 0.0-5.0] %, $p = 0.02$). Participants significantly improved self-concept with an increase in average T-Score for the total scale by 2.8 ± 5.3 ($p = 0.02$) and the 'physical appearance and attributes' domain scale by median 4.0 [IQR 0.5-4.0] ($p = 0.02$).
Conclusions: The 12-week group-based multidisciplinary lifestyle intervention for children and adolescents improved diet quality and self-concept in study completers. Future practice and research should focus on providing sustainable multidisciplinary lifestyle interventions for children and adolescents aiming to improve long-term health and wellbeing.

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine 24.*

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.

Kalla, M. (2016). Supporting chronic disease healthcare through remote Emotional Freedom Techniques (EFT) treatment and self-care: An evaluation using the WHO determinants of health. *Energy Psychology Journal, 7*(2). DOI:10.9769/EPJ.2016.8.1.MK

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

Kalla, M., Simmons, M., Robinson, A., & Stapleton, P. (2016). Emotional Freedom Techniques (EFT) as a practice for supporting chronic disease healthcare: A Practitioners' Perspective. *Disability and Rehabilitation, 40*(14), 1654-1662. DOI: 10.1080/09638288.2017.1306125
http://dx.DOI.org/10.1080/09638288.2017.1306125

Purpose: 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.
Methods: A qualitative approach was deemed suitable for this study. Eight practitioners were interviewed using semi-structured interviews via telephone or Zoom (an online video-conferencing platform). Interviews were transcribed verbatim and data was analyzed using Interpretative Phenomenological Analysis methodology.
Results and Conclusion: This article presents two super-ordinate themes which 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.
Implications for Rehabilitation: Rehabilitation professionals should incorporate suitable psychological interventions (e.g., EFT) to improve coping and acceptance in physical chronic disease patients and alleviate their fears about the future. Rehabilitation professionals are also recommended to address in chronic disease patients, long-standing or unresolved emotional issues, including past traumas from early life, using EFT or another suitable intervention. Rehabilitation professionals should help improve patients' emotional states using EFT to enhance physical symptom management.

Drewry, D. (2017). Central nervous system apnea can be caused by traumatizing events, and it can be resolved. *International Journal of Healing and Caring, 17*(1).

Based on a retrospective review of 90 case studies over nine years, this paper elucidates a discovery (2008) that supports the conclusion that Central Nervous System Sleep Apnea (CNSA) is frequently caused by Post-Traumatic Stress Disorder (PTSD) and can be cleared using Energy Psychology to address the causational traumatizing event(s). Because little is known about CNSA causation at present, sleep specialists often prescribe continuous positive airway pressure (CPAP) devices, jaw devices, or surgery for people with CNSA and offer the same incurable diagnosis as Obstructive Sleep Apnea (OSA). This perpetuates a misunderstanding: that OSA and CNSA are the same when they are not. This discovery opens up a new frontier in Psychoneurological sleep apnea research, diagnosis and treatment. Sixty-five percent of the author's 90 sleep apnea clients between 2008 and 2017 experienced partial or complete cessation of CNSA by addressing with Energy Psychology specific types of reported traumas that appear to be causally related to CNSA. The discovery redefines the diagnosis and treatment of CNSA in four ways: (1) it is completely different in causation from Obstructive Sleep Apnea; (2) a new causation category is PTSD and this has enormous potential to help people be rid of an 'incurable' diagnosis; (3) a conservative estimate is that thousands of people who have been prescribed CPAP machines (jaw devices or surgery) for apnea do not actually need them if their post-traumatic memories are properly addressed; (4) children and physically fit men and women who have CNSA are often overlooked because they do not fit the overweight-middle-aged-male stereotype for OSA. The author postulates a deeper underlying theory explaining the success achieved in this treatment lies in the freeze aspect of the fight/flight/freeze response and the activity of the neuropeptide Orexin which was discovered in 1998. Six case studies illustrate a variety of results, or lack of results, using Beyond Talk Therapy® which includes Emotional Freedom Techniques™ and Neuro-Linguistic

Programming™. While it is true that this discovery is substantiated only by anecdotal results rather than before-and-after sleep lab studies, it is deemed a necessary step to obtaining funding for further research.

Hajloo, M., Ahadi, H., Rezabakhsh, H., Mojembari, A.K. (2014). Investigation on Emotional-Freedom Technique Effectiveness in Diabetic Patients' Blood Sugar Control. *Mediterranean Journal of Social Sciences, 5(*27), 1280. DOI:10.5901/mjss.2014.v5n27p1280.

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 - posttest 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.

Beatty L. & Lambert S. (2013). A systematic review of internet-based self-help therapeutic interventions to improve distress and disease-control among adults with chronic health conditions. In: Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]. York (UK): Centre for Reviews and Dissemination (UK); 1995-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK133505/

CRD summary: The authors concluded evidence demonstrated that Internet-based self-help interventions had guarded promise in the improvement of distress and disease-control among adult patients with chronic illnesses. The authors' conclusions reflect the data presented but limitations in the analysis mean their reliability is uncertain.
Authors' objectives: To assess the efficacy of Internet self-help interventions for distress and disease control among adult patients with chronic illnesses
Searching: EMBASE, CINAHL, MEDLINE and PsycINFO were searched for published or in-press articles in English in peer reviewed journals to December 2011. Search terms were reported. Reference lists of included studies were also searched.
Study selection: Eligible were studies of self-help Internet-based psychosocial therapeutic interventions for adults (18 years and older) with a chronic physical health condition. Outcomes of interest were distress, quality of life or well-being measured using an appropriate tool. Randomised controlled trials (RCTs), quasi-randomised trials or feasibility RCTs were eligible. Studies that provided information or education only without a therapeutic component were excluded as were studies of health conditions in the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders), including eating disorders and insomnia, were excluded.
Studies of chronic health conditions included chronic pain, diabetes, irritable bowel syndrome, tinnitus, fatigue, epilepsy and breast cancer. Most studies had a high female bias. Most studies were conducted in the USA, with others conducted in Sweden, Netherlands and

Australia. Half of studies were cognitive behavioural therapy (CBT) interventions while the remaining studies used CBT as part of a multi-component intervention; one studied used Emotional Freedom Techniques. Most studies used the Internet on personal computers as a treatment modality, others used a CD-ROM or personal digital assistants. Interventions were largely self-help, others included a moderated or guided component. Intervention duration ranged from four weeks to six months and from four to eight modules. Comparison groups varied, most were treatment as usual, wait-listing or no treatment, some studies used a placebo condition or active treatments.
Titles and abstracts were selected by one reviewer, with a second reviewer independently examining studies from one randomly selected database. Two reviewers independently screened full papers for inclusion with disagreements resolved by discussion.
Assessment of study quality: Study quality was first assessed by two independent reviewers using methods by Chambless and Hollon. The criteria used were: appropriate control condition; adequate sample size; sufficient power to detect moderate differences; specified inclusion criteria; and reliable and validated outcome measures. The quality of reporting was assessed using some criteria from the Cochrane Collaboration Risk of Bias tool including: allocation and concealment, blinding of assessors and management of incomplete outcome data.
Data extraction: One reviewer extracted data on the effects of self-help on psychosocial and disease outcomes. Data were checked by a second reviewer.
Methods of synthesis
Studies were combined in a narrative synthesis grouped by health condition.
Results of the review: Twenty-four studies were included in the review. Sample size ranged from 43 to 958 participants. Only four studies met all the combined quality assessment criteria specified by Chambless and Hollon and the Cochrane Collaboration. Most studies reported sample sizes larger than 25 participants per group. All studies clearly reported inclusion criteria and used reliable and well-validated measures. Five studies reported adequate allocation concealment. Most studies reported adequate blinding of assessors. Strategies to manage incomplete data were reported in 11 studies.
Chronic pain (nine studies): Three of eight studies using CBT reported statistically significant reductions in depression, anxiety, stress or distress compared with control, and two studies reported statistically significant reductions in catastrophising. Six out of nine studies reported statistically significant improvements in participants' pain levels compared with control groups. One study found no difference between Internet CBT with or without telephone support on number of headaches.
Type 2 diabetes (five studies): There were no statistically significant improvements in distress outcomes between treatment and control groups. Three studies reported improvements in physical health measures.
Irritable bowel syndrome (four studies): Statistically significant improvements were reported for anxiety (two studies), quality of life (three studies), and depression (one study). Significant reductions were also reported in irritable bowel symptom severity (two studies), and abdominal pain (one study).
Tinnitus (two studies): One study reported treatment was superior to control groups in reducing tinnitus-distress, depression and annoyance. The follow-up study reported that benefits were maintained at 12 months follow-up. One study reported interventions were superior to control for tinnitus-specific physical outcomes, while one study found they were equivalent to the control group.

There were no significant differences between intervention and control groups for psychosocial outcomes for epilepsy (one study), fatigue (one study), or cancer (one study), however each of these reported some improvements in disease control outcomes. Other results were reported.

Learning Disorders

McCallion, F. (2012). Emotional Freedom Techniques for Dyslexia: A Case Study. *Energy Psychology Journal, 4*(2). DOI: 10.9769/EPJ.2012.4.2.FM

Dyslexia is a developmental condition, often inherited, that interferes with the acquisition and processing of written language. Sequencing issues, disorientation, and emotional issues can all be successfully treated separately. This case study details the use of Emotional Freedom Techniques (EFT) to address these issues separately with a single client over 3 connected sessions: addressing 2 specific events concerning teachers, prebirth issues, and the birth process, respectively. By the end of the 3 sessions, the client was able to read easily and fluently, sequence, and understand sequences. The disorientation associated with her dyslexia had reduced to the point where it was no longer an issue. Whether this formula can be applied to all people with dyslexia, however, is not clear and requires further study.

Meditation, Mindfulness & States of Consciousness

Anālayo, B., Steffens-Dhaussy, C., Gallo, F. *et al.* (2022). Energy Practices and Mindfulness Meditation. *Mindfulness* 2022.. https://doi.org/10.1007/s12671-022-01923-6 https://link.springer.com/article/10.1007/s12671-022-01923-6#citeas

The article explores the potential impact of insight meditation and mindfulness practices on the body's energy system. Basic principles of energy psychology, whose efficacy has been corroborated in current research, are surveyed from the viewpoint of their potential to help in dealing with hypersensitivity resulting from mindfulness practices, combined with presenting a set of specific techniques relevant to hindrances in meditation.

Church, D., Stapleton, P., Gosatti, D. & O'Keefe, T. (2022)._Effect of virtual group EcoMeditation on psychological conditions and flow states. *Front. Psychol., Sec. Psychology for Clinical Settings, 13*.l https://doi.org/10.3389/fpsyg.2022.907846

Background: A plethora of literature has delineated the therapeutic benefits of meditation practice on psychological functioning. A novel meditative practice, EcoMeditation, includes elements of four evidence-based techniques: The Quick Coherence Technique for regulating heart rate variability (HRV), Emotional Freedom Techniques (EFT), mindfulness, and neurofeedback.

Objectives: Changes in psychological symptoms, including anxiety, depression, posttraumatic stress, pain, and happiness were measured following a one-day virtual EcoMeditation training workshop. The current study extended on previous literature by adding measures of transcendent experiences and flow states.
Methods: Participants were drawn from a convenience sample of 151 participants (130 female, 21 male) aged between 26 to 71 years (M=45.1, SD=9.19) attending a one-day virtual EcoMeditation workshop. They were assessed pre-workshop, post-workshop, and at 3-months follow-up.
Results: Post-workshop results (N=111) indicated a significant reduction in anxiety (–42.3%, p <0.001), depression (–37.5%, p<0.001), posttraumatic stress (–13.0%, p<0.001), and pain (–63.2%, p<0.001) Likert mean scores when compared to pre-workshop. There was also a significant increase in happiness (+111.1%, p<0.001), flow states (+17.4%, p<0.001), and transcendent experiences (+18.5%, p<0.001). At 3-months follow-up, a one-way repeated measures ANOVA (N=72) found significant decreases in anxiety, depression, and pain symptoms between pre-test and post-test, as well between pre-test and follow-up. Flow, happiness, and transcendent experiences increased significantly between pre-test and post-test, as well as between pre-test and follow-up, with over 71% of participants experiencing clinically significant improvements. Significant reductions in posttraumatic stress and depression symptoms between pre-test and follow-up were also noted.
Conclusion: EcoMeditation is associated with significant improvements in psychological conditions such as anxiety, depression, pain, and posttraumatic stress. EcoMeditation was also shown to enhance flow states and transcendent experiences. The benefits identified were similar to those found in the existing literature and provide support for the use of EcoMeditation as an effective stress reduction method that improves psychological symptoms and enhances transcendent states.

Rodriguez, Victoria, "Tapping In: A Movement Meditation for Wellness" (2022). *Dance (MFA) Theses*, Hollins University. 19. https://digitalcommons.hollins.edu/dancetheses/19

Victoria Rodriguez's thesis paper and accompanying video explore the somatic movement sequence *Tapping In. Tapping In* was born to facilitate the mind-body connection, muscular balance, and flexibility as well as implement tools for the physical and mental release of trauma. The written manifestation explores the practices that allowed for the creation of the *Tapping In* movement sequences such as Pilates, Yoga**, Emotional Freedom Technique,** Physical Therapy, and more. Each method provides a unique and valuable stance on navigating the previously mentioned goals, but no single technique led to the results Victoria was looking for. As a result, it is through Victoria's work with these practices and previous undergraduate education that the *Tapping In* movement sequence was created. This intention is derived from a lifetime of high stress and physical pain due to chronic illness, as well as the observation that for a large portion of people, a high level of both physical and mental discomfort is the norm. The video portion of this thesis acts as a creative manifestation of Victoria's experience working with the *Tapping In* sequence. Between personal reflection and the use of this practice with other bodies, Victoria received detailed feedback on their work's effect, which then served as the source of inspiration for movement in the video portion. The video portion of this thesis serves as a movement meditation, reflecting on both where Victoria started at the beginning of creating this sequence, where they have come, and where they intend to be someday given enough time to work through their ailments with the long term assistance of the *Tapping In* Movement sequence.

Pennington, J., Sabot, D. & Church, D. (2019). EcoMeditation and Emotional Freedom Techniques (EFT) produce elevated brain-wave patterns and states of consciousness. *Energy Psychology Journal, 11*(1). DOI: 10.9769/EPJ.2019.11.1.JP

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.
Methods: The Mind Mirror 6 (MM) electroencephalogram (EEG) was used to assess brain states in eight participants attending a weekend workshop. The MM measures changes in three advanced neurophysiological states of consciousness characterized by relative amplitude relationships between brain-wave frequencies: 1) the Awakened Mind pattern of lucid awareness, creativity, insight, intuition, and spiritual connection; 2) the Evolved Mind of nondual unity consciousness; and 3) the Gamma Synchrony pattern of whole-brain synchrony, mental integration, nonlocal awareness, and insight. 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.
Results: 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.

Mental Health

Morikawa, A., Fujimoto, M., Kawagishi, Y., & Fukagawa, T. (2025). Thought field therapy intervention to improve mental health during the COVID-19 pandemic: A randomized controlled trial. *Explore (NY), 21*(2), 1-8. . https://doi.org/10.1016/j.explore.2025.103117

Context
The COVID-19 pandemic contributed to a significant rise in mental health issues, including a 70 % increase in Japan's suicide rate. Prior studies suggest that Thought Field Therapy (TFT) can rapidly alleviate psychological distress.
Objective
To evaluate the efficacy of online TFT as a quick intervention for psychological problems.
Design
This study employed the Brief Job Stress Questionnaire, administered to TFT and waitlist (WL) groups before and after the intervention, with the WL group also assessed two weeks prior to the TFT intervention. Follow-up questionnaires were completed by all participants after two additional weeks.
Setting
Subjective Unit of Distress Scale (SUDS) scores for targeted psychological issues were collected across participant groups.
Participants
Ninety-nine participants were randomly assigned to either the TFT intervention group or the WL group.
Interventions
Among the 88 participants who completed the TFT intervention, significant reductions were observed in all negative emotions, including stress-induced mental and physical reactions, irritability, fatigue, anxiety, depression, and somatic complaints ($p < .01$).
Main Outcome Measures
SUDS scores for 248 issues, including trauma and anxiety, showed a significant decrease from an average of 7 to 1.5 following the TFT intervention ($p < .01$) with a large effect size (dz = 2.15).
Results
A brief online TFT intervention during the COVID-19 pandemic significantly reduced psychological stress, with sustained effects observed over two to six weeks. This suggests that TFT is an effective accessible tool for mental health and self-care in the absence of face-to-face therapy.

Trivedi, M. K., Branton, A., Trivedi, D., Mondal, S., & Jana, S. (2024). Effects of distant biofield energy healing on adults associated with psychological and mental health-related symptoms: a randomized, placebo-controlled, double-blind study. *Health psychology research*, *12*, 122225. https://doi.org/10.52965/001c.122225

In recent years, popularity of Biofield energy healing therapy has increased tremendously parallel to conventional therapy. However, due to insufficient scientific studies on biofield therapies, authors planned this clinical trial to examine the safety and effectiveness of biofield therapy in treating symptoms of psychological and mental health and to explore parameters for its effectiveness.
Methods: One hundred fourteen participants (55 male, 59 female) underwent clinical trials. This trial was randomized, placebo-controlled, three parallel-groups, double-blind, and single-center with subjects who have one or more psychological and mental symptoms. Two sessions of distant (virtual) biofield energy attunement were given on days 0 and 90 for about 5 minutes to the subjects of biofield intervention group (n=39). Besides, control (n=35) and sham control (n=40) group subjects also received kind of treatment in a similar manner to nullify baseline responses. Subjects were assessed by psychological questionnaire scoring using standard

scale of assessment and safety parameters.
Results: Perceived psychological symptoms/scores (fatigue/tiredness, sleep disturbances, stress, cognitive impairment, loss of memory, mental restlessness, emotional trauma, anxiety, depression, confusion, financial crises and dissatisfaction, low libido, motivation, confidence, lack of perception, relationship, and social behaviors, etc.) were significantly ($p < .0001$) improved in biofield intervention group compared to the naïve control and sham control groups. Besides, biofield intervention did not show any study-related adverse effects in all three groups throughout the trial.
Conclusions: The distant (virtual) biofield energy healing therapy significantly improved psychological and mental health-related symptoms without affecting safety concerns, and improved overall health and quality of life.

Feinstein, D. (2023). Integrating the manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of Psychotherapy Integration, 33*(1), 47–67. https://doi.org/10.1037/int0000283

The integration into psychotherapy of protocols using the stimulation of acupuncture points by tapping on them, a form of acupressure, is increasingly appearing in clinical practice. An underlying premise is that the procedure generates activating and deactivating signals which, in real time, impact brain areas aroused by a client's focus of attention. This makes it possible for a therapist to rapidly facilitate cognitive and neurological changes by shifting the wording and images that accompany the tapping. The approach has been controversial, with both enthusiastic proponents and adamant critics. A total of 309 peer-reviewed, English-language journal articles have focused on this development. The aim of this article is to put these reports into context using a "hierarchy of evidence" model. In a hierarchy of evidence, judgments about the efficacy of a clinical approach are formed according to the relative strength of the types of studies supporting the method. The hierarchy of evidence for psychotherapies that use tapping on acupuncture points includes 28 systematic reviews or meta-analyses, 125 clinical trials, 24 case studies, 26 reports describing systematic observations, 17 mixed-method clinical trials that included a tapping component, and 88 articles addressing clinical procedures, theory, mechanisms, or related issues. Consistency in positive outcomes following the tapping of selected acupuncture points for a range of conditions was identified and weaknesses in study designs discussed. Mechanisms of action are briefly considered and suggestions for integrating acupoint tapping protocols into clinical practice are presented. The article concludes that although further research is needed, the growing evidence base documenting the effectiveness, speed, and durability of the approach appears promising.

Friedman, P. (2023). Change In Depression, Anxiety, Negative and Positive Affect, Life Balance, Self-Forgiveness, Psychological Flexibility, The Working Alliance, Outcome Measures And The Benefits Of Psychotherapy: Case Studies Of 2 Clients. *Int J Healing & Caring, 23(*2). https://doi.org/10.58717/ijhc.20232324

This article demonstrates the digital assessment of two clients over the course of ten therapy sessions. Of particular interest was the change that took place in these two clients during three ART (Accelerated Resolution Therapy) sessions numbered four, five and six. During this period of time there were very substantial changes on many measures using Pragmatic Tracker and Blueprint digital assessment platforms. The changes that took place in these two clients were

consistent on some of the measures such as anxiety, cognitive fusion, experiential avoidance, valuing, life balance, self-forgiveness, outcome and the benefits of therapy. However, they differed on other digital assessment measures such as depression, negative affect, the working alliance, and especially spiritual awakening.

Friedman, P. (2023). Change in Emotional Stability, Self-Forgiveness, Life Balance, Cognitive-Affective Balance, Depression, Anxiety and Psychological Flexibility: A Case Study Using Assessments in the ICBEST and ACT Models of Therapy*. Int J Healing & Caring, 23*(1).

This article discusses the use of a digital assessment and tracking approach to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, 3 measures of psychological flexibility and the benefits/helpfulness of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), a client was assessed who was moderately depressed and anxious and had relationship problems with her ex-husband, father and sister during psychotherapy. This assessment occurred weekly and showed significant positive changes. One of the unique aspects of this clinical research is that the author was totally unfamiliar with all three psychological flexibility scales primarily developed for ACT therapy during the treatment process.

Church, D., Stapleton, P. Vasudevan, A. & O'Keefe, T. (2022). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions: A systematic review. *Front. Psychol., 13.* | https://doi.org/10.3389/fpsyg.2022.951451 https://www.frontiersin.org/articles/10.3389/fpsyg.2022.951451/full

Background: Since the turn of the century, Emotional Freedom Techniques (EFT) has come into widespread use in medical and psychological treatment settings. It is also used as self-help by tens of millions of people each year. Clinical EFT, the manualized form of the method, has been validated as an "evidence-based" practice using criteria published by the American Psychological Association (APA) Division 12 Task Force on Empirically Validated Therapies. Its three essential ingredients are exposure, cognitive framing, and acupressure.
Objectives: In 2013 we published a paper defining Clinical EFT and reviewing published research. It has been viewed or downloaded over 36,000 times, indicating widespread interest in this treatment modality. Here we update our findings based on subsequently published literature and propose directions for future research.
Method: We performed a systematic review of the literature to identify randomized controlled trials (RCTs) and meta-analyses. Retrieval of 4,167 results resulted in the identification of 56 RCTs (n = 2,013), 41 of which were published subsequent to our earlier review, as well as eight meta-analyses.
Results: RCTs have found EFT treatment to be effective for (a) psychological conditions such as anxiety, depression, phobias, and posttraumatic stress disorder (PTSD); (b) physiological issues such as pain, insomnia, and autoimmune conditions; (c) professional and sports performance; and (d) biological markers of stress. Meta-analyses evaluating the effect of EFT treatment have found it to be "moderate" to "large." Successful independent replication studies have been carried out for anxiety, depression, PTSD, phobias, sports performance, and cortisol levels. We outline the next steps in EFT research. These include determining its impact on

cancer, heart disease, diabetes, and cognitive impairment; analysis of the large-scale datasets made possible by mobile apps; and delivery through channels such as virtual practitioner sessions, artificial intelligence agents, online courses, apps, virtual reality platforms, and standardized group therapy.
Conclusions: Subsequent research has confirmed the conclusions of earlier studies. These find Clinical EFT to be efficacious for a range of psychological and physiological conditions. Comparatively few treatment sessions are required, treatment is effective whether delivered in person or virtually, and symptom improvements persist over time. Treatment is associated with measurable biological effects in the dimensions of gene expression, brain synchrony, hormonal synthesis, and a wide range of biomarkers. Clinical EFT is a stable and mature method with an extensive evidence base. Its use in primary care settings as a safe, rapid, reliable, and effective treatment for both psychological and medical diagnoses continues to grow.

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association)
http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

This article discusses the use of a digital assessment and tracking approach pre, during, and post COVID-19 to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, and helpfulness/ benefits of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), two clients who contracted severe cases of COVID-19 during psychotherapy were carefully assessed weekly showing significant changes pre, during, and post COVID-19 on some measures while none on others. The clients were out of work from three to eight weeks. The typical healing process took about nine weeks before recovery to pre COVID-19 scores. Graphs in the article show these changes and can also be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Köse, S., & Murat, M. (2022). Interventional studies on nurses' mental health in the COVID-19 pandemic: A systematic review. *Psych, 4*(3), 525–536. https://doi.org/10.3390/psych4030040

This systematic review's primary aim is to examine the interventional studies on the mental health of nurses during the COVID-19 pandemic, and the secondary aim is to determine the interventions that can be planned for future pandemics. For this, databases were searched, and a total of 12 studies meeting the inclusion criteria were included. It was determined that most of the studies were conducted online due to pandemic restrictions. The effects of the interventions (diaphragmatic breathing relaxation, emotional freedom techniques, sending motivational messages, a mobile wellness program, acceptance and commitment therapy, a neuro-meditation program, laughter yoga, gong meditation, distant Reiki, e-aid cognitive behavioral therapy, mindfulness-based breathing, and music therapy) on the parameters affecting the mental health of the nurses working actively in the COVID-19 pandemic were examined. In these studies, the interventions applied to nurses were seen to have positive results on mental

health and well-being. The COVID-19 pandemic, which is a traumatic experience for healthcare professionals, shows that more interventional studies are needed to protect and improve the mental health of nurses who take care of critically ill patients during difficult times.

Podgornik, N. (2022). Application of Emotional Freedom Technique in psychotherapy. ***Innovative Issues and Approaches in Social Sciences, 15,*** **171-76.**

The article deals with the topic of energy psychology, which is not yet well researched and allows for the possibility of further study and scientific substantiation. It shows the use of one of the methods of energy psychology, the technique of emotional relaxation - EFT, in psychotherapy in terms of combining and complementing to achieve more effective results. The outline of theoretical starting points complements the attempt to scientifically substantiate the method on the basis of several relevant studies and works that show the effective use of the method in psychotherapy. In conclusion, the article presents a case study, an illustration of the use of the EFT method in combination with the psychotherapy approach on a specific case from practice. In conclusion of the article, in addition to a summary of the contents, a conclusion is given dealing with the feasibility of further research in this field.

Zhao, F., Friedman, P., Toussaint, L., Webb, J. & Freedom, J. (2022). Translation and Validation of the Chinese version of the Friedman Life Balance Scale among nursing students: A psychometric analysis. *Nurse Education in Practice,* 103505.
https://doi.org/10.1016/j.nepr.2022.103505
https://www.sciencedirect.com/science/article/pii/S1471595322002190

Aim: To conduct a Chinese translation and validation of the Friedman Life Balance Scale (FLBS).
Background: Prevalence of mental disorders is high among nursing students. Life balance is important for nursing students, which may help them increase efficiency in their studies and develop physical and psychological health. Yet, little is known about life balance in nursing students. Therefore, it is crucial to evaluate the status of life balance of the students to lay the foundation for exploring its associated factors.
Design: A multi-center cross-sectional design.
Method: The study was comprised of 420 nursing students from 15 hospitals and two educational institutes in East, North and Northeast China from July 2021 to January 2022. The Chinese version of the FLBS was translated and adapted based on published, standardized, international guidelines. Psychometric evaluation included floor and ceiling effects, factorial validity, convergent validity, discriminant validity, internal consistency, test-retest reliability, diagnosis accuracy and calibration. The tests used for validity included floor and ceiling effects, confirmatory factor analysis, average extracted variance (AVE) value, composite reliability, correlations with life satisfaction and subjective well-being. The tests used for reliability incudes Cronbach's alpha, intraclass correlation coefficients, area under the curve and Hosmer-Lemeshow goodness-of-fit test.
Results: The Chinese version of the Friedman life balance scale did not demonstrate floor or ceiling effect, showing content validity is not limited. Confirmatory factor analysis showed acceptable model fit after it was modified. Convergent validity and discriminant validity of the Friedman life balance scale were supported, except subscales two and three were not discriminated well by AVE technique. The internal consistency was acceptable and the test-

retest reliability was good with 0.858. The area under the curve was 0.762 and the optimal cut-off point for depressive symptoms was 44. Hosmer-Lemeshow goodness-of-fit test showed the calibration to be acceptable. Life balance is moderate among Chinese nursing students. The subscale “self-forgive, compassion, love” had the highest correlations with well-being and life satisfaction.
Conclusions: The Chinese version of the Friedman life balance scale is a suitable instrument for assessing life balance in Chinese-speaking contexts. It also may have potential utility in identifying nursing students with or without depressive symptoms that may need further examination. Future work should examine additional samples of Chinese nursing students, as well as, perhaps other student populations to determine the extent to which the psychometric properties of the FLBS generalize to other students and contexts.

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization, 99*(7). In press.

Objective: To investigate the effectiveness of community-based, mental health interventions by professionally trained, lay counsellors in low- and middle-income countries.
Method: We searched PubMed®, Cochrane Central Register of Controlled Trials, PROSPERO and EBSCO databases and professional section publications of the United States National Center for PTSD for randomized controlled trials of mental health interventions by professionally trained, lay counsellors in low- and middle-income countries published between 2000 and 2019. Studies of interventions by professional mental health workers, medical professionals or community health workers were excluded because there are shortages of these personnel in the study countries. Additional data were obtained from study authors. The primary outcomes were measures of post-traumatic stress disorder, depression, anxiety and alcohol use. To estimate effect size, we used a random-effects meta-analysis model
Findings: We identified 1072 studies, of which 19 (involving 20 trials and 5612 participants in total) met the inclusion criteria. Hedges' g for the aggregate effect size of the interventions by professionally trained, lay counsellors compared with mostly either no intervention or usual care was –0.616 (95% confidence interval: –0.866 to –0.366). This result indicates a significant, medium-sized effect. There was no evidence of publication bias or any other form of bias across the studies and there were no extreme outliers among the study results.
Conclusion: The use of professionally trained, lay counsellors to provide mental health interventions in low- and middle-income countries was associated with significant improvements in mental health symptoms across a range of settings.

Lee, S. H., Jeong, B. E., Chae, H., & Lim, J. H. (2021). Emotional Freedom Techniques (EFT) for Students` Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry, 32*(1); 165-181. https://kiss.kstudy.com/thesis/thesis-view.asp?key=3547835

Objectives: The purpose of this systematic review was to understand clinical usefulness of Emotional Freedom Techniques (EFT) on students` mental health.
Methods: Ten databases were included to extract clinical studies on effects of EFT intervention with students. Characteristics of selected studies were described, and biases

were assessed with Risk of Bias (RoB) or Risk of Bias Assessment for Non-Randomized Studies (RoBANS).
Results: A total of 14 clinical trials were extracted for analysis. There were 8 randomized-controlled trials (RCTs), 2 non-randomized-controlled trials (nRCTs), and 4 before-after studies. EFT have significant clinical usefulness in public speaking anxiety, test anxiety, stress, depression, learning related emotions, adolescent anxiety, and eating issues. The risk of selection bias in most studies was high or uncertain.
Conclusions: EFT is an effective clinical technique for managing students` mental health issues. However, the included studies have been conducted with relatively poor quality and small sample size. Clinical trials with high quality study design and well-designed EFT education programs are needed to generalize clinical usefulness.

Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal, 13*(1). doi 10.9769/EPJ.2021.13.1.AP

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.

Uzzi, C. et al. (2021). The effect of Covid-19 on the mental health of healthcare workers: A systematic review. *Journal of Advances in Medicine and Medical Research, 33*(21), 183-194. Article no.JAMMR.76595 ISSN: 2456-8899 http://libraryaplos.com/xmlui/handle/123456789/6845

As covid-19 pandemic continues to affect every nation, Healthcare Workers (HCW) who care for the patients are psychologically impacted. This study aims to assess the psychological impact experienced by HCW and the psychosocial support they received.
Methods: Using PubMed, google scholar and Embase from December 2019 through June 2021, we found 376 studies on the impact of the COVID-19 pandemic on the mental health of HCW. Using our inclusion criteria, 325 studies were excluded. 51 full-text articles were assessed for eligibility. 9 articles which met our criteria and eligibility criteria reported on 19,232

HCW, and 75.2% of the study participants were women.
Results: The study participants reported high levels of stress, hypervigilance, fatigue, sleep problems, PTSD symptoms, poor concentration, depression, anxiety, burnout, emotional exhaustion, depersonalization, suicide and self-harm ideations and somatic symptoms due to the COVID-19 pandemic. The psychosocial support provided to HCW includes counseling and psychotherapy-based sessions on stress adaptation, onsite mindfulness-based crisis intervention, online form of **emotional freedom technique,** and Effort-reward system.
Conclusion: Multiple interventions found in our review were effective in mitigating psychological stress among HCWs. These interventions should be considered as part of support provided to HCW with psychosocial challenges.

van Ginneken, N. et al. (2021). Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. *Cochrane Database of Systematic Reviews 2021,* Issue 8. Art. No.: CD009149. DOI: 10.1002/14651858.CD009149.pub3.

[Systematic literature review and meta-analysis including Connolly & Sakai, 2011.

Background: Community-based primary-level workers (PWs) are an important strategy for addressing gaps in **mental health** service delivery in low- and middle-income countries.
Objectives: To evaluate the effectiveness of PW-led treatments for persons with mental health symptoms in LMICs, compared to usual care.
Search Methods: MEDLINE, Embase, CENTRAL, ClinicalTrials.gov, ICTRP, reference lists (to 20 June 2019). SELECTION CRITERIA: Randomised trials of PW-led or collaborative-care interventions treating people with mental health symptoms or their carers in LMICs. PWs included: primary health professionals (PHPs), lay health workers (LHWs), community non-health professionals (CPs).
Data Collection & Analysis: Seven conditions were identified apriori and analysed by disorder and PW examining recovery, prevalence, symptom change, quality-of-life (QOL), functioning, service use (SU), and adverse events (AEs). Risk ratios (RRs) were used for dichotomous outcomes; mean difference (MDs), standardised mean differences (SMDs), or mean change differences (MCDs) for continuous outcomes. For SMDs, 0.20 to 0.49 represented small, 0.50 to 0.79 moderate, and ≥0.80 large clinical effects. Analysis timepoints: T1 (<1 month), T2 (1-6 months), T3 (>6 months) post-intervention. MAIN RESULTS: Description of studies 95 trials (72 new since 2013) from 30 LMICs (25 trials from 13 LICs). Risk of bias Most common: detection bias, attrition bias (efficacy), insufficient protection against contamination. Intervention effects *Unless indicated, comparisons were usual care at T2. "Probably", "may", or "uncertain" indicates "moderate", "low," or "very low" certainty evidence. Adults with common mental disorders (CMDs) LHW-led interventions a. may increase recovery (2 trials, 308 participants; RR 1.29, 95%CI 1.06 to 1.56); b. may reduce prevalence (2 trials, 479 participants; RR 0.42, 95%CI 0.18 to 0.96); c. may reduce symptoms (4 trials, 798 participants; SMD -0.59, 95%CI -1.01 to -0.16); d. may improve QOL (1 trial, 521 participants; SMD 0.51, 95%CI 0.34 to 0.69); e. may slightly reduce functional impairment (3 trials, 1399 participants; SMD -0.47, 95%CI -0.8 to -0.15); f. may reduce AEs (risk of suicide ideation/attempts); g. may have uncertain effects on SU. Collaborative-care a. may increase recovery (5 trials, 804 participants; RR 2.26, 95%CI 1.50 to 3.43); b. may reduce prevalence although the actual effect range indicates it may have little-or-no effect (2 trials, 2820 participants; RR 0.57, 95%CI 0.32 to 1.01); c. may slightly reduce symptoms (6 trials, 4419 participants; SMD -0.35, 95%CI -0.63 to -0.08); d. may slightly improve QOL (6 trials, 2199 participants; SMD 0.34, 95%CI 0.16 to 0.53); e. probably has little-

to-no effect on functional impairment (5 trials, 4216 participants; SMD -0.13, 95%CI -0.28 to 0.03); f. may reduce SU (referral to MH specialists); g. may have uncertain effects on AEs (death). Women with perinatal depression (PND) LHW-led interventions a. may increase recovery (4 trials, 1243 participants; RR 1.29, 95%CI 1.08 to 1.54); b. probably slightly reduce symptoms (5 trials, 1989 participants; SMD -0.26, 95%CI -0.37 to -0.14); c. may slightly reduce functional impairment (4 trials, 1856 participants; SMD -0.23, 95%CI -0.41 to -0.04); d. may have little-to-no effect on AEs (death); e. may have uncertain effects on SU. Collaborative-care a. has uncertain effects on symptoms/QOL/SU/AEs. Adults with post-traumatic stress (PTS) or CMDs in humanitarian settings LHW-led interventions a. may slightly reduce depression symptoms (5 trials, 1986 participants; SMD -0.36, 95%CI -0.56 to -0.15); b. probably slightly improve QOL (4 trials, 1918 participants; SMD -0.27, 95%CI -0.39 to -0.15); c. may have uncertain effects on symptoms (PTS)/functioning/SU/AEs. PHP-led interventions a. may reduce PTS symptom prevalence (1 trial, 313 participants; RR 5.50, 95%CI 2.50 to 12.10) and depression prevalence (1 trial, 313 participants; RR 4.60, 95%CI 2.10 to 10.08); b. may have uncertain effects on symptoms/functioning/SU/AEs. Adults with harmful/hazardous alcohol or substance use LHW-led interventions a. may increase recovery from harmful/hazardous alcohol use although the actual effect range indicates it may have little-or-no effect (4 trials, 872 participants; RR 1.28, 95%CI 0.94 to 1.74); b. may have little-to-no effect on the prevalence of methamphetamine use (1 trial, 882 participants; RR 1.01, 95%CI 0.91 to 1.13) and functional impairment (2 trials, 498 participants; SMD -0.14, 95%CI -0.32 to 0.03); c. probably slightly reduce risk of harmful/hazardous alcohol use (3 trials, 667 participants; SMD -0.22, 95%CI -0.32 to -0.11); d. may have uncertain effects on SU/AEs. PHP/CP-led interventions a. probably have little-to-no effect on recovery from harmful/hazardous alcohol use (3 trials, 1075 participants; RR 0.93, 95%CI 0.77 to 1.12) or QOL (1 trial, 560 participants; MD 0.00, 95%CI -0.10 to 0.10); b. probably slightly reduce risk of harmful/hazardous alcohol and substance use (2 trials, 705 participants; SMD -0.20, 95%CI -0.35 to -0.05; moderate-certainty evidence); c. may have uncertain effects on prevalence (cannabis use)/SU/AEs. PW-led interventions for alcohol/substance dependence a. may have uncertain effects. Adults with severe mental disorders *Comparisons were specialist-led care at T1. LHW-led interventions a. may have little-to-no effect on caregiver burden (1 trial, 253 participants; MD -0.04, 95%CI -0.18 to 0.11); b. may have uncertain effects on symptoms/functioning/SU/AEs. PHP-led or collaborative-care a. may reduce functional impairment (7 trials, 874 participants; SMD -1.13, 95%CI -1.78 to -0.47); b. may have uncertain effects on recovery/relapse/symptoms/QOL/SU. Adults with dementia and carers PHP/LHW-led carer interventions a. may have little-to-no effect on the severity of behavioural symptoms in dementia patients (2 trials, 134 participants; SMD -0.26, 95%CI -0.60 to 0.08); b. may reduce carers' mental distress (2 trials, 134 participants; SMD -0.47, 95%CI -0.82 to -0.13); c. may have uncertain effects on QOL/functioning/SU/AEs. Children with PTS or CMDs LHW-led interventions a. may have little-to-no effect on PTS symptoms (3 trials, 1090 participants; MCD -1.34, 95%CI -2.83 to 0.14); b. probably have little-to-no effect on depression symptoms (3 trials, 1092 participants; MCD -0.61, 95%CI -1.23 to 0.02) or on functional impairment (3 trials, 1092 participants; MCD -0.81, 95%CI -1.48 to -0.13); c. may have little-or-no effect on AEs. CP-led interventions a. may have little-to-no effect on depression symptoms (2 trials, 602 participants; SMD -0.19, 95%CI -0.57 to 0.19) or on AEs; b. may have uncertain effects on recovery/symptoms (PTS)/functioning.

Han C., Seung H., Bo E.J., Jung H.L. (2017). Emotional Freedom Techniques (EFT) for Students Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry 2017;28(*3):165-82.

Objectives: The purpose of this systematic review was to understand clinical usefulness of Emotional Freedom Techniques (EFT) on students' mental health.
Methods: Ten databases were included to extract clinical studies on effects of EFT intervention with students. Characteristics of selected studies were described, and biases were assessed with Risk of Bias (RoB) or Risk of Bias Assessment for Non-Randomized Studies (RoBANS).
Results: A total of 14 clinical trials were extracted for analysis. There were 8 randomized-controlled trials (RCTs), 2 non-randomized-controlled trials (nRCTs), and 4 before-after studies. EFT have significant clinical usefulness in public speaking anxiety, test anxiety, stress, depression, learning related emotions, adolescent anxiety, and eating issues. The risk of selection bias in most studies was high or uncertain.
Conclusions: EFT is an effective clinical technique for managing students' mental health issues. However, the included studies have been conducted with relatively poor quality and small sample size. Clinical trials with high quality study design and well-designed EFT education programs are needed to generalize clinical usefulness.

Online, Telephone and Tele-Medicine

Church, D., & Clond, M. (2019). Is online treatment as effective as in-person treatment? Psychological change in two relationship skills groups. *Journal of Nervous & Mental Disease 207*(5):315-319. DOI: 10.1097/NMD.0000000000000975

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.

Hartung, J. & Stein, P. (2012). Telephone delivery of EFT (emotional freedom techniques) remediates PTSD symptoms in veterans. *Energy Psychology Journal, 4*(1), 33-40.

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-hr 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 sessions. A 6-month posttreatment assessment indicated 91% of subjects treated in the office and 67% of those treated by phone no longer met PTSD diagnostic criteria ($p < .05$). Results suggest that although less efficacious than in-person office visits, EFT delivered via telephone is effective in remediating PTSD and comorbid symptoms in about two thirds of cases.

Pain, Disease and Physical Conditions

Çuvadar A, Günes A, Çuvadar Bas YÃ, Kehaya S. (2025). Determining the Effects of Emotional Freedom Techniques on Sexual Dysfunction and Self-Care Management in Women Diagnosed With Multiple Sclerosis. *Brain Behav 2025 Jun;15*(6):e70635. https://doi.org/10.1002/brb3.70635

Aim
This study aims to determine the effects of Emotional Freedom Techniques (EFT) on sexual dysfunction and self-care in women diagnosed with multiple sclerosis (MS).
Method
This study was conducted using a pretest–posttest experimental design, including follow-up assessments to evaluate the sustainability of the intervention effects. The sample consisted of 16 women aged between 19 and 49 years who were diagnosed with MS and presented to the neurology clinic of a university hospital in Türkiye between October 2023 and September 2024. Data collection instruments included the Personal Information Form (PIF), Multiple Sclerosis Intimacy and Sexuality Questionnaire-19 (MSISQ-19), and Self-Care Management Process in Chronic Illness (SCMP-G). Repeated measures analysis of variance (ANOVA) was employed to analyze changes in sexuality and self-care over time. Statistical significance was set at $p < 0.05$.
Results
Participants received two EFT sessions per month, each lasting 60 min, together with affirmation sessions conducted at least twice a week for 10–15 min. The mean scores of all subdimensions of the MSISQ-19 reached the lowest levels by the seventh week following EFT intervention, with significant differences between time points ($p < 0.05$). Even though an improvement was observed in the social protection dimension of self-care, the mean scores for

the self-protection subdimension decreased.
Conclusion
The application of EFT demonstrated positive effects on sexual functioning and self-care levels in women with MS. Therefore, EFT can be integrated into the holistic care processes of patients with MS.

Hamidah, H., Rauf, S., Arifuddin, S., Musba, A. M., Prihantono, P., Pelupessy, N. U., . . . Hidayati, E. (2025). Comparison of pain, cortisol, and IL6 levels pre and post SEFT in Stage III B cervical cancer patients. *Asian Pacific Journal of Cancer Prevention, 26*(2), 625-630. https://doi.org/10.31557/apjcp.2025.26.2.625

Objective: The objective of the study is to assess the impact of Spiritual Emotional Freedom Technique (SEFT) intervention on pain severity, cortisol, and IL6 levels in stage III B cervical cancer patients undergoing chemoradiation. Methods: A quasi-experimental study with a one-group pre-test post-test design was conducted at Gatot Soebroto Hospital, Jakarta, Indonesia, focusing on stage III B cervical cancer patients who received chemoradiation. Pain severity was quantified using the Numeric Rating Scale (NRS), while cortisol and IL6 levels were determined via serum specimen collection and ELISA analysis. Statistical analysis revealed significant disparities in pain severity, cortisol levels, and IL6 levels pre- and post-intervention. A significant correlation emerged between pain severity, cortisol, and IL6 levels ($p<0.001$). Result: The average pre-intervention pain severity was 4.5 and the average post-intervention pain severity was 1.6. The average pre-intervention cortisol level was 632.9 and the average post-intervention cortisol level was 305.3 (p-value <0.001). The average pre-intervention IL6 level was 260.1 and the average post-intervention IL6 level was 106.7. Conclusion: The SEFT proves highly effective in alleviating pain among cervical cancer patients undergoing chemoradiation.

Hanoch, L. (2025). Can the Concepts of Energy and Psychological Energy Enrich Our Understanding of Psychosocial Adaptation to Traumatic Experiences, Chronic Illnesses and Disabilities? *Frontiers in Psychology, 13.* DOI=10.3389/fpsyg.2022.768664
https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.768664

The aim of this paper is to familiarize the reader with the concept of psychological energy (PE), and the role it plays in deepening our understanding of psychosocial adaptation to traumatic life events and, more pointedly, the onset of chronic illness and disability (CID). In order to implement this aim, the following steps were undertaken: First, a brief historical review of the nature of energy, force and action, as traditionally conceived in the field of physics, is provided. Second, an overview of PE is presented, with a shared emphasis on both its historical underpinnings and its present conceptualizations in the fields of social, health and rehabilitation psychology. Particular emphasis is placed upon applications of PE in the domains of adaptation to stress, trauma and CID onset. Third, reviewed are measuring instruments that have been traditionally applied to the assessment of the nature, content and magnitude of PE and its dynamics. Finally, new perspectives are offered on the dimensional structure, processes and dynamics, assumed to undergird PE, its underlying conceptual similarities to physical energy, and its potential and deeper link to the process of psychosocial adaptation in the aftermath of experiencing trauma and CID.

Lin, A., Liu, Z., Zhang, T., Zhao, Y., Yang, C., & Wan, H. (2025). Effect of emotional freedom techniques in mitigating pain catastrophizing following total knee arthroplasty. ***Complementary Therapies in Medicine, 93.*** https://doi.org/10.1016/j.ctim.2025.103213

Background
Up to 30 %-42 % of patients with end-stage knee osteoarthritis who undergo total knee arthroplasty may experience chronic pain and even pain catastrophizing following surgery. Pain catastrophizing is a negative thought pattern and cognitive bias that involves rumination,exaggeration,and emotions of powerlessness over pain, resulting in delayed rehabilitation and a lower quality of life.
Objective
To examine the effect of a 4-week combined offline and online Emotional freedom techniques on pain catastrophizing, pain intensity, and pain sensitivity in patients following total knee arthroplasty, assessed at 1 week, 4 weeks, 3 months, and 6 months after surgery.
Methods
This study employed a quasi-experimental repeated-measures design, wherein participants were systematically allocated into a control group (n = 31) and an intervention group (n = 33) based on their chronological admission sequence. The control group received conventional postoperative care following total knee arthroplasty, while the intervention group was administered emotional freedom techniques in conjunction with standard postoperative care over a 4-week intervention period. The efficacy of the intervention was quantitatively evaluated through validated psychometric instruments, including the Pain Catastrophizing Scale, Numeric Pain Rating Scale, and Pain Sensitivity Questionnaire. Assessments were performed on the postoperative day 1, week 1, week 4, month 3, and month 6, to comprehensively evaluate the temporal dynamics of intervention effects.
Results
A statistically significant reduction was observed in both the total pain catastrophizing score and the rumination dimension from baseline to the 6-month post-intervention assessment (P<0.001). However, no significant changes were detected in the magnification dimension between the 3-month and 6-month follow-up periods, nor in the helplessness dimension from the 4-week to 3-month follow-up. Pain severity demonstrated a significant decrease during the initial 3-month follow-up period, though no significant differences were observed at subsequent time points beyond 3 months.Additionally, pain sensitivity scores exhibited a significant reduction from pre-intervention to the 6-month post-intervention assessment (P<0.001).
Conclusions
The 4-week emotional freedom techniques demonstrated significant efficacy in reducing pain catastrophization, pain intensity, and pain sensitivity among patients following total knee arthroplasty.Our study incorporated a comprehensive analysis of temporal effects, intergroup variations, and interaction effects to ensure robust and reliable findings.

Stapleton, P., Wilson, C., Uechtritz, N., Stewart, M., McCosker, M., O'Keefe, T., & Blanchard, M. (2025). A randomized clinical trial of emotional freedom techniques for chronic pain: Live versus self-paced delivery with 6-month follow-up. ***European Journal of Pain, 29*****(3), e4740.** **https://doi.org/10.1002/ejp.4740**

Background: Chronic pain represents a major global healthcare crisis, and current treatments are limited in effectiveness and safety. Emotional freedom techniques (EFTs) show promise as a potential psychological treatment.

Methods: The current study investigated the effect of a randomized clinical trial of EFT for chronic pain in a sample of 147 adult chronic pain sufferers (89.9% female; mean 54.63 years). Participants engaged in a 6-week EFT programme (either online self-paced or in-person).
Results: The per-protocol analysis indicated pain severity and interference scores were significantly lower at the end of treatment for the EFT group compared to waitlist, and these were sustained at follow-up. There were no differences between the in-person or self-paced programmes at follow-up for pain severity and interference. Somatic symptoms were significantly lower after EFT, although no further differences at follow-up. Quality of life scores were significantly higher after EFT, which were sustained at follow-up, and no differences between two styles of programme. No significant effects were found for anxiety, depression, happiness or satisfaction with life across the 6-week programmes for either style of delivery or at follow-up. These are discussed in terms of clinical score meanings. Intent-to-treat analysis was consistent with the per-protocol analyses. Limitations of the study are identified and future directions are discussed.
Conclusions: Findings offer early promise for EFT as a potentially effective pain management strategy, as well as support for online intervention without compromising treatment outcomes.

Zhou, X., Zhang, G., Chen, D., Yao, H., & Wang, Q. (2025). The efficacy of auricular acupressure combined with emotional freedom techniques on the postoperative pain and anxiety state of patients with lower limb fractures: A randomized clinical controlled trial. *Medicine, 104(*5), e41401. DOI: 10.1097/MD.0000000000041401

Background: Lower limb fractures cause local pain, swelling, ecchymosis, and dysfunction. Clinically, incision and reduction surgery are often employed to treat lower limb fractures. However, postoperative pain can be intense, leading to adverse emotions that hinder subsequent recovery.
Methods: A total of 99 postoperative patients with lower limb fractures were randomly divided into 3 groups: the control group (routine care, 33 patients), the auricular acupressure group (routine care plus auricular acupressure, 33 patients), and the combined group (routine care, auricular acupressure, and emotional freedom techniques [EFT], 33 patients). Pain levels were measured using the visual analog scale (VAS), and anxiety levels were measured using the self-rating anxiety scale (SAS) at various time points post-intervention. Patient satisfaction with nursing care was also evaluated at the end of the intervention.
Results: The VAS scores in the combined group were significantly lower than those in the auricular acupressure and control groups at 4, 12, 24, and 48 hours post-intervention ($P < .05$). Additionally, the SAS scores in the combined group were significantly lower than those in the auricular acupressure and control groups at 72 hours post-intervention ($P < .05$). The combined group also reported significantly higher satisfaction with nursing care compared to the other 2 groups at the end of the intervention ($P < .05$).
Conclusion: Auricular acupressure combined with EFT effectively reduces pain levels, alleviates anxiety, and increases patient satisfaction with nursing care in postoperative patients with lower limb fractures.

Shahzadi,S. & Ali, J. (2024). Efficacy of Emotional Freedom Technique in reducing depression and improving quality of life among stroke survivors in Pakistan: A randomized controlled trial. *International Journal of Social Sciences Bulletin 2*(2). Zenodo. https://doi.org/10.5281/zenodo.17255690

This study evaluated the feasibility and efficacy of Emotional Freedom Techniques (EFT) for reducing post-stroke depression, improving quality of life (QOL), and alleviating caregiver burden
among stroke patients in Pakistan. A single-blind randomized controlled trial was conducted with 100 ischemic stroke patients recruited from five rehabilitation hospitals in Islamabad and Rawalpindi. Participants were randomized to EFT plus routine rehabilitation or standard care. Cognitive eligibility was screened using the Mini-Mental State Examination Urdu (MMSE-U). Outcomes were measured at baseline, post-intervention, and follow-up using the Beck Depression
Inventory–II (Urdu; BDI-II-U), WHO Quality of Life scale (Urdu; WHOQOL-U), and Burden Scale for Family Caregivers–short (BSFC-s). Subjective Units of Distress (SUDS) were recorded
during EFT sessions. Analyses employed paired and independent samples t-tests and repeated-
measures ANOVA. Compared with standard care, the EFT group showed significantly greater reductions in depression (BDI-II-U) and greater improvements in QOL (WHOQOL-U) from baseline to post-intervention, with effects sustained at follow-up (all $p < .01$). Caregiver burden decreased more in the EFT group (BSFC-s; $p < .01$), and session-by-session SUDS ratings declined,
indicating progressive symptom relief. Baseline comparability was established, and sensitivity analyses confirmed robustness of findings. EFT was feasible and produced clinically meaningful improvements in depression, QOL, and caregiver burden when delivered alongside standard rehabilitation in a lower-middle-income setting. Incorporating EFT into multidisciplinary stroke care may address critical psychological needs and enhance recovery. Future studies should explore
long-term durability, underlying mechanisms, and implementation strategies across diverse clinical
contexts.

Boath, E., & Philpott, C. (2023). "Everything smells like poo, landfill, and rotten food": A retrospective case report using Clinical Emotional Freedom Techniques (EFT) for parosmia following COVID-19. *Energy Psychology: Theory, Research, and Treatment, 15*(2), 27–32. doi 10.9769/EPJ.2023.15.2.EB
https://energypsychologyjournal.org/abstracts/abstracts-volume-15-number-2-november-2023/everything-smells-like-poo/

Parosmia is a disorder of scent that has affected millions of people worldwide following their recovery from COVID-19. Parosmia post COVID-19 can be long-term and has a negative impact on quality of life. Despite this there is limited evidence for effective treatment strategies. This retrospective case report details the use of Clinical Emotional Freedom Techniques (EFT) to address parosmia following COVID-19 with a single client over three sessions. The sessions addressed specific food, drink, and odors that were having a major negative impact on the client's quality of life, psychological well-being, physical health, weight, and relationships. By the end of the three sessions, the client was able to tolerate certain scents and eat foods that the client selected to tap on. The client's quality of life improved to the point where she was able to eat, go out to restaurants, socialize, and ultimately return to work. Whether EFT can be successfully applied to other people experiencing parosmia following COVID-19 or parosmia

caused by other conditions is not clear and requires further research.

Desoky, M., Abdo Hussien, A., Ibrahim, A., & Metwally, H.M. (2023). Emotional Freedom Technique for Reducing Primary Dysmenorrhea Intensity among Female Students. *Assiut Scientific Nursing Journal.* doi:10.21608/asnj.2023.203538.1558

Dysmenorrhea is frequently described as painful menstruation that causes lower abdomen cramps and often spreads to the thighs and lumbosacral area. The present study aimed to evaluate the effectiveness of Emotional Freedom Technique for reducing primary dysmenorrhea intensity among female students.
Design: A one-group pre-post-test procedure was utilized in a quasi-experimental design. Methods: A convenient sample of 161 female nursing students from Faqous High Institute of Nursing at Zagazig University in El Sharkia Governorate was assigned to participate in the study.
Tools: 1) a structured interviewing questionnaire sheet and 2) a visual analog scale.
Results: The mean score of the visual analogue scale was reduced among studied female students after the intervention compared to before the intervention, which was (9.2±1.3 vs7.8±1.4) with a 15.2 percent of improvement.
Conclusion: The Emotional Freedom Technique effectively reduces pain intensity and dysmenorrhea symptoms, which is quick and effective for self-treatment. Recommendation: Educating all students about the advantages of the Emotional Freedom Technique for minimizing dysmenorrhea during menstruation is important.

Gaddy, D., Baum, B., et al. (2023). The Use of Holographic Memory Resolution to Improve the physical and biopsychosocial symptoms of chronic pain: A feasibility, mixed methods study. *Psychiatric Research and Clinical Practice.* 19 Sept 2023. https://doi.org/10.1176/appi.prcp.20230028

Objective: Holographic Memory Resolution® (HMR®), a mind-based therapy, has been used for decades as a nonpharmacologic intervention for trauma imprinting to alleviate depression, anxiety, pain, and post-traumatic stress disorder (PTSD). No clinical studies were found examining the use of HMR®. This study examined the feasibility and preliminary efficacy of administering HMR® to individuals experiencing chronic pain and related biopsychosocial symptoms.
Methods: A feasibility, mixed-methods study was conducted between October 2021 and July 2022 and included four HMR® sessions over 1–12 weeks. A convenience sample was comprised of 60 adults suffering from chronic physical or emotional pain of 4+ (0–10 scale) over 6+ months at two clinics in the U.S. Baseline and subsequent surveys after sessions 2, 3, and 4 assessed symptom response. Symptoms were longitudinally measured via self-report of depression, anxiety, somatic symptom burden, PTSD, and vitality.
Results: 73% completed all four sessions, demonstrating feasibility. Ages ranged from 19 to 80 years, 85% were female, and 87% were Caucasian. 52% reported high risk for toxic stress. Four symptoms decreased significantly: depression ($p = 0.05$), anxiety ($p = 0.03$), symptom burden ($p < 0.01$) and PTSD symptoms ($p = 0.01$); vitality improved.
Conclusions: HMR® may be a feasible intervention to address chronic pain and accompanying biopsychosocial symptoms; a randomized controlled trial is the next step to measure efficacy. Unlike other mind-based therapies, HMR® participants use their own internal language for

identification and resolution of the pain. The trauma imprinting can then be gently addressed, and the memory-based components of pain resolved or reduced, which empowers participants to improve their well-being.

Kang, D.-H., Kim, J.-Y., Park, Y.-C., Yoo, H.-R., & Jung, I. C. (2023). Efficacy and safety of a combination of emotional freedom technique with acupuncture versus acupuncture alone to treat psychiatric symptoms in Parkinson's disease: A protocol for a randomized, assessor-blind, parallel-group clinical trial. *Medicine, 102*(21), e33714. MEDLINE. https://doi.org/10.1097/MD.0000000000033714

Parkinson's disease (PD) is one of the most prevalent neurodegenerative diseases in world. As some psychiatric symptoms degrade the quality of life of patients with PD, a novel alternative non-pharmacological treatment is required. Acupuncture appears to be an effective and safe treatment for PD. The emotional freedom technique (EFT) is a type of psychological therapy that alleviates psychiatric symptoms by stimulating acupoints. In this study, we will compare the efficacy and safety of a combination of the EFT and acupuncture and acupuncture alone.
Methods:
This study is a randomized, assessor-blind, parallel-group clinical trial. Eighty participants will be equally divided into experimental and control groups. Each participant will receive a total of 24 interventions over 12 weeks. The experimental group will receive EFT combined with acupuncture and the control group will receive acupuncture alone. The primary outcome is the change in the Beck Depression Inventory score from baseline to 12 weeks, and the secondary outcomes include change in the following variables: Beck Depression Inventory, Parkinson's disease sleep scale, State-Trait Anxiety Inventory, the Korean version of the Fatigue, Resistance, Ambulation, Illnesses, and Loss of weight questionnaire scale, and unified Parkinson's disease rating scale III and exercises.
Discussion:
Acupuncture is a safe and effective treatment for motor and nonmotor symptoms in PD, and EFT appears to be safe and effective for a variety of psychiatric symptoms. In this study, we will investigate the potential of EFT combined with acupuncture to improve psychiatric symptoms in PD.

Lee, A. (2023). Successful Withdrawal from Six Psychiatric Medications Using Criteria-Based Energy Testing. *Int J Healing & Caring, 23*(3). https://doi.10.78717/ijhc.20232334

Currently, the field of psychiatry is beginning to understand the severity and persistence of psychiatric medication withdrawal symptoms [1,2,3]. Functional approaches have been proposed for some psychiatric medication withdrawal processes [4,5], but there is no consensus for a reliable method for guiding safe psychiatric medication withdrawal or resolving underlying causes of mental illness for psychiatric patients' unique needs over the course of treatment. Consequently, mental illness is still generally considered a chronic incurable disease, and the use of psychotropic medications is still recommended as the best treatment option for an indefinite period of time.
To have a successful psychiatric medication withdrawal process without having a relapse during or post withdrawal, a patient must simultaneously heal from their underlying causes of mental illness and any dependency on drugs/psychiatric medications. This process requires sufficient understanding of relevant factors impacting the patient, which shift over time (and during the actual healing process). Factors that powerfully affect a patient's mental and physical condition include, 1) genetics, 2) nutritional status [6], 3) healing interventions, 4) internal and external stressors [7,8], 5) toxicity [9,10], and 6) drugs/medications.

Menevse, S. & Yavla, A. (2023). Effect of Emotional Freedom Technique applied to patients before laparoscopic cholecystectomy on surgical fear and anxiety: A randomized controlled trial. *Journal of PeriAnesthesia Nursing,* 6 October 2023. https://doi.org/10.1016/j.jopan.2023.07.006
Laparoscopic cholecystectomy is a surgical procedure where the gall bladder is removed through small punctures in the abdomen to permit the insertion of a laparoscope and surgical instruments. This study aimed to determine the effect of EFT on patients' surgical fears and anxieties before laparoscopic cholecystectomy. The research was conducted using a pretest, post-test, and randomized controlled experimental research design. A total of 112 patients treatment practices were applied to the control group, EFT was applied to the intervention group. A Patient Information Form, an Anxiety Specific to Surgery Questionnaire, a Surgical Fear Questionnaire, and Subjective Units of Disturbance (SUD) were used to collect the research data.
There was no significant difference between the groups in terms of descriptive and clinical features ($P > .05$). The post-test score averages of EFT group in the Surgical Fear Questionnaire, Anxiety Specific to Surgery Questionnaire, and SUD were significantly lower than in the control group ($P < .001$). The EFT significantly reduced the SUD scores of the patients by 54.4% ($P < .001$).
The authors concluded: EFT was found to be useful in clinical practice in the preoperative period, reducing surgery-specific anxiety and surgical fear. EFT can be recommended for application during the preoperative period in clinics.

Stapleton, P., Kang, Y., Schwarz, R., & Freedom, J. (2023). The impact of adverse childhood experiences and posttraumatic stress symptoms on chronic pain. *Frontiers in Psychology*, *14*, 1243570. https://doi.org/10.3389/fpsyg.2023.1243570

Introduction: Chronic pain is a prevalent worldwide health condition. The current study aimed to extend previous research that investigated the dynamics between chronic pain, adverse

childhood experiences (ACEs), and post-traumatic stress symptoms (PTSS).
Method: Adult participants worldwide with chronic pain were recruited for this study (*N* = 199; 89% females). Three hypotheses were proposed: (a) a high ACEs score would result in more severe pain intensity and interference compared to no ACEs; (b) a low ACEs score would result in more severe pain intensity and interference compared to no ACEs; and (c) PTSS would fully mediate the ACEs-pain relationship.
Results: Initially results indicated individuals with high ACEs reported more pain interference than those with no ACEs, although pain intensity did not differ between high and no ACEs. However, after controlling for age, socioeconomic status (SES), and pain duration, low and high ACEs were not significantly associated with pain intensity or interference compared to no ACEs. However, SES status was associated with pain intensity and interference, although not with pain interference after adding low and high ACEs to the model. Because of this the mediation exploration of PTSS was not viable.
Discussion: Implications for practice, limitations and future research outcomes are outlined.

Stapleton, P., Kip, K., Church, D., Toussaint, L., Footman, J., Ballantyne, P., and O'Keefe, T. (2023). Emotional freedom techniques for treating post traumatic stress disorder: An updated systematic review and meta-analysis. *Frontiers in Psychology, 14*, 2023.

https://doi.org/10.3389/fpsyg.2023.1195286
https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1195286/full

Introduction: Clinical Emotional Freedom Techniques (EFT) is a psychophysiological intervention that includes cognitive and somatic elements, utilizing techniques from both Cognitive Behavioral Therapy (CBT) and Prolonged Exposure therapy (PE). Because only a single meta-analysis existed examining EFT for PTSD, this systematic review and meta-analysis represents an update.
Method: Ten databases were searched for quantitative reviews and randomised clinical trials, and six met inclusion criteria.
Results: Study quality and effect size were evaluated and the results demonstrated that treatment with Clinical EFT, when compared to wait list, usual care, or no treatment controls, resulted in significant and large effect sizes, ranging from 1.38 to 2.51. When compared to active controls, effect sizes ranged from –0.15 to 0.79, producing treatment results similar to other evidence-based therapies.
Discussion: Limitations are presented and considerations for further research are proposed.

Valdivieso, G. (2023). Energy Psychology, Bilateral Stimulation, and Mindful Breathing for Trauma and Chronic Pain: A Theoretical Framework and Case History. *Energy Psychology Journal, 15*(1).

Research and anecdotal evidence from clinical practice suggest high comorbidity between trauma and chronic pain. Unresolved trauma can generate anxiety and dissociation, both associated with chronic pain. Even though there are proven interventions to treat trauma and pain individually, efforts to treat the comorbidity and complexity of these two disorders on a combined basis are not yet fully explored. This article introduces a protocol that blends aspects of four evidence-based interventions. These interventions are Emotional Freedom Techniques (EFT), bilateral stimulation (BLS) as used in Eye Movement Desensitization and Reprocessing (EMDR), Wholistic Hybrid derived from EMDR and EFT (WHEE), and mindful breathing (MB) to

treat traumatized individuals that exhibit chronic pain. The combined protocol uses the benefits of each intervention. The technique involves tapping on the eight meridian points designated in the EFT Basic Recipe while using a Neurotek pulser to generate BLS, after a "dialogue with the body symptoms" extracted from the WHEE method to uncover the traumatic memories or negative beliefs associated with pain. To close the session, the Quick Coherence Technique, a heart-focused MB exercise developed by the HeartMath Institute, is utilized to further help individuals with self-regulation and increased appreciation of their bodies. This article explains how the technique is performed through a six-step sample methodology and what the potential of its combined effectiveness can look like in a case history. The subject of the clinical case study profited in reducing his chronic pain by combining mindful breathing and EFT as the more gentle, non-retraumatizing, and distress-reducing techniques with the recovery of repressed memories via BLS and the inner-body dialogue of WHEE. Given the comorbidity of trauma and chronic pain and the lack of integrative interventions, additional scholarly inquiry into healing the various complex issues of these disorders is essential to develop. Refining the evidence on such blended methods should be the focus of future work to encourage practitioners' training and increase service delivery.

Church, D., Stapleton, P. Vasudevan, A. & O'Keefe, T. (2022). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions: A systematic review. ***Front. Psychol., 13.*** | https://doi.org/10.3389/fpsyg.2022.951451 https://www.frontiersin.org/articles/10.3389/fpsyg.2022.951451/full

Background: Since the turn of the century, Emotional Freedom Techniques (EFT) has come into widespread use in medical and psychological treatment settings. It is also used as self-help by tens of millions of people each year. Clinical EFT, the manualized form of the method, has been validated as an "evidence-based" practice using criteria published by the American Psychological Association (APA) Division 12 Task Force on Empirically Validated Therapies. Its three essential ingredients are exposure, cognitive framing, and acupressure.
Objectives: In 2013 we published a paper defining Clinical EFT and reviewing published research. It has been viewed or downloaded over 36,000 times, indicating widespread interest in this treatment modality. Here we update our findings based on subsequently published literature and propose directions for future research.
Method: We performed a systematic review of the literature to identify randomized controlled trials (RCTs) and meta-analyses. Retrieval of 4,167 results resulted in the identification of 56 RCTs (n = 2,013), 41 of which were published subsequent to our earlier review, as well as eight meta-analyses.
Results: RCTs have found EFT treatment to be effective for (a) psychological conditions such as anxiety, depression, phobias, and posttraumatic stress disorder (PTSD); (b) physiological issues such as pain, insomnia, and autoimmune conditions; (c) professional and sports performance; and (d) biological markers of stress. Meta-analyses evaluating the effect of EFT treatment have found it to be "moderate" to "large." Successful independent replication studies have been carried out for anxiety, depression, PTSD, phobias, sports performance, and cortisol levels. We outline the next steps in EFT research. These include determining its impact on cancer, heart disease, diabetes, and cognitive impairment; analysis of the large-scale datasets made possible by mobile apps; and delivery through channels such as virtual practitioner sessions, artificial intelligence agents, online courses, apps, virtual reality platforms, and standardized group therapy.
Conclusions: Subsequent research has confirmed the conclusions of earlier studies. These

find Clinical EFT to be efficacious for a range of psychological and physiological conditions. Comparatively few treatment sessions are required, treatment is effective whether delivered in person or virtually, and symptom improvements persist over time. Treatment is associated with measurable biological effects in the dimensions of gene expression, brain synchrony, hormonal synthesis, and a wide range of biomarkers. Clinical EFT is a stable and mature method with an extensive evidence base. Its use in primary care settings as a safe, rapid, reliable, and effective treatment for both psychological and medical diagnoses continues to grow.

Freedom, J., Hux, M. & Warner, J. (2022). Research on acupoint tapping therapies proliferating around the world. ***Energy Psychology Journal, 14(*****1), 22-28.**
doi:10.9769/EPJ.2022.14.1.JF

Background: The evidence base for acupoint tapping including Emotional Freedom Techniques (EFT) includes over 150 clinical trials showing relatively rapid and durable improvements for a range of psychological and physical conditions. It supports the premise that tapping is an active ingredient and shows associated physiologic changes. This evidence is based in standard Western literature databases such as EBSCO and overwhelmingly in English.
Objective: The current report explores international and regional research on EFT not previously known in the Western literature evidence base.
Methods and Results: A search of Research Gate found 86 research studies on acupoint tapping not identified in standard Western databases. A systematic search of 21 databases using the EBSCO search engine yielded an additional five previously unknown papers for a total of 91 research studies. These studies were published in regional and international journals (71% in Indonesia) with most published primarily in languages other than English (81% had only title and/or abstract available in English). EFT was used in 47% of the studies, and the remaining studies used “Spiritual EFT” (SEFT), a variation developed in Indonesia combining tapping with spiritual affirmations from the Quran. The majority (84%) were single group or comparative clinical trials and 5% were literature reviews. The target issue included a range of psychological or medical conditions such as anxiety (29%), depression (15%), and hypertension (11%). In a further step, the potential magnitude of this additional research base was explored using Google Scholar. Challenges include inconsistent quality of translations, limited search capabilities of Google Scholar, lack of full text translated into English, and reasons why this literature is not found in the major databases.
Conclusion: This review identified a large number of studies that had been “invisible” in the West due to their having been published in non-English-language journals. They demonstrate growing interest in EFT throughout the world. In comparison with English-language EFT databases, these studies tend to be more frequently performed in treatment settings such as hospitals, clinics, and universities, and they often address medical diagnoses such as diabetes, hypertension, and pain as well as psychological conditions. In addition, they apply EFT with populations rarely focused upon in Western EFT studies, such as prisoners, addicts, cancer patients, and diabetics. Finally, these studies provide a valuable perspective on how acupoint tapping is being used around the world in real-life settings.

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the ***Society for the Advancement of Psychotherapy*** **(Division 29 of APA: the American Psychological Association)**

http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

This article discusses the use of a digital assessment and tracking approach pre, during, and post COVID-19 to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, and helpfulness/benefits of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), two clients who contracted severe cases of COVID-19 during psychotherapy were carefully assessed weekly showing significant changes pre, during, and post COVID-19 on some measures while none on others. The clients were out of work from three to eight weeks. The typical healing process took about nine weeks before recovery to pre COVID-19 scores. Graphs in the article show these changes and can also be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Stapleton, P., Oliver, B., O'Keefe, T. & Bhuta, S. (2022). Neural changes after Emotional Freedom Techniques treatment for chronic pain sufferers. *Complementary Therapies in Clinical Practice, 49,* 101653, ISSN 1744-3881.
https://doi.org/10.1016/j.ctcp.2022.101653.
https://www.sciencedirect.com/science/article/pii/S1744388122001219

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.

Bakır, N., Irmak Vural, P., & Körpe, G. (2021). The effects of Emotional Freedom Techniques on coping with premenstrual syndrome: A randomized controlled trial. *Perspectives in Psychiatric Care*, 1– 10. https://doi.org/10.1111/ppc.12957

Purpose: The present study evaluated the efficacy of Emotional Freedom Techniques (EFT), commonly called "tapping," for premenstrual (PMS) symptoms.

Design and Methods: 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.
Findings: 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 ($p<0.05$).
Practice Implications: 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.

Farzad, M., MacDermid, J., Ring, D., & Shafiee, E. (2021). A scoping review of the evidence regarding assessment and management of psychological features of shoulder pain. *Rehabilitation Research and Practice*, vol. 2021, Article ID 7211201. https://doi.org/10.1155/2021/7211201

Background and Aim. Shoulder pain is second only to low back pain among costs associated with the care of musculoskeletal disorders. Psychological factors, social factors, and mental health can contribute to shoulder pain and resulting functional disability. The purpose of this scoping review was to identify the nature of the research that has integrated psychological assessment and treatment in the management of shoulder pain.
Methods. A scoping review of research studies identified through PubMed, EMBASE, and CINAHL and graduate theses identified using Google Scholar was conducted to determine studies and systematic reviews that addressed the management of psychological aspects of shoulder pain with or without neck pain. The search terms included psychological factors, anxiety, depression, catastrophic thinking, fear of movement, and psychological treatments. Two investigators screened study titles and abstracts. Data extraction, content analysis, and thematic coding focused on the dimensions of pain addressed (emotional, behavioural, and cognitive) and treatment approaches used (dimensions targeted, specific treatment parameters) and the linkage between treatment targets/rationale with interventions/outcomes measured.
Results. Ten studies (seven randomized trials and three cohorts) were identified that addressed the psychological aspects of shoulder pain. Out of seven RCTs, four compared psychological interventions with usual care. Eight studies used cognitive approaches, including emotional freedom techniques (EFT), pain coping strategies (PCS), physical-cognitive-mindfulness training (PCMT), psychological flexibility, face-to-face cognitive-behavioural treatment (CBT), and cognitive therapy using virtual reality (V.R.). Three studies used the behavioural approaches as their intervention, including behavioural therapy and Graded Exercise Therapy (GET). Pain intensity was addressed as the primary outcome in two studies and as a secondary outcome in five studies. Cognitive factors were evaluated in 50% of the articles using nine different measures. Emotional factors were evaluated in 80% of articles using ten different measures. Reduction of pain intensity and catastrophic thinking concerning pain was achieved in most studies using a biopsychosocial approach (70%). Applying a behavioural approach was associated with reductions in kinesiophobia and pain catastrophizing. Cognitive approaches had a positive association with reductions in the emotional aspect of pain. Only one study specifically linked rationale or specific physical and psychosocial treatment targets with the treatments provided and outcomes measured.

Conclusions. Small pools of studies indicate that the rationale and treatment targeting are poorly defined in biopsychosocial interventions for shoulder pain. However, these benefits have been demonstrated when cognitive or behavioural components are added to the standard physical treatment of shoulder pain. A better definition of treatment targets, description of intervention components, and linkage of outcomes to targets are needed to advance our understanding of optimizing bio-psychosocial approaches.

Cici, R. & Özkan, M. (2021). Effects on anxiety and vital signs of the Emotional Freedom Technique and music before surgery for lumbar disc hernia. Alternative Therapies in Health and Medicine, 27(12). https://pubmed.ncbi.nlm.nih.gov/34097649/ **PMID: 34097649**

Context: 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%.
Objective: This study intended to determine the effects on patients' anxiety and vital signs of the emotional freedom technique (EFT) and music before LDH surgery. Design • The research team designed a quasi-experimental study.
Setting: The research was carried out in the neurosurgery clinic of a university hospital in Turkey.
Participants: Participants were 162 adult patients at the clinic who had LDH surgery between February 2018 and September 2019.
Intervention: Using the nonprobability sampling method, participants were allocated to one of three groups: (1) 54 to the music group, an intervention group; (2) 54 patients to the EFT group, an intervention group; and (3) 54 to the control group.
Outcome Measures: The Patient Information Form, the Life Findings Form, 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.
Results: 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.
Conclusions: 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.

Dwivedi, S., Sekhon, A., & Chauhan, B. (2021). Effect of Emotional Freedom Technique (EFT) on heart rate, blood pressure and performance in national level shooters. I*nternational Journal of Sport and Exercise Psychology, 19*, pp. S230-S231. https://www.indiansportspsyche.com/post/research-abstract

EFT (Emotional Freedom Technique), also known as "tapping," is a relatively recent form of energy psychology that combines applied kinesiology with certain psychological principles to alleviate psychological distress in individuals. In this technique, the clients are required to softly touch their acupressure points (mostly on the head/hands) with their fingertips that is aligned to the voicing of specific statements (Craig, 2011). Recent researches have connoted the influence of EFT on various neurological, physiological, and epigenetic factors (Church, 2013*)*. However, there is a dearth of literature that seeks to establish the effects of EFT on the physiological components such as blood pressure, heart rate or galvanic skin response, especially in the context of athletes. Hence, the present study seeks to evaluate the effectiveness of an EFT based intervention on the heart rate and blood pressure (circulatory system) and performance of 10m air pistol shooters. The sample for the given study comprises of National level shooters, aged between 16-17 years (N=14, Mean and S.D of 16.42 ± 0.51) who were randomly assigned to experimental (N=7) and active control group (N=7) conditions. The experimental group was then treated to a 3-week (2 sessions per week) EFT program while the active control was kept engaged through inspirational lecture by the coach for the same duration. For the purpose of assessment of the effect of EFT on circulatory system, measures of heart rate (HR) and blood pressure (BP) were recorded, while for performance, the shot accuracy of the shooter was noted. Post intervention analysis of results indicated significant improvements in HR (-4.62% ,p=0.01), systolic BP (-3.6% ,p=0.001), diastolic BP (-5.16% ,p=0.004) and performance (+1.21% ,p=0.01) of the experimental group implying the effectiveness of EFT as a suitable intervention program for improved readings in heart rate and blood pressure (circulatory system) measures along with shooting performance (shot accuracy) of the athletes.

Feinstein, D. (2021). Applications of energy psychology in addressing the psychological roots of illness. *OBM Integrative and Complementary Medicine, 6(*2), doi:10.21926/obm.icm.2102014 https://www.lidsen.com/journals/icm/icm-06-02-014

The impact of psychological factors on illness is, in recent years, being biochemically mapped. The subspecialties of psychosomatic medicine, health psychology, psychoneuroimmunology, and integrative medicine work with mind and body in concert to promote health and healing. A specialized set of mind-body approaches, collectively called “energy psychology,” is being utilized 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. Ways of utilizing the approach for addressing emotional and cognitive aspects of physical illness are discussed. While utilizing 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.

Fuller S., Stapleton P. (2021). Emotional Freedom Techniques for stroke rehabilitation: A single case study. *OBM Integrative and Complementary Medicine* 2021;6(4):13; doi:10.21926/obm.icm.2104038. https://lidsen.com/journals/icm/icm-06-04-038

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.

Ghaderi, Z., Nazari, F., & Shaygannejad, V. (2021). The Effect of Emotional Freedom Technique on Fatigue among Women with Multiple Sclerosis: A Randomized Controlled Trial. *Iranian journal of nursing and midwifery research*, *26*(6), 531–536. https://doi.org/10.4103/ijnmr.IJNMR_188_19

Background: This study aimed to investigate the effect of Emotional Freedom Technique (EFT) on the severity of fatigue among women with Multiple Sclerosis (MS).
Materials and Methods: This was a single-blind, randomized 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.
Results: 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) ($p < 0.001$).
Conclusions: 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.

Jasubhai, S. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults*. Journal of Clinical Psychology and Mental Health Care, 2*(4). DOI: http;//doi.org/03.2021/1.10025.

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post-interventions using emWave system. 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.

Bilazarian, R. & Hux, M. (2020). Rapid group treatment of pain and upsets with the Brief Energy Correction. *International Journal of Healing and Caring, 20(*3). https://www.ijhc.org/september-2020.

Objective: The Brief Energy Correction (BEC) is a technique for somatic rebalancing of neurological disorganization, usually employed when meridian tapping procedures (Emotional Freedom Techniques, Thought Field Therapy, and related Energy Psychology methods) are not successfully reducing discomfort intensity. This rebalance then allows the

tapping to resume reducing intensity. The objective of this study was to assess preliminary efficacy of the BEC in a group setting as a solo technique in reducing physical and/or emotional pain.
Design: Pilot cohort study
Study setting and participants: 75 participants reporting current pain or psychological upset and attending a virtual, 30-minute session at an annual, meridian-based, mind-body, psychological conference.
Intervention and Outcome measure: The BEC technique of briefly holding a sequence of five acupoint positions while thinking of an emotional or physical pain, repeated six times (BEC-6), is described for self- administration over a virtual videoconference format. Participants reported intensity of their distress before and after each of three rounds of the BEC-6, using the subjective units of distress (SUDS) scale. Results: Seventy-five conference members participated (average age 60, 92% female). For 39, pain was the presenting issue, with average starting intensity 5.5 on a scale of 0-10. At the end of 3 rounds, average intensity was 1.56 (3.9- point or 70% reduction, $p<0.0001$). For 28 participants (72%), pain dropped below their typical pain range in this brief 90 second demonstration. Upsets, reported by 36 participants started at average current intensity of 6.1 and at the end of 3 rounds average intensity was 0.9 (5.2-point or 85% reduction, $p<0.0001$)).
Conclusion: The Brief Energy Correction is worthy of more attention both as a solo technique and in combination with other techniques in the meridian-based psychosomatic treatment world. It is simple and can be taught as a self-help tool to manage pain and upsets. It can be applied individually and in groups. Further research is recommended to determine whether these results are replicable and durable.

Cholifah, N., Sukarmin, & Kholiq, A. (2020). The Effectiveness of the Combination Therapy of Emotional Freedom Technique - Murottal Alqur'an on Blood Pressure of the Elderly with Hypertension. *Advances in Health Science Research, 24.* 5th Universitas Ahmad Dahlan Public Health Conference (UPHEC 2019) DOI: 10.2991/ahsr.k.200311.029

Background: The health care coverage of elderly in Wonogiri, Indonesia in 2014 reached 108.002 (65.19%) of the 165.685 elderly, and in Jatiroto Sub-District there were 2.072 of the total of 3.164 elderly who got health care. The report from Wonogiri Departement of Public Health (2013), the case of Non-Communicable Diseases (NCDs) of hypertensive patients in 2012 as many as 37.865 cases and 15.250 elderly with hypertension. It made Wonogiri Regency in the fourth place (49.5%) of the highest hypertension prevalence districts/cities in Indonesia and the first place in Central Java. This study attempts to identify the effect of combination therapy of Emotional Freedom Technique - Murottal Alqur'an on elderly's blood pressure with hypertension in Jatirejo of Jatiroto Subdistrict, Wonogiri Regency.
Method: This study employed the quasi-experimental research with pre-test and post-test non-equivalent control group. The sample of research consisted of 34 respondents with non-probability sampling techniques chosen by purposive sampling. The instruments used are digital sphagmometer, observation sheets, questionnaires demographics, MP3 media player with reverberate standard settings (40-60 dB, 300-340 Hz) and a head set/earphones. To analyze the data, the Paired Sample T- Test, Independent Sample T-Test and Kendall's Tau-β were used.
Results and Conclusion: (1) there are significant differences before (pre-test) and after (post-test) giving treatment of the combination therapy EFT - Murottal Alqur'an on blood

pressure in the intervention group (ρ <0.001 systolic ; ρ <0.001 diastolic), (2) there are no significant differences the first (pre-test) and the final observation (post- test) on blood pressure in the control group (ρ: 0.889 systolic ; ρ: 0.169 diastolic), (3) there are the average difference in blood pressure (systolic-diastolic) that significant differences between the intervention and control group with ρ <0.001, (4) there are the strong effect of combination therapy EFT - Murottal Alqur'an on the decrease of systolic and diastolic blood pressure (ρ <0.001; r value -.507 systolic and -.526 diastolic).

Church, D. and David, I. (2019) Borrowing Benefits: Clinical EFT (Emotional Freedom Techniques) as an immediate stress reduction skill in the workplace. *Psychology, 10,* 941-952.

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.

Kalla M., Simmons M., Robinson A., Stapleton P. (2020). Making sense of chronic disease using Emotional Freedom Techniques (EFT): An existential view of illness*. Explore;* S1550-8307(20)30112-9. DOI:10.1016/j.explore.2020.03.006

Objective: 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.
Design: Eight chronic disease patients who had received EFT were interviewed for this study. Semi-structured interviews were conducted via 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.
Results: 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'.
Conclusion: 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.

Setiyowati, E. & Rahman, A. (2020). Application of Spiritual Freedom Emotional Technique (SEFT) therapy for tuberculosis patients with nursing problems at the Sawahan Health Center*. Journal of Health Science, 13(*1).** https://doi.org/10.33086/jhs.v13i01.1287

Pulmonary tuberculosis (TB) is an infectious disease, the caused by rod-shaped bacteria (bacilli) known as Mycobacterium tuberculosis. This tubercle basil will cause respiratory problems. In addition, the disease process and long-term treatment often causes anxiety in people with tuberculosis. The purpose of this study was the application of SEFT therapy in Tuberculosis patients to reduce anxiety in Sawahan Surabaya Health Center . The method used was descriptive with a case study approach through nursing care with anxiety nursing problems in Tuberculosis patients. Data collection is done using the method of interviews, direct observation, and medical records .The results of the application of SEFT therapy were carried out once / day for 3 days at Mr. B. There was a decrease in anxiety which was resolved gradually after SEFT therapy. The application of SEFT therapy is effective in reducing anxiety felt by Tuberculosis patients. Therefore nurses are expected to be able to teach SEFT therapy according to standard operating procedures (SOP) so that patients and families can practice it again at home.

Stapleton, P., Crighton, G., Sabot, D., & O'Neill, H. M. (2020). Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *Psychological trauma,* 10.1037/tra0000563. https://doi.org/10.1037/tra0000563 https://www.ncbi.nlm.nih.gov/pubmed/32162958

Objective: In a direct replication of Church, Yount, and Brooks (2012), this study examined changes in stress biochemistry and psychological distress symptoms in 53 participants randomly allocated to one of three 60-min group interventions: Emotional Freedom Techniques (EFT), psychoeducation (PE), and no treatment (NT). The Symptom Assessment-45 (SA-45) was used to assess psychological distress symptoms.
Method: Salivary cortisol assays were administered 30 min pre- and postintervention to test cortisol levels. The original study by Church et al. indicated the EFT group showed statistically significant improvements in anxiety (-58.34%, $p < .05$), depression (-49.33%, $p < .002$), overall severity of symptoms (-50.5%, $p < .001$), and symptom breadth (-41.93%, $p < .001$). The group also experienced a significant decrease in cortisol (-24.39%) compared to the PE group (-14.25%) and NT group (-14.44%).
Results: The present results indicated the EFT group experienced a significant decrease in cortisol greater than the original study (-43.24%, $p < .05$), but these results were not mirrored by subjective reports of psychological distress. The EFT group reduction in cortisol was significantly different from that of the PE group (-19.67%), and as expected, the posttreatment cortisol level detected among the EFT group was lower than that of the NT group (2.02%); however, there was not a statistically significant difference between the 2 groups. Additionally, there were no significant improvements in cortisol reduction among the NT and PE groups.

Conclusions: Findings support the original study indicating EFT to be an efficient and effective brief treatment for reducing biological markers of stress.

Susanto, M. (2020). Effectiveness of SEFT Therapy on post op laparotomy pain in the operating room at RSI Agung Semarang. *Medicalia Hospitalia 7(*1), 59-63. https://doi.org/10.36408/mhjcm.v7i1.429

Background: Pain is a major problem in perioperative patients who cancausing severe pain sensations. Pain management is done to reduce weakness due to pain. This study aims to compare the effect Spiritual Emotional Freedom Technique (SEFT) intervention on decreasing intensitypain of post op patients who received SEFT therapy and did not receive SEFT therapy.
Method: The research design used was a quasi experimental, pre posttest design with control group with consecutive sampling techniques. Subjects involved as much 36 post-op patients in the operating room at Sultan Agung Islamic Hospital Semarang were divided into two namely the SEFT and spiritual intervention group as a control group.The instrument used was a numeric rating scale . Data were analyzed usingMann Whitney U Test and Independent t Test with a significance level of 5%.
Results: The results showed the mean pain before the intervention was 5.7 (SD: 1.11) in the intervention group and 5.61 (SD: 1.19) in the control group. Average pain after the intervention were 3.61 (SD: 0.97) in the intervention group and 4.77 (SD: 1.06) in the control group. Difference in mean pain results in the treatment group with the control group is 1.32. There is a significant difference in the average reduction in pain between the intervention and control groups (p = 0,0003).
Conclusion: SEFT intervention is proven to reduce the intensity of post op pain. This intervention should be applied by inpatient nurses so they can work together interdisciplinary to overcome these problems.

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine 24.* https://doi.org/10.1177/2515690X18823691

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.

Islam, Z. & Tully, L. (2019). Energy healing therapies for symptom control of cancer patients. *International Journal of Healing and Caring, 19*(1).

Energy medicine techniques, including Healing Touch, Reiki, Quantum Touch, Donna Eden Method were added to the routine medical treatment regime of cancer patients at the MD Anderson Cancer and their effects were evaluated on the most common symptoms suffered by the patients, including anxiety, pain, fatigue, nausea and insomnia. Improvements ranging from 3.4-5.8 points (on a scale of 1-10) were seen in symptoms, as rated by the patients and these were highly significant. The highest response was found in anxiety (CI 4.7-5.8), followed by pain (CI 3.4-4.5) and fatigue (CI 3.6-4.8). Our results demonstrate that energy medicine techniques provide significant symptomatic relief, as judged subjectively by the patients. Furthermore, our results indicate that energy medicine techniques can be non-pharmaceutical adjuncts in helping to control the symptoms of cancer patients, many of whom are already on multiple medications.

Isworo, A., Anam, A., Indrawati, N. (2019). Effects of Emotional Freedom Technique therapy on reducing blood pressure in elderly hypertension. *Gaster Jurnal Kesehatan, 17(*2). https://doi.org/10.30787/gaster.v17i2.438

Stressful conditions will increase cortisol release, which will cause an increase blood pressure. Emotional Freedom Technique (EFT) Therapy is believed to be able to eliminate excessive emotions such as stress, the purpose of this study is to identify the effect of EFT therapy on decreasing blood pressure in hypertensive elderly.
Research
This method uses quasi experiment with a pretest-posttest with control approach group design. The sampling technique uses consecutive sampling method, with (1) willingness to be a respondent, (2) Systolic Blood Pressure (TDS) 140-160mm Hg and Diastolic Blood Pressure (TDD) 90-100 mmHg, (3) do not suffer kidney failure, other cardiovascular diseases, and diabetes, (4) patients taking anti-hypertensive drugs. While the exclusion criteria were (1) patients who did not follow all stages of therapy, (2) use drugs or techniques to reduce stress, (3) experience decreased consciousness, (4) have hearing problems. A total of 32 elderly hypertension, divided into two groups, each 16 respondents for the intervention group and the control group. Therapy; EFT is carried out for 20 minutes every day for a week. An instrument for measuring pressure blood using manual mercury sphagnomanometer, the brand of Sphymed Medical. Data analysis using the T-Test. The results showed there were significant differences before TDS and after EFT therapy ($p < 0.001$), but there was no significant difference in TDD in the intervention group ($p = 0.699$). In the control group neither TDS nor TDD there were significant differences before and after treatment ($p = 0.343$), ($p = 0.620$), respectively. However, there were significant differences in the reduction in TDS between the intervention groups and the control group ($p = 0.014$), but not so in TDD ($p = 0.582$). It can be concluded that EFT can reduce systolic blood pressure in hypertensive elderly.

Lismayanti, L., Hidayatulloh, B. (2019). Spiritual Emotional Freedom Technique (SEFT) Therapy Reduces Blood Pressure in Hypertension Patients. *Journal of Nursing and Health 2*(1), 15-26. doi: 10.25099 / jnh.Vol2.Iss1.23

Hypertension is a condition in blood pressure in the blood vessels chronically elevated. This can happen because the heart work harder to pump blood to meet the body's need for oxygen and nutrients Hypertension prevalence in Indonesia continues to increase every year, so did the prevalence in the city of Tasikmalaya. Management of hypertension require a serious, because if it would not affect other body systems disorders. SEFT is a complementary therapy that can be used for the treatment of hypertension. This study aims to determine the effectiveness of therapy SEFT on blood pressure in hypertensive patients with a given treatment 1 and 3 times round SEFT in two different groups, and find out the effect of the number of rounds SEFT to high blood pressure in hypertensive patients. The research method using the quasy experimental pretest-posttest with control group approach, using purposive sampling technique sampling. The research sample consisted of 30 patients with hypertension aged more than 18 years, and are divided into two groups: the experimental group and the control group. The results showed that SEFT effect on reduce of blood pressure in hypertensive patients, but there was no significant difference between treatment 1 rotation with 3 rotations of the number of rotations. The results of this study can be used as a reference by both academics and practitioners to apply nursing SEFT therapy in reducing blood pressure in hypertensive patients, especially for independent nursing practitioners.

Rometsch-Ogioun El Sount, C., Windthorst, P., Denkinger, J., Ziser, K, Nikendei, C., Kindermann, D., Ringwald, J., Renner, V., Zipfel, S., Junne, F. (2019). Chronic pain in refugees with posttraumatic stress disorder (PTSD): A systematic review on patients' characteristics and specific interventions. *Journal of Psychosomatic Research, (118),* 83-97. https://doi.org/10.1016/j.jpsychores.2018.07.014

Objective: Chronic pain in patients with posttraumatic stress disorder (PTSD) is a frequent symptom and a complicating factor in the treatment of patients. The study's purpose is to systematically review the scientific literature on patients' characteristics and the effects of specific interventions implemented for the treatment of chronic pain in traumatized refugees.
Method: A systematic search of the current literature was conducted in PubMed and Web of Science, from 1996 to 2017. A structured screening process in accordance with the PRISMA-statement was used with eligibility criteria based on the modified PICOS-criteria including refugees with chronic pain and diagnosed PTSD to investigate sample size, gender, country of origin, residential status, pain locations, predictors and correlations and type and efficacy of specific interventions.
Results: The initial search resulted in a total of 2169 references, leading to 15 included studies. Most frequently, patients reported headaches, backaches, and pain in the arms and legs. Pain symptoms were associated with higher age, female gender, general living difficulties and PTSD symptoms. Cognitive behavioral therapy (CBT) and, Narrative Exposure Therapy (NET) with biofeedback, manualized trauma psychotherapy, Traditional Chinese Medicine (TCM) and Emotional Freedom Techniques were evaluated as specific interventions, resulting in positive outcomes for both pain severity and PTSD symptoms.
Conclusions: To date, the existing literature shows scarce evidence evaluating specific interventions that address the needs of traumatized refugees with chronic pain. However, the

current reported evidence allows for a preliminary evaluation of the characterizations of patient dimensions as well as promising results found in intervention studies.

Tarsha, M.S., Park, S., & Tortora, S. (2019). Body-Centered Interventions for Psychopathological Conditions: A Review. *Frontiers in Psychology, 10.*

World-wide, billions of dollars are spent each year on body-centered interventions to alleviate both physical and psychological pathologies. Given the high demand and increasing popularity of body-centered interventions, there is need for a systematic organization of empirical evidence associated with body-centered therapies. This article reviews the psychological effects of body-centered interventions on emotional well-being, including both self and other-administered (receptive) therapies. Theory behind body-centered interventions rely upon the bidirectional communication pathway between the brain and body. We investigated the bidirectional communication pathway between the brain and body by evaluating evidence across multiple body-centered therapies. The research reviewed includes studies that investigate effects of massage therapy, reflexology, acupuncture, functional relaxation, emotional freedom technique, Rolfing, yoga, tai-chi, and dance/movement therapy on psychological conditions across the lifespan. Results demonstrated that overall, massage therapy, tai-chi, dance/movement therapy, functional relaxation, reflexology, acupuncture and **emotional freedom technique** seem to alleviate stress, depression, anxiety, bipolar disorder and facilitate pain reduction. Of these, the most robust evidence available was for massage therapy, indicating it is an effective intervention for numerous age groups and populations. Rolfing and reflexology had the least amount of support, with few studies available that had small sample sizes. Although these conclusions are limited by scarcity of high-quality empirical data and contradictory findings, available evidence indicates that body-centered interventions can be effective in reducing psychopathology and supports the proposed mechanism of the bidirectional pathway between the brain and body: the body holds the potential to influence the mind. Integrating body-centered therapies in both clinical settings and as self-care could lead to better outcomes. Lastly, we propose the first taxonomy of body-centered interventions and empirical evidence of their effectiveness for clinicians and researchers.

Kalla, M., Simmons, M., Robinson, A., & Stapleton, P. (2017). Emotional Freedom Techniques (EFT) as a practice for supporting chronic disease healthcare: A practitioners' perspective. *Disability Rehabilitation. 27,* 1-9.
DOI:10.1080/09638288.2017.1306125. **[Epub ahead of print]**

Purpose: 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.
Methods: A qualitative approach was deemed suitable for this study. Eight practitioners were interviewed using semi-structured interviews via telephone or Zoom (an online video-conferencing platform). Interviews were transcribed verbatim and data was analyzed using Interpretative Phenomenological Analysis methodology.
Results and conclusion: This article presents two super-ordinate themes which 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.

Coyle, S. (2017). A role for Emotional Freedom Technique in palliative patients? Three case reports. *Supportive and Palliative Care 7*(2). doi: 10.1136/bmjspcare-2017-hospice.198

Background: 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.
Case Presentation: This case report presents three cases of emotional distress in palliative patients.
Case Management: 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.
Conclusions: 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.

Thomas, R., Cutinho, S. & Aranha, D. (2017). Emotional Freedom Techniques (EFT) Reduces Anxiety among Women Undergoing Surgery. *Energy Psychology Journal, 9(*1). DOI: 10.9769/EPJ.2017.9.1.RT

Background: 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.
Methods: Women admitted for OBG surgeries were selected through consecutive sampling. Preinterventional anxiety was assessed using the Modified Hamilton Anxiety Rating Scale, which has subscales for psychological and somatic anxiety. Fifty participants meeting the diagnostic criteria for moderate to severe anxiety were randomly assigned to experimental ($n = 25$) and control ($n = 25$) groups. Participants in the experimental group received two 10-minute sessions of EFT, the first session on the day prior to surgery and the second session on the day of surgery. Both groups received treatment as usual (TAU). Post anxiety scores were assessed immediately before participants were shifted to the operating theater.
Results: The two groups were similar at baseline. While there was no change in anxiety in the control group, anxiety scores in the EFT group dropped from 27.28 (± 2.47) to 7.60 (± 2.00) and were highly statistically significant ($p < 0.0001$). Reductions in both psychological and somatic anxiety subscales were also significant ($p < 0.002$).
Conclusion: EFT is a simple, cost effective, and evidence-based method that can be used in reducing the anxiety of patients undergoing surgery.

Benor, D. Rossiter-Thornton, J. and Toussaint, L. (2016). A Randomized, Controlled Trial of Wholistic Hybrid derived from Eye Movement Desensitization and Reprocessing and

Emotional Freedom Technique (WHEE) for self-treatment of pain, depression, and anxiety in chronic pain patients. *J Evidence-Based Complementary & Alternative Medicine*. DOI: 10.1177/2156587216659400

In this pilot study, a convenience sample of 24 chronic pain patients (17 with chronic fatigue syndrome/fibromyalgia) were randomized into WHEE treatment and wait-list control groups for 6 weeks. Assessments of depression, anxiety, and pain were completed before, during, and at 1 and 3 months after treatment. Wait-listed patients then received an identical course of WHEE and assessments. WHEE decreased anxiety ($P < .5$) and depression ($P < .05$) compared with the control group. The wait-list-turned-WHEE assessments demonstrated decreased pain severity ($P < .05$) and depression ($P < .04$) but not pain interference or anxiety. WHEE appears a promising method for pain, anxiety, and depression in patients with chronic pain, compared to standard medical care alone. Though a small pilot study, the present results suggest that further research appears warranted. An incidental finding was that a majority of patients with chronic pain had suffered psychological trauma in childhood and/or adulthood.

Church, D., & Nelms, J. (2016). Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT (Emotional Freedom Techniques). *Archives of Scientific Psychology, 4(*1), 38-48. DOI:10.1037/arc0000028

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 nonspecific factors. Thirty-seven participants with “frozen shoulder” consisting of limited range of motion (ROM) and pain were randomized into a wait list, or 1 of 2 treatment groups. ROM, pain, and the breadth and depth of psychological conditions such as anxiety and depression were assessed before and after a 30-min 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 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 ($p < .001$). 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 nonsignificant 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 5 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. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Kalla, M. (2016). Supporting chronic disease healthcare through remote Emotional Freedom Techniques (EFT) treatment and self-care: An evaluation using the WHO

determinants of health. *Energy Psychology Journal, 7*(2). DOI: 10.9769/EPJ.2016.8.1.MK

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

Stapleton., P., Chatwin., H., Shepperd, L., & McSwan, J. (2016). The Lived Experience of Chronic Pain and the Impact of Brief Emotional Freedom Techniques (EFT) Group Therapy on Coping. *Energy Psychology: Theory, Research, and Treatment, 8*(2), 18-28.

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 pretest to posttest, and a significant improvement in their overall psychological distress from pretest to posttest (–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 pretest to posttest. 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.

Babamahmoodi, et al. (2015). Emotional freedom technique (EFT) effects on psychoimmunological factors of chemically pulmonary injured veterans. *Iran Journal of Allergy, Asthma, and Immunological Disorders 14*(1), 37-47.

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.

Baker, B. & Hoffman, C. (2015). Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation. *European Journal of Integrative Medicine 7*(2), 136-42. DOI:10.1016/j.eujim.2014.10.004

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.
Methods: Participants (n = 41) received a three-week course of EFT, consisting of one session of three hours per week, followed by use of the self-tool over the next nine weeks as required. Self-report questionnaires were used to assess mood, pain, fatigue, endocrine (menopausal) symptoms and hot flushes and night sweats, together with a hot flush diary, at baseline and at 6 and 12 weeks. Participants also completed 7-day home practice sheets for the first six weeks, a feedback form at six weeks and were invited to attend a follow-up focus group at eight weeks.
Results: Statistically significant improvements in Total Mood Disturbance (p = 0.005; p = 0.008), and anxiety (p = 0.003; p = 0.028), depression (p = 0.006; p = 0.020) and fatigue (p = 0.008; p = 0.033) occurred at both 6 and 12 weeks, respectively, compared to baseline. In addition, mean fatigue interference and global scores, numbers of hot flushes and the hot flush problem rating score decreased at 6 and/or 12 weeks.
Conclusions: These preliminary findings suggest that EFT may be an effective self-help tool for women with breast cancer experiencing side effects from hormonal therapies.

Church, D. (2014). Reductions in Pain, Depression, and Anxiety Symptoms After PTSD Remediation in Veterans*. Explore: The Journal of Science and Healing, 10*(3), 162-69.

A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after Emotional Freedom Techniques (EFT). Although pain,

depression, and anxiety were not the primary targets of treatment, significant improvements in these conditions were noted. Subjects ($N = 59$) received six sessions of EFT coaching supplementary to primary care. They were assessed using the SA-45, which measures nine mental health symptom domains and also has two 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 up at three and six months, revealing significant relationships between PTSD, depression, and anxiety at several assessment points. At follow-up, pain remained significantly lower than at pretest. The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and pain levels drop. The ability of EFT to produce reliable and long-term gains after relatively brief interventions indicates its utility in reducing the estimated trillion-dollar cost of treating veteran mental health disorders in the coming years.

Church, D., & Brooks, A. J. (2014). CAM and energy psychology technique remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing, 10*(1), 24-33.

A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after EFT (Emotional Freedom Techniques). Although pain, depression, and anxiety were not the primary targets of treatment, significant improvements in these conditions were noted. Subjects (N = 59) received 6 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 at pretest. The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and pain levels drop. The ability of EFT to produce reliable and long-term gains after relatively brief interventions indicates its utility in reducing the estimated trillion-dollar cost of treating veteran mental health disorders in the coming years.

Church, D., & Palmer-Hoffman, J. (2014). TBI symptoms improve after PTSD remediation with Emotional Freedom Techniques. *Traumatology, 20*(3), 172-181.

A group of 59 veterans with clinical levels of posttraumatic stress disorder (PTSD) symptoms received emotional freedom techniques (EFT) coaching in a randomized controlled trial. A significant percentage dropped below the clinical threshold after 6 sessions of EFT (86%, p < .0001) and remained subclinical at 3-month and 6-month follow-ups. Traumatic brain injury (TBI) and somatoform symptoms isolated from the data set for detailed analysis are presented in the current paper. Compared with pretest, significant reductions in TBI symptoms were found after 3 sessions, with a further reduction after 6 months (–41%, p < .0021). Participant gains were maintained on 3-month and 6-month follow-ups (p < .0006). These results point to the poorly defined distinction between TBI and PTSD symptoms, the potential for partial TBI rehabilitation as a sequel to successful PTSD treatment, and the possibility of long-term maintenance of clinical gains.

Ningsih, S., Karim, D. , Sabrian, F. (2015). Efektivitas terapi Emotional Freedom Technique (EFT) Terhadap Kecemasan Pasien Kanker Payudara Stadium II Dan II. (Effectiveness of Emotional Freedom Technique (EFT) on patient anxiety in stage II and III breast cancer). *Online Student Journal (JOM) in Nursing, 2*(2).

This study used a quasi-experimental design with a non-equivalent control group. The study was conducted at the Arifin Achmad Hospital in Pekanbaru, Indonesia. Purposive sampling technique with inclusion criteria was used to recruit 30 respondents. The instrument in this study used in both groups was a questionnaire that has been tested for validity and realibility. The data were analyzed using paired sample t-test and independent sample t-test. The results in experimental group showed p value (0.005) <Î± (0.05), indicating that EFT was effective to decrease anxiety in breast cancer patient. Based on this result, it is recommended that health

providers especially nurses use Emotional Freedom Technique (EFT) therapy as one of non-pharmacological therapies to decrease anxiety.

Ortner, N., Palmer-Hoffman, J. & Clond, M.A. (2014). Effects of Emotional Freedom Techniques (EFT) on the reduction of chronic pain in adults: A pilot study*. Energy Psychology Journal 6*(2). DOI 10.9769/EPJ.2014.11.2.NO.JH.MC

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.

Bougea, A. M., Spandideas, N., Alexopoulos, E. C., Thomaides, T., Chrousos, G. P., & Darviri, C. (2013). Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension-Type Headache Sufferers: A Randomized Controlled Trial. *EXPLORE: The Journal of Science and Healing, 9*(2), 91-99. DOI:10.1016/j.explore.2012.12.005.

Objective: To evaluate the short-term effects of the emotional freedom technique (EFT) on tension-type headache (TTH) sufferers.
Design: We used a parallel-group design, with subjects randomly assigned to the emotional freedom intervention (n = 19) or a control arm (standard care n = 16).
Setting: The outpatient Headache Clinic at Korgialenio Benakio Hospital of Athens.
Participants: Thirty-five patients meeting criteria for frequent TTH according to International Headache Society guidelines were enrolled.
Intervention: Participants were instructed to use the EFT method twice a day for two months.
Outcome Measures: Study measures included the Perceived Stress Scale, the Multidimensional Health Locus of Control Scale, and the Short-Form questionnaire-36. Salivary cortisol levels and the frequency and intensity of headache episodes were also assessed.
Results: Within the treatment arm, perceived stress, scores for all Short-Form questionnaire-36 subscales, and the frequency and intensity of the headache episodes were

all significantly reduced. No differences in cortisol levels were found in any group before and after the intervention.
Conclusions: EFT was reported to benefit patients with TTH. This randomized controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.

Hodge, P. (2011). A Pilot Study of the Effects of Emotional Freedom Techniques in Psoriasis. *Energy Psychology: Theory, Research & Treatment, 3*(2).

The documented relationship between stress and psoriasis suggests that noninvasive means of stress reduction may improve quality of life in persons with psoriasis.
Objectives: The purpose of this study was to (a) educate persons with psoriasis in the use of the innovative, self-applied, noninvasive emotional healing intervention Emotional Freedom Techniques (EFT) and (b) test its effects on psoriasis symptoms.
Method: A time series, within-subjects, repeated measures design was used. Persons with psoriasis (n = 12) were taught EFT in a 6-hr workshop and instructed to use EFT daily. Symptoms were measured using the Skindex-29 questionnaire. Psychological conditions were assessed using the Symptom Assessment-45 (SA-45), which has 9 subscales, and two general scales for the severity (GSI) and breadth (PST) of psychological distress. Participants were assessed pre-intervention, post intervention, and at 1 and 3 month follow-ups. Psychological symptom severity (GSI) improved post-workshop, demonstrating both clinical (raw score) and statistical significance (-56.43%, p=.043). Improvements (T score) (-50.67%, p=.002) were sustained at three 3-month follow-up (-50.54%, p=.001; -38.43%; p=.002). Symptom breadth (PST) also improved post-workshop clinically (-49.24%, p=.005), and that improvement was sustained over time (-46.93%, p=.019). Skindex-29 scores indicated improvements in emotional distress (-41.56%, p=.002), symptoms (-49.05%; p=.001), and functioning (-58.31%; p=.001) post-workshop, with changes over time to -80.56% (p=<.001), -74.95% (p=<.001), and -89.99% (p=.001) respectively, and at 3 months. Differences by gender were found in psychological symptom severity and skin-related symptom distress.
Conclusion: Participants experienced significant improvement in functioning and psychological, emotional, and physical symptoms.

Church, D. (2010). Your DNA is Not Your Destiny: Behavioral Epigenetics and the Role of Emotions in Health*. Anti Aging Medical Therapeutics, 13.*

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 acetylization. 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.

Church, D. & Brooks, A. (2010). The Effect of a Brief EFT (Emotional Freedom Techniques) Self-Intervention on Anxiety, Depression, Pain and Cravings in Healthcare Workers. *Integrative Medicine: A Clinician's Journal,* (2010), Oct/Nov.

This study examined a cross section of 194 healthcare professionals, including physicians, nurses, psychotherapists, chiropractors, psychiatrists, alternative medicine practitioners, and allied professionals. It 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 subjects' levels of anxiety, depression, and other psychological symptoms. The study utilizes a within-subjects, time-series, repeated measures design. It evaluates symptoms using the SA-45, a well-validated 45 item questionnaire. Besides measuring the breadth and intensity of psychological distress, this instrument has nine subscales for specific conditions, including anxiety and depression. It was administered to subjects before and after an EFT demonstration and self-application that lasted about 90 minutes. Subjects also self-reported physical pain, emotional distress, and cravings on a 10 point Likert-type scale. The SA-45 followup was administered 3 months later, to determine whether any improvement held over time. Subjects received a single page homework EFT reminder sheet, and their frequency of practice was tracked at followup. EFT self-application resulted in statistically significant decreases in pain, emotional distress, and cravings, and improvements for all nine subscales. On the two general scales on the SA-45, symptom severity dropped by 34%, and symptom breadth by 40% relative to normal baselines (both $p<.001$). Pain scores dropped by 68%, the intensity of traumatic memories by 83%, and cravings by 83% (all $p<.001$).

Swingle, Paul. (2010). Emotional Freedom Techniques (EFT) as an Effective Adjunctive Treatment in the Neurotherapeutic Treatment of Seizure Disorders*. Energy Psychology: Theory, Research, & Treatment, 2*(1), 29-38.

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 Techniques (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.

Connais, C. (2009). The effectiveness of emotional freedom technique on the somatic symptoms of fibromyalgia, 3372777 Psy.D. United States e Colorado: The

University of the Rockies. Retrieved from http://0-search.proquest.com.prospero.murdoch.edu.au/docview/305082332?accountid¼12629.

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.
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 indicated overall improvement for the treatment group.

Look C., Larson Z. (2009). Emotional Freedom Techniques (EFT) for Cerebral Palsy. *International Journal of Healing & Caring, 9(*3):1-8.

Zachary, a 24 year-old man who was born with cerebral palsy, suffered from speech impairment and weakness with poor coordination on the left side of his body, plus garbled hearing in his left ear. He had physiotherapy, speech therapy and surgically-induced deafness in his left ear, all of which produced helpful but only modest improvements. His auditory processing and speech were so impaired that he was placed in classes for the hearing impaired. At age 22 he learned Emotional Freedom Techniques (EFT), which produced marked improvements in his abilities to coordinate the left side of his body and to communicate verbally and through sign language.

Pasahow, R. (2009). Energy Psychology and Thought Field Therapy in the treatment of tinnitus. *Int Tinnitus Journal, 15*(2):130-133.

Numerous treatment modalities for decompensated tinnitus incorporate psychological principles. Procedures of energy psychology and thought field therapy are introduced in two case studies. Data were collected from psychotherapy sessions and psychological tests. Two case studies demonstrated that thought field therapy reduces symptoms of depression and anxiety in decompensated tinnitus patients. The methods of thought field therapy can be taught to non-mental health professionals. Audiologists and psychotherapists should collaborate to develop more efficacious treatments.

Church, D. (2008a). Measuring physiological markers of emotional trauma: A randomized controlled trial of mind-body therapies. Paper presented at tenth annual ACEP (Association for Comprehensive Energy Psychology) conference, May 2008).

The effect of emotional trauma on physiological functioning has been documented in a number of studies. Unresolved trauma, even 50 years subsequent to traumatization, has been correlated with higher rates of bone fractures, cancer, heart disease, hypertension, diabetes, and other ailments. The current study examines the reverse correlation, to determine whether the treatment of emotional trauma has an effect on physiological function. It examined the range of motion (ROM) of the shoulders of subjects with clinically verified joint impairments, which typically take months or years to resolve, in five different planes of

arm movement. Psychological conditions such as anxiety and depression were measured using a 45 question self-assessment, the SA-45. Pain was measured on a 10 point Likert-type scale. Subjects received a single 30 minute intervention after being randomized into either an Emotional Freedom Techniques (EFT) group (16 subjects) or a Diaphragmatic Breathing (DB) group (18 subjects). Thirteen subjects served as a no treatment baseline control group. Subjects demonstrated improvement in psychological symptoms and ROM in both the DB and EFT groups. Results for pain were better in the EFT group, and further improved on 30 day post-test. ROM for both groups continued to improve post-test, but were greater for the EFT group. This exploratory study found that to achieve statistical significance, an N of 40-60 in each group is required.

Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal,* August/September 2008.

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.

Callahan, J. (2004). Using Thought Field Therapy® (TFT) to support and complement a medical treatment for cancer: A case history. *The International Journal of Healing and Caring, 4*(3).

"Tessa" was diagnosed with a stage four mixed small and large cell follicular non-Hodgkin's lymphoma at age 51. She was treated at Dr. Burzynski's clinic in Houston, Texas. Her treatment was supported by Thought Field Therapy® (TFT) procedures such as eliminating the trauma and anxiety associated with having cancer as well as treatments for Psychological Reversals (PR), which is assumed to promote greater bioenergy healing flow. Unpleasant side effects of necessary medications were also greatly reduced or eliminated with a treatment recently developed by Dr. Callahan, who founded and developed TFT. The combined treatments were successful and she has been cancer free for a year and a half.

Callahan, R. (2001a). Raising and lowering HRV: Some clinical findings of Thought Field Therapy*. Journal of Clinical Psychology, 57*(10), 1175-86.

This clinical report presents some of the findings in Thought Field Therapy (TFT) that show both raising and lowering of heart rate variability (HRV). TFT algorithms are effective, but the specificity of diagnosed treatment gives results that are superior to algorithms. Some TFT treatments take only seconds to yield improved results on HRV. Toxins can undo a cured problem and lower HRV. TFT can overturn the effect of some toxins. It is hypothesized that TFT works by inputting a specific code that addresses and effects the healing system. HRV may be a measure of general physical and mental health.

Callahan, R. (2001b). The impact of Thought Field Therapy on heart rate variability. *Journal of Clinical Psychology, 57*(10), 1153-1170.

Thought Field Therapy (TFT) is a rapid treatment for psychological problems typically taking only minutes. HRV has been shown to be a strong predictor of mortality and is adversely affected by such problems as anxiety, depression, and trauma. Interventions presented in the current literature show modest improvements in HRV. Twenty cases, treated by the author and other therapists with TFT, are presented. The cases include some with diagnosed heart problems and very low HRV, which is ordinarily more resistant to change. The degree of improvements that are registered on HRV as a result of TFT treatment exceeds reports found in the current literature. There is a close correspondence between improved HRV and client report of reduced degree of upset. HRV may prove to be an appropriate objective measure of psychotherapy efficacy given the correspondence between client report and HRV outcome. Further research in TFT and HRV is encouraged by these results.

Pignotti, M., & Steinberg, M. (2001). Heart rate variability as an outcome measure for Thought Field Therapy in clinical practice*. Journal of Clinical Psychology, 57*(10), 1193-1206.

The need for empirical, objective, clear, and practical outcome measures for therapy has long been recognized by clinicians and researchers. Pragmatic tools for objective determination of the efficacy of therapy have been scarce in clinical practice settings. Heart rate variability (HRV) is increasing in popularity for use in clinical settings as a measure of treatment success. Since HRV is stable and placebo-free, it has the potential to meet this need. Thirty-nine cases are presented from the clinical practices of the authors and three other clinicians where HRV was used as an outcome measure for Thought Field Therapy (TFT). The cases included TFT treatments which addressed a wide variety of problems including phobias, anxiety, trauma, depression, fatigue, attention deficit hyperactivity disorder, learning difficulties, compulsions, obsessions, eating disorders, anger, and physical pain. A lowering of subjective units of distress was in most cases related to an improvement in HRV.

Personal Development

Feinstein, D. (2021). Perceptions, reflections, and guidelines for using energy psychology: A distillation of 800+ surveys and interviews with practitioners and clients. Energy Psychology: Theory, Research, and Treatment, 13(1), 13-46. Link.

Energy psychology is a modality for facilitating personal development that is increasingly being used in clinical settings as well as on a self-help basis. Credible estimates suggest that the number of therapists who are incorporating at least some Energy Psychology methods into their practices has grown into the tens of thousands, encompassing a wide range of theoretical orientations. More than 800 psychotherapists, counselors, or life coaches who use Energy Psychology have participated in online surveys or systematic interviews in 15 separate studies focusing on various aspects of the practice. From these investigations, as well as from client reports, the current study identifies and explores the following themes: speed, breadth, safety, therapeutic alliance, enhanced intuitive access, and spiritual attunement. In addition, nine implications for clinical practice were derived and are discussed under the topics of Treatment Focus, Use of Language, Resonance, Time Orientation, Cautions, Resistance to Tapping, Countertransference, Self-Help Applications, and Integrating Energy Psychology with Other Techniques.

Friedman, P. (2021). Digital assessment and tracking, life balance, emotional stability, well-being, spiritual awakening, anxiety and depression: A practice-based evidence approach to change in psychotherapy. *International Journal of Healing and Caring*, 21(2).

This article discussed the use of a digital assessment and tracking approach to life balance, emotional stability, well-being, spiritual awakening, anxiety and depression. Using Pragmatic Tracker (PT) and Blueprint (BP) 6 Friedman Scales plus outcome measures were presented to demonstrate how to administer, score, record, track and graph changes during psychotherapy session by session. 18 tables and graphs of change were shown. A case study of a distressed couple showed different trajectories of change for the husband and wife. The couple reported that tapping, the "psychological uplifter' and Friedman's "Forgiveness Solution" book were powerful variables for change. Pragmatic Tracker (PT) and Blueprint (BP) which are both available on computer, tablet, or cell phone were compared for similarities and differences. Both Pragmatic Tracker (PT) and Blueprint (BP) present very colorful graphs of change on their websites and are HIPAA compliant.

Church D, Stapleton P, Sabot D. (2020). App-Based Delivery of Clinical Emotional Freedom Techniques: Cross-Sectional Study of App User Self-Ratings. *JMIR Mhealth Uhealth.* 270,46122*14;8*(10):e18545. doi: 10.2196/18545. PMID: 32862128; PMCID: PMC7593862.

Background: 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. **Objective:** 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. The Tapping Solution App guides users through the therapeutic protocols of Clinical Emotional Freedom Techniques (EFT), an

evidence-based psychophysiological intervention that combines acupressure with elements of cognitive and exposure therapies.
Methods: 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. App user data for 23 tapping meditations, which addressed psychological symptoms of anxiety and stress, were gathered between October 2018 and October 2019, totaling 380,034 completed app sessions.
Results: Across 12 anxiety-tapping meditations, the difference in emotional intensity ratings from presession (mean 6.66, SD 0.25) to postsession (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 postsession (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.
Conclusions: 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.

Leskowitz, E. (2020). A cartography of energy medicine: From subtle anatomy to energy physiology. *EXPLORE.* PMID: 33168457 DOI: 10.1016/j.explore.2020.09.008

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.

Leskowitz, E. (2020). Phantom limb pain: The role of prana and the koshas. 18. 4. *Elements: Ayurveda Health and Nutrition 18*(1):4, 2020. https://www.researchgate.net/publication/265339050_Phantom_Limb_Pain_An_EnergyTrauma_Model

Phantom limb Pain (PLP) is a form of chronic post-amputation neuropathic pain that responds poorly to treatment interventions derived from the neuroanatomic understanding of pain and analgesia. However, several novel treatments that are based on an "energy medicine" or -*prana*-based model appear to be quite promising.
The successful use of a form of *kosha* balancing called Therapeutic Touch to treat PLP led to the formulation of the biofield hypothesis of PLP. Similarly, an intervention called Emotional Freedom Technique (EFT), based on manual stimulation of acupuncture points (in effect, the terminal points of the *nadis*) has been effective with PLP patients. EFT works by defusing the intense emotions that usually follow traumatic amputations, but which are not typically addressed in the post-surgical phase of rehabilitation. EFT is also proving to be effective in treating post-traumatic stress disorder in other settings, even in the absence of amputation or physical injury. Finally, another energy-based therapy that is well-accepted - acupuncture - has been successful in treating PLP when the invisible phantom is needled(!).
Because of energy medicine's efficacy with PLP, a speculative trauma/energy model for the etiology of PLP is proposed. By re-conceptualizing the phantom limb experience as a disturbance in the *pranamaya kosha* rather than as a defect of neuroplasticity, the efficacy of *prana*-based interventions begins to make sense. This model helps to explain several anomalous aspects of PLP, as well as the clinical efficacy of energy therapies. This is an example of how the use of an Ayurvedic conceptual model can enhance the standard bio-medical approach to this challenging clinical problem.

Weisfeld, C.C., Dunleavy, K. (2020). Strategies for managing chronic pain, chronic PTSD, and comorbidities: Reflections on a case study documented over ten years. *J Clin Psychol Med Settings 28,* 78–89. https://doi.org/10.1007/s10880-020-09741-5

Chronic pain and chronic PTSD are often comorbid sequelae in patients who have experienced life-threatening experiences such as combat, assaults, or motor vehicle accidents, presenting lifelong challenges for patients and for medical management in all settings. This article briefly reviews four models for exploring the interrelationships of chronic pain and chronic PTSD. The article presents a longitudinal case study, documented over 10 years, of a patient with chronic back pain, and delayed-onset chronic PTSD related to sexual trauma experienced as a young adult. Data from the case study are examined for evidence in support of the chronic pain/chronic PTSD models. There is evidence to support all four models, with considerable evidence supporting the Mutual Maintenance Model (Sharp & Harvey, in Clinical Psychology Review 21(6): 857–77, 2001). Data show significant recovery over time from both conditions with improvements in function, work, and relationships, in response to Psychodynamic Therapy (PDT), Cognitive Behavioral Therapy (CBT), and hypnotic interventions, physical therapy, and pilates-based exercise. Notably, both chronic conditions were addressed simultaneously, with providers working collaboratively and sharing information through the patient. Emphasis is on non-pharmaceutical rehabilitative trauma-informed and patient-centered approaches to care.

Phobias and Fear

Zhou, J., Zhu, Z., Li, R., Guo, X., & Li, D. (2025). Comparative efficacy of non-pharmacological interventions on fear of childbirth for pregnant women: a systematic review and network meta-analysis. *Frontiers in Psychology, 16*, 1530311. https://doi.org/10.3389/fpsyg.2025.1530311

Objective: To explore effectiveness of non-pharmacological interventions in fear of childbirth.
Methods: All published literature were searched from three databases (Pubmed, Cochrane CENTRAL, and Web of Science) as of April 2024. The risk of bias of the included studies was assessed using the Cochrane Systematic Review Manual 2.0 bias risk assessment tool. The primary outcome was FOC, the secondary outcomes were depression, anxiety, stress, childbirth self-efficacy, and mode of delivery.
Results: This study included 32 randomized controlled trials, involving 17 interventions and 3,187 pregnant women. Compared with usual care, cognitive-behavioral therapy (SMD = –1.62, 95%CI –2.47 to –0.66), haptonomy (SMD = –1.43, 95%CI –2.63 to –0.24), motivational interview (SMD = –1.35, 95%CI –2.35 to –0.35), counseling therapy (SMD = –1.08, 95%CI –1.91 to –0.25) statistically and significantly improved fear of childbirth in gestational period. Emotional freedom technique (SMD = –3.13, 95%CI –5.00 to –1.26), counseling therapy (SMD = –1.81, 95%CI –2.97 to –0.80), haptonomy (SMD = –1.78, 95%CI –2.89 to –0.66), cognitive-behavioral therapy (SMD = –1.42, 95%CI –2.53 to –0.32), motivational interview (SMD = –1.28, 95%CI –2.37 to –0.19) statistically and significantly improved fear of childbirth in postnatal period. The cluster analysis showed that emotional freedom technique, haptonomy, motivational interview, cognitive-behavioral therapy, counseling therapy were considered to be more effective non-pharmacological interventions.
Conclusion: Several non-pharmacological interventions are promising in the daily care of pregnant women with fear of childbirth. Healthcare professionals should be encouraged to apply these non-pharmacological interventions for informal caregivers of pregnant women with fear of childbirth.

Emadi, S., Hekmat, K., Abedi, P. & Maraghi, E. (2024). Effect of emotional freedom technique on the fear of childbirth in Iranian primiparous women: a randomized controlled trial. *Front. Psychol.,*Sec. Psychology for Clinical Settings. Volume 14. | https://doi.org/10.3389/fpsyg.2023.1145229

Background: Fear of childbirth is one of the main causes of women's emotional difficulty experienced in the perinatal period, especially those having their first child.
Objective: The aim of this study was to investigate the effect of emotional freedom technique (EFT) on the fear of childbirth among primiparous women in Ahvaz, Iran.
Materials and methods: This randomized clinical trial was conducted on 116 primiparous women. The participants were randomly divided into intervention ($n = 58$) or control ($n = 58$) groups. The intervention group received daily stimulation of certain points in their body for 12 weeks using EFT. The fear of childbirth was measured at the beginning of the study and 12 weeks after the intervention using the Wijma Delivery Expectancy/Experience Questionnaire (WDEQ-A) and at the first postpartum visit with WDEQ-B. Data were analyzed using independent *t*-test, paired *t*-test, Chi-square or Fisher's exact test, and analysis of covariance (ANCOVA).
Results: After intervention, the mean score of fear of childbirth in the intervention group decreased from 49.39 ± 8.21 to 40.42 ± 13.43 ($p < 0.0001$), while the same rate in the control

group increased from 49.47 ± 9.06 to 52.09 ± 7.73 ($p = 0.002$). The mean score of fear of childbirth after delivery in the control group (45.88 ± 7.10) was higher than that in the intervention group (27.13 ± 5.08) ($p < 0.0001$).
Conclusion: Based on the findings of this study, EFT can be considered as an effective method to reduce the fear of childbirth score in primiparous women.

Wittfoth, D., Beise, J., Manuel, J. Bohne, M. & Wittfoth, M. (2022). Bifocal emotion regulation through acupoint tapping in fear of flying. *NeuroImage: Clinical, 34,* 102996.
https://doi.org/10.1016/j.nicl.2022.102996.
https://www.sciencedirect.com/science/article/pii/S2213158222000614

Very few studies have investigated the neural underpinnings of bifocal-multisensory interventions such as acupoint tapping (tapping) despite their well-documented efficacy. The present study aims to investigate the neural and behavioral responses to tapping during the perception of phobic and generally fear-inducing stimulation in a group of participants with fear of flying. We studied 29 flight-phobic participants who were exposed to phobia-related, fear-inducing and neutral stimulation while undergoing fMRI and a bifocal-multisensory intervention session consisting of tapping plus cognitive restructuring in a within-subject design. During tapping we found an up-regulation of neural activation in the amygdala, and a down-regulation in the hippocampus and temporal pole. These effects were different from automatic emotion regulatory processes which entailed down-regulation in the amygdala, hippocampus, and temporal pole. Mean scores (±SD) on the Fear of Flying scale dropped from 2.51(±0.65) before the intervention to 1.27(±0.68) after the intervention ($p < .001$). The proportion of participants meeting the criteria for fear of flying also dropped from 89.7 percent before the intervention to 24.0 percent after the intervention ($p < .001$). Taken together, our results lend support to the effectiveness of tapping as a means of emotion regulation across multiple contexts and add to previous findings of increased amygdala activation during tapping, as opposed to amygdala down-regulation found in other emotion regulation techniques. They expand on previous knowledge by suggesting that tapping might modulate the processing of complex visual scene representations and their binding with visceral emotional reponses, reflected by the down-regulation of activation in the hippocampus and temporal pole. Bifocal emotion regulation was useful in ameliorating aversive reactions to phobic stimuli in people with fear of flying.

Amal S Al Awdah*., et al.* (2021). The effect of Thought Field Therapy on dental fear among Saudi women during restorative treatment." *EC Dental Science* 20.5 (2021): 78-85.
https://www.ecronicon.com/ecde/ECDE-20-01660.php

Background: This study aimed to evaluate the moderating effect of Thought Field Therapy (TFT) on dental fear and to compare this therapy with other non-medical fear-reduction methods.
Materials and Methods: We enrolled 160 Saudi women who had presented to King Saud University College of Dentistry Primary Clinics for restorative dental treatment. The participants were randomly assigned into four groups of 40, each of which was subjected to a different fear management treatment: TFT; Tell, Show, and Do (TSD) technique; Control Shift (CS); or a negative control (NG) in which no fear-reduction method was used. Each participant completed a pre-operative questionnaire and a post-operative questionnaire immediately after the dental procedure. Both questionnaires measured dental fear, pulse rate, and blood pressure. Data

were collected and analyzed using the Statistical Package for the Social Sciences program.
Results: The dental fear survey score for the tested sample was 44/100, indicating moderate dental fear. The TFT group showed significantly low dental fear ($p < 0.05$) after treatment, whereas the TSD and Control Shift groups showed significantly high blood pressure and pulse rate ($p < 0.05$). Approximately 65% patients in the TFT group would recommend this method to reduce fear; 57% patients in the TSD groups were satisfied, and 55% patients in the Control Shift group were satisfied. Only 25% patients in the negative control group were satisfied (25%).
Conclusion: TFT was more effective than both TSD and CS in reducing dental fear.

Wittfoth, D., Pfeiffer, A., Bohne, M., Lanfermann, H., & Wittfoth, M. (2020). Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli. *BMC neuroscience*, *21*(1), 47. https://doi.org/10.1186/s12868-020-00597-x

Background: 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.
Results: 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.
Conclusions: 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.

Xanthou, A. (2020). The Effectiveness of "EFT - Emotional Freedom Techniques" in people with phobias. *Dialogues in Clinical Neuroscience and Mental Health, 3*(1). DOI: https://doi.org/10.26386/obrela.v3i1.173.

This research is a qualitative study that investigates the experience, symptoms and difficulties faced by people with phobias and the effectiveness of EFT-Emotional Freedom Techniques as a treatment method. Seven people who re- ceived an EFT session for their phobia participated in this survey. For the participants' interviews, the researcher used a semi-structured interview guide and the Interpretation Phenomenological Analysis method to process the data. The results showed that EFT is a significant and effective treatment and self-assistance method, with a range of effects, possibly associated with a variety of factors. Specifically and practically, three people reported complete and immediate treatment, others mentioned improvement to varying degrees, while one did not comment. This research study aims to contribute to the bibliographic deficit on qualitative research concerning the EFT method. The findings could have significant expansions related to the individualized enhancement and application of EFT as a therapeutic method.

Di Rienzo, F., Saruco, E., Church, D., Daligault, S., Delpuech, C., Gurret, J. M., … Guillot, A. (2019, November 17). Neuropsychological correlates of an energy psychology intervention on flight phobia: A MEG single-case study. *PsyArXiv,* 17 Nov. 2019. https://doi.org/10.31234/osf.io/s3hce

Aim: Over 100 studies and meta-analyses of Emotional Freedom Techniques (EFT) demonstrate it to be an evidence-based treatment for anxiety, depression, and PTSD. EFT combines elements of common treatments such as exposure and cognitive therapy with the novel ingredient of acupressure. This study used magnetoencephalography (MEG) to measure brain activity in a subject with a severe fear of flying.
Materials and Methods: Before and after treatment and at 4 week follow-up, the participant was presented with both visual images and personal memories that evoked her phobia. These were compared with emotionally neutral controls. Psychometric measures included the Subjective Units of Distress (SUD) scale and Flight-Anxiety Situations questionnaire (FAS). Posttest SUD and FAS scores were reduced compared to the pretest, though gains were maintained on follow-up for SUD scores only.
Results: MEG data revealed an event-related beta desynchronization (15-30 Hz) during all experimental sessions and conditions. A linear regression analysis showed that heightened activation of a fronto-occipital cortical and cortico-cerebellar network predicted SUD scores. The results are consistent with those found in medication and psychotherapy studies of phobias and anxiety. EFT increased the ability to engage brain's frontal executive regions mediating limbic responses appraisal to stressful stimuli. EFT also downregulated the activity of limbic and cerebellar regions implicated in the fear response.
Conclusion: This study pioneers the methodology required to conduct randomized controlled trials with robust experimental designs, and identifies brain areas that are targets of interest for future research.

Vural, I. P., Aslan, E. (2019). Emotional freedom techniques and breathing awareness to reduce childbirth fear: A randomized controlled study. *Complementary Therapy in Clinical Practice. (35)*, 224-231. doi: 10.1016/j.ctcp.2019.02.011**. Epub 2019 Feb 15.**

Background: 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.
Materials and Methods: This randomized 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.
Results: 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 ($p<0.001$).
Conclusion: Both EFT and BA were observed to be beneficial in clinical practice; the EFT was found to be more effective and permanent.

Cartland, A. (2016). Emotional Freedom Techniques (EFT) remediates dental fear: A case series. *Energy Psychology Journal, 8*(2), 42-66.

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 posttest. 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 pretest and posttest. 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 ten) commonly feared dental stimuli had moved into the normal range. Pretest and posttest analysis indicated that all four of the high dental fear participants achieved reliable and clinically significant change on measures of trait dental fear and/or state dental anxiety, and, for three of them, on negative dental beliefs. These changes mean a reduction in scores away from the clinical mean toward the normal mean, of a size equal to or greater than two standard deviations of the clinical mean, and which could not be due to measurement error (that is, it is more than 1.96 times as large as the standard error of the difference) but can be trusted to be reliable using the Reliable Change Index ($RCI > 1.96$, $p < .05$). Follow-up data for the three participants that responded to the request indicated that gains were held and in some cases increased. Results are consistent with randomized controlled trials, systematic reviews, and meta-analyses showing that EFT is an evidence-based treatment for anxiety.

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

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.

Darby, D. & Hartung, J. (2012). Thought field therapy for blood-injection-injury phobia: A pilot study. *Energy Psychology Journal, 4*(1), 25-32.

Blood-injection-injury phobia, or needle phobia, may affect 10% of a population, at times leading to life-threatening impairment when people avoid needle-mediated prevention or treatment. Twenty needle-phobic persons, serving as their own controls, were treated for 1 hr with Thought Field Therapy (TFT). Symptoms were assessed using the Fear Schedule Survey and a Likert scale. SigniÞ cant improvement in symptoms was noted from pre- to posttest and on 1-month follow-up. The results are consistent with other reports of TFT"s efficacy in reducing fear symptoms and warrant the design of a randomized trial to determine whether TFT is efficacious when tested under controlled conditions.

Fitch, J., Di Girolamo, J. A., & Schmuldt, L.M. (2011). The Efficacy of Primordial Energy Activation and Transcendence (PEAT) for Public Speaking Anxiety. *Energy Psychology Journal, 4*(1). DOI: 10.9769/EPJ.2011.3.2.JF

Background: Primordial Energy Activation and Transcendence (PEAT) is one of the newer energy psychology protocols. The purpose of this study was to test the effectiveness of a PEAT protocol on individuals experiencing communication anxiety and compare results with existing protocols such as Emotional Freedom Techniques (EFT) and Thought Field Therapy (TFT).
Method: The current study (N = 82) examined the efficacy of the PEAT protocol in reducing communication anxiety by measuring anxiety using the Communication Anxiety Inventory Form State (CAI State) before and after a 20-min PEAT treatment for an experimental group and comparing the results with a control group that received no treatment.
Participants: University students enrolled in a public speaking class volunteered for participation in the study.
Results: The PEAT process produced a statistically significant downward shift in CAI State scores, relative to the control group, with a medium effect size. A qualitative content analysis of participant interviews also identified themes of effectiveness of the Basic PEAT protocol in reducing public speaking anxiety.

Conclusion: The strength of the results indicates a beneficial effect due to the PEAT treatment and that further investigation is warranted.

Fitch, J., Schmuldt, L., & Rudick, K. L. (2011). Reducing state communication anxiety for public speakers. An energy psychology pilot study. *Journal of Creativity in Mental Health, 6*(3), 178-192.

This mixed-method pilot study investigates the efficacy of implementing primordial energy activation and transcendence (PEAT) to address public speaking anxiety. Speech anxiety was significantly reduced from pretest to posttest, as measured by the Communication Anxiety Inventory State. Suggestions for future research, limitations of the current study, and interview responses from participants are included.

Jones, S., Thornton, J., & Andrews, H. (2011). Efficacy of EFT in Reducing Public Speaking Anxiety: A Randomized Controlled Trial. *Energy Psychology: Theory, Research, Treatment, 3*(1).

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.

Salas, M., Brooks, A., & Rowe, J. (2011). The Immediate Effect of a Brief Energy Psychology Intervention (Emotional Freedom Techniques) on Specific Phobias: A Pilot Study. *Explore, 7*, 155-161.

This study examined whether Emotional Freedom Techniques (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 present study utilized a cross-over design with participants (N=22) randomly assigned to either diaphragmatic breathing or EFT as the first treatment. Study measures included a behavioral approach test, Subjective Units of Distress Scale, and Beck Anxiety Inventory. EFT significantly reduced phobia-related anxiety and ability to approach the feared stimulus 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. Further study of EFT for specific phobias is warranted.

Baker, A. H., & Siegel, L. (2010). Emotional Freedom Techniques (EFT) Reduces Intense Fears: A Partial Replication and Extension of Wells et al. (2003). *Energy Psychology: Theory, Research, & Treatment, 2*(2). DOI:10.9769/EPJ.2010.2.2.AHB.LSS

Baker and Siegel inserted a no-treatment control condition in this new study and also changed the comparison condition used. In the Wells study, Diaphragmatic Breathing (which turned out to be quite similar to EFT in its effects on small animal phobias, although not as effective as EFT) was used as the sole comparison. In the Baker-Siegel study, a Supportive Interview condition in which participants were given an opportunity to discuss their fears in a respectful, accepting setting was used. It is quite similar to Rogerian Nondirective Counseling.

When Baker and Siegel compared their three groups, the results strongly supported the Wells study. As in the latter, EFT participants improved significantly from pre- to posttest in their ability to walk closer to the feared animal after having received EFT, while the other two conditions showed no improvement in this respect. With respect to the subjective measures used in the new study, EFT participants showed significant decreases on the two SUDS measures of fear, on the Fear Questionnaire, and on a special new questionnaire devised for this study (the FOSAQ). Participants in the other two conditions, Supportive Interview and No Treatment Control, showed no decrease in fear whatsoever on these subjective measures. As in the Wells study, only heart rate showed large but equal changes for each condition.

A minor drawback of the Wells study was that participants rated their expectations of success for the intervention to be used with them before they had actually been assigned to a specific intervention. This detail was corrected in the new study, where participants were told which of the 3 conditions they would receive and after the condition had been described to them only then were they asked to rate the degree to which they thought this described condition would help to reduce their fear. The results? EFT and Supportive Interview did not differ significantly in their mean expectation scores (i.e. participants thought each might help them) but despite equal expectations they did differ markedly in outcome, with EFT superior in terms of results. The Interview and No Treatment control conditions did differ significantly in terms of expectation however —participants didn't expect that the no-treatment condition where they would sit and read for 45 minutes would help them very much. Yet despite this, the Supportive Interview did no better than the no-treatment control condition in terms of results. This shows that expectation of the participant cannot explain the superior results obtained by EFT.

Baker and Siegel conducted a follow-up study after a 1.4 years lapse between the time of the original testing and the follow-up. On most measures, the significant effects for the single session of EFT still persisted after this considerable lapse of time and were superior to the results for the two comparison conditions. It is striking that only one session of EFT could still show effects almost one and half years later. This can be said of very few interventions in the field of psychology.

Schoninger, Beverly, and Hartung, John. (2010). Changes on Self-Report Measures of Public Speaking Anxiety Following Treatment with Thought Field Therapy. *Energy Psychology: Theory, Practice, Research, 2*(1), May 2010.

The effects of one 60-minute treatment with thought field therapy (TFT) on public speaking anxiety with 48 participants were studied. Participants were randomly assigned to treatment or delayed-treatment conditions and to one of 11 licensed therapists trained in TFT.

Participants receiving TFT treatment showed decreases in public speaking anxiety and increases in positive measures related to anticipation of future public speaking experiences. Participants in the delayed-treatment condition showed no improvement while on a wait list, but after treatment showed similar effects on all measures.

McCarty, W. A., (2008). Clinical Story of a 6-Year-Old Boy's Eating Phobia: An Integrated Approach Utilizing Prenatal and Perinatal Psychology with Energy Psychology's Emotional Freedom Technique (EFT) in a Surrogate Nonlocal Application. *Journal of Prenatal & Perinatal Psychology & Health, 21*(2), 117-139.

This article presents a clinical story of a one-session therapeutic intervention for a young boy's lifelong eating phobia as an example of an integrated therapeutic approach utilizing prenatal and perinatal psychology (PPN) understanding of early experiences as potential origins for life patterns and an energy psychology healing modality intervention—emotional freedom technique (EFT). Key principles of the Integrated Model and corresponding elements of an integrated therapeutic approach are presented. The session took place without the child present. Nonlocal intuitive perception, mind-to-mind communication, and a nonlocal application of EFT are discussed as integral aspects of the therapeutic approach. The notion of the Integrated PPN Practitioner is introduced.

Lambrou, P. Pratt, G., & Chevalier, G. (2005). Physiological and psychological effects of a mind/body therapy on claustrophobia. *Journal of Subtle Energies and Energy Medicine 14*(3), 239-251.

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 affect 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 ERG, 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 ERG Theta wave activity and changes in the electrical conductance between acupuncture points along a meridian pathway. The measures pre- and post-treatment on the STAT for the experimental group were significantly lower even at a two-week followup. This pilot study suggests that specific physiological and psychological changes occur for claustrophobic individuals after undergoing an energy psychology treatment. Further investigation appears warranted.

Schoninger, B. (2004). Efficacy of Thought Field Therapy (TFT) as a treatment modality for persons with public speaking anxiety. *Dissertation Abstracts International, 65* (10), 5455. (UMI No. AAT 3149748)

This study investigated the effects of one 60-minute Thought Field Therapy (TFT) session on 48 participants with public speaking anxiety. Within that group, 38 were women and 10 were men, ranging in age from 27 to 59. Their education varied from some high school to individuals who had doctoral degrees. Participants were randomly assigned to a treatment group or a delayed treatment group. There were 28 participants in the treatment group (5 males and 23 females) and 20 participants in the delayed treatment group (5 males and 15 females). They were randomly assigned to one of 11 therapists (3 men and 8 women). All therapists were licensed and trained in TFT, level II. The measurements administered by an independent assessor were subjective units of disturbance (SUD), (Wolpe, 1958), Speaker Anxiety Scale (SA Scale), (Clevenger & Halvorson, 1992) and The State-Trait Anxiety Inventory (STAI) (Speilberger, 1983). Post-treatment SUD scores decreased significantly ($p \leq .000$). In analyzing the 9 dependent measures of the SA Scale for both groups, posttreatment scores showed a significant decrease in anxiety ($p \leq .01$) and an increase in positive factors significant at the ($p \leq .000$) level except for "Wants More" ($p \leq .03$). Despite the brevity of the treatment, treatment effect sizes in this study range from .71 to 1.58. The mean effect size on overall anxiety was 1.75. Results support the effectiveness of TFT in reducing public speaking anxiety and increasing participant's positive anticipation of future public speaking experiences.

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

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 behaviorally 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 behavioral measure. These findings suggest that a single treatment session using EFT to reduce specific phobias can produce valid behavioral and subjective effects. Some limitations of the study are also noted and clarifying research suggested.

Darby, D. W. (2002). The efficacy of Thought Field Therapy as a treatment modality for individuals diagnosed with blood-injection-injury phobia. *Dissertation Abstracts International, 64* (03), 1485B. (UMI No. 3085152)

A pretest, posttest, quantitative study was conducted involving the measured efficacy of Thought Field Therapy as a useful component for the treatment of individuals diagnosed with blood-injection-injury phobia, also known as needle phobia. The study investigated whether this intervention could serve as a means of reducing or eliminating phobic symptomology. Twenty-one people diagnosed with needle phobia were recruited for the study. Participants

were individually assessed and administered the Fear Survey Schedule (FSS) to establish a baseline with respect to levels of phobic anxiety prior to treatment. Participants then received a single one-hour treatment intervention of Thought Field Therapy.
Following treatment, participants were not seen for one month, after which they were readministered the FSS as a posttest measure. Results revealed a significant difference pre- and posttreatment as measured by the Subjective Units of Distress Scale (SUDS). Although results showed no significant difference with regard to gender response, findings suggested that Thought Field Therapy may be an effective method of treatment intervention for the population studied, and possibly beneficial for other phobic populations. Future research should involve a larger population sample, examine additional manifestations of phobic anxiety, and investigate the role of post-traumatic stress disorder (PTSD) as a component of specific phobias.

Pregnancy, Premenstrual, Prenatal, Menstruation and Menopause

Çuvadar A, Günes A, Çuvadar Bas YÃ, Kehaya S. (2025). Determining the Effects of Emotional Freedom Techniques on Sexual Dysfunction and Self-Care Management in Women Diagnosed With Multiple Sclerosis. ***Brain Behav 2025 Jun;15*****(6):e70635. https://doi.org/10.1002/brb3.70635**

This study aims to determine the effects of Emotional Freedom Techniques (EFT) on sexual dysfunction and self-care in women diagnosed with multiple sclerosis (MS).
Method
This study was conducted using a pretest–posttest experimental design, including follow-up assessments to evaluate the sustainability of the intervention effects. The sample consisted of 16 women aged between 19 and 49 years who were diagnosed with MS and presented to the neurology clinic of a university hospital in Türkiye between October 2023 and September 2024. Data collection instruments included the Personal Information Form (PIF), Multiple Sclerosis Intimacy and Sexuality Questionnaire-19 (MSISQ-19), and Self-Care Management Process in Chronic Illness (SCMP-G). Repeated measures analysis of variance (ANOVA) was employed to analyze changes in sexuality and self-care over time. Statistical significance was set at $p < 0.05$.
Results
Participants received two EFT sessions per month, each lasting 60 min, together with affirmation sessions conducted at least twice a week for 10–15 min. The mean scores of all subdimensions of the MSISQ-19 reached the lowest levels by the seventh week following EFT intervention, with significant differences between time points ($p < 0.05$). Even though an improvement was observed in the social protection dimension of self-care, the mean scores for the self-protection subdimension decreased.
Conclusion
The application of EFT demonstrated positive effects on sexual functioning and self-care levels in women with MS. Therefore, EFT can be integrated into the holistic care processes of patients with MS.

Özşahin, Z., Santur, S. G., Ay, Ç. K., & Derya, Y. A. (2025). Does Emotional Freedom Techniques affect premenstrual syndrome? A randomized controlled study. *International Journal of Gynecology & Obstetrics*. https://doi.org/10.1002/ijgo.16115

Objective: The study was conducted to determine the effect of Emotional Freedom Techniques (EFT) on the severity of premenstrual syndrome (PMS).
Methods: The study was conducted as a randomized controlled trial, with a premenstrual syndrome sample comprising 78 single female students of reproductive age presenting with PMS complaints (40 in the experimental group and 38 in the control group). Students in the experimental group were interviewed individually in the week before their menstrual cycle and received two EFT sessions with a 3-day interval.
Results: The participants in the experimental group had higher post-test subjective units of experience (SUE) mean scores (experimental group mean 7.8 ± 1.7; control group mean 0.5 ± 5.7) and lower post-test PMS total (experimental group mean 76.8 ± 30.1; control group mean 127.4 ± 34.6) and subscale mean scores than the students in the control group, and the difference between the groups was statistically significant ($P<0.05$). In repeated measures analysis, time-dependent change showed statistical significance between the groups ($P<0.05$).
Conclusion: The EFT was found to be an effective non-pharmacologic intervention for coping with PMS.

Zhou, J., Zhu, Z., Li, R., Guo, X., & Li, D. (2025). Comparative efficacy of non-pharmacological interventions on fear of childbirth for pregnant women: a systematic review and network meta-analysis. *Frontiers in Psychology, 16*, 1530311. https://doi.org/10.3389/fpsyg.2025.1530311

Objective: To explore effectiveness of non-pharmacological interventions in fear of childbirth.
Methods: All published literature were searched from three databases (Pubmed, Cochrane CENTRAL, and Web of Science) as of April 2024. The risk of bias of the included studies was assessed using the Cochrane Systematic Review Manual 2.0 bias risk assessment tool. The primary outcome was FOC, the secondary outcomes were depression, anxiety, stress, childbirth self-efficacy, and mode of delivery.
Results: This study included 32 randomized controlled trials, involving 17 interventions and 3,187 pregnant women. Compared with usual care, cognitive-behavioral therapy (SMD = –1.62, 95%CI –2.47 to –0.66), haptonomy (SMD = –1.43, 95%CI –2.63 to –0.24), motivational interview (SMD = –1.35, 95%CI –2.35 to –0.35), counseling therapy (SMD = –1.08, 95%CI –1.91 to –0.25) statistically and significantly improved fear of childbirth in gestational period. Emotional freedom technique (SMD = –3.13, 95%CI –5.00 to –1.26), counseling therapy (SMD = –1.81, 95%CI –2.97 to –0.80), haptonomy (SMD = –1.78, 95%CI –2.89 to –0.66), cognitive-behavioral therapy (SMD = –1.42, 95%CI –2.53 to –0.32), motivational interview (SMD = –1.28, 95%CI –2.37 to –0.19) statistically and significantly improved fear of childbirth in postnatal period. The cluster analysis showed that emotional freedom technique, haptonomy, motivational interview, cognitive-behavioral therapy, counseling therapy were considered to be more effective non-pharmacological interventions.
Conclusion: Several non-pharmacological interventions are promising in the daily care of pregnant women with fear of childbirth. Healthcare professionals should be encouraged to apply these non-pharmacological interventions for informal caregivers of pregnant women with fear of childbirth.

Emadi, S., Hekmat, K., Abedi, P. & Maraghi, E. (2024). Effect of emotional freedom technique on the fear of childbirth in Iranian primiparous women: a randomized controlled trial. *Front. Psychol.,Sec. Psychology for Clinical Settings. Volume 14.* https://doi.org/10.3389/fpsyg.2023.1145229

Background: Fear of childbirth is one of the main causes of women's emotional difficulty experienced in the perinatal period, especially those having their first child.
Objective: The aim of this study was to investigate the effect of emotional freedom technique (EFT) on the fear of childbirth among primiparous women in Ahvaz, Iran.
Materials and methods: This randomized clinical trial was conducted on 116 primiparous women. The participants were randomly divided into intervention ($n = 58$) or control ($n = 58$) groups. The intervention group received daily stimulation of certain points in their body for 12 weeks using EFT. The fear of childbirth was measured at the beginning of the study and 12 weeks after the intervention using the Wijma Delivery Expectancy/Experience Questionnaire (WDEQ-A) and at the first postpartum visit with WDEQ-B. Data were analyzed using independent *t*-test, paired *t*-test, Chi-square or Fisher's exact test, and analysis of covariance (ANCOVA).
Results: After intervention, the mean score of fear of childbirth in the intervention group decreased from 49.39 ± 8.21 to 40.42 ± 13.43 ($p < 0.0001$), while the same rate in the control group increased from 49.47 ± 9.06 to 52.09 ± 7.73 ($p = 0.002$). The mean score of fear of childbirth after delivery in the control group (45.88 ± 7.10) was higher than that in the intervention group (27.13 ± 5.08) ($p < 0.0001$).
Conclusion: Based on the findings of this study, EFT can be considered as an effective method to reduce the fear of childbirth score in primiparous women.

Emilia E. (2024). The Effect of Spiritual Emotional Freedom Technique (SEFT) Therapy on Reducing Labor Anxiety in Primigravida. *Archives of The Medicine and Case Reports,* 5:597-600.

Labor anxiety is a psychological condition experienced by most maternity mothers. Childbirth anxiety can cause various negative impacts, such as prolonged labor, surgical delivery, and even maternal death. Spiritual emotional freedom technique (SEFT) therapy is a non-pharmacological therapy that can be used to reduce labor anxiety. This study aims to analyze the effect of SEFT therapy on reducing childbirth anxiety in primigravida. This research uses a quasi-experimental method with a pretest-posttest control group design. The research sample consisted of 26 primigravidas who were divided into two groups, namely the treatment group (13 people) and the control group (13 people). SEFT therapy was given to the treatment group for 3 sessions. The results of the study showed that there was a decrease in birth anxiety in the treatment group after being given SEFT therapy. This is indicated by the average value of labor anxiety in the treatment group, which decreased from 29.83 in the pretest to 21.77 in the posttest. Meanwhile, in the control group, the average value of labor anxiety did not change, namely 28.08 in the pretest and 28.08 in the posttest. Based on the results of this study, it can be concluded that SEFT therapy can reduce labor anxiety in primigravida.

Güven Santur, S., & Özşahin, Z. (2024). The Effects of Emotional Freedom Techniques

Implemented During Early Pregnancy on Nausea-Vomiting Severity and Anxiety: A Randomized Controlled Trial. ***Journal of integrative and complementary medicine*****.** **https://doi.org/10.1089/jicm.2023.0586**

Objective: This randomized controlled trial investigated the effect of emotional freedom techniques (EFT) on the severity of nausea-vomiting and anxiety in early pregnancy.
Design: The sample consisted of 131 pregnant women in the experimental and control groups between 6 and 16 weeks of pregnancy attending an antenatal clinic. Participants were randomly assigned to receive training on EFT or a control group. Data were collected using a personal information form, subjective experiences, the Pregnancy-Related Anxiety Questionnaire, and the Pregnancy-Unique Quantification of Emesis. Both groups attended two visits, a week apart. The participants in the EFT group received a session of EFT at each visit and completed two EFT sessions as home assignments, 2 and 4 days after the first visit. The participants in the control group attended two visits a week apart and completed assessments but did not receive EFT.
Results: There were 55 women in each group who completed the study, and the groups were similar in terms of baseline measures, including socioeconomic status, smoking status, previous pregnancy, severity of nausea-vomiting, and total pregnancy-related anxiety. EFT significantly reduced anxiety levels from the baseline to the second session (fear of delivery, worries about bearing a handicapped child, concern about one's own appearance) and total pregnancy-related anxiety (total pretest 29.85 ± 9.87, post-test 20.67 ± 8.38; $p < 0.001$), while the control group showed no reduction in pregnancy-related anxiety (total pretest 26.1 ± 7.79, post-test 25.98 ± 8.49; $p = 0.933$). Although nausea-vomiting was reduced in both groups over the two-session period, at the end of treatment, the EFT group had significantly lower nausea intensity (EFT group 4.4 ± 1.81, control group 5.36 ± 2.48; $p = 0.02$).
Conclusions: EFT is a nonpharmacologic intervention that can be effective in reducing nausea, vomiting, and anxiety in early pregnancy.

Özşahin, Z., Santur, S. G., Ay, Ç. K., & Derya, Y. A. (2025). Does emotional freedom techniques affect premenstrual syndrome? A randomized controlled study. *International Journal of Gynecology & Obstetrics*. https://doi.org/10.1002/ijgo.16115

Objective: The study was conducted to determine the effect of emotional freedom techniques (EFT) on the severity of premenstrual syndrome (PMS).
Methods: The study was conducted as a randomized controlled trial, with a premenstrual syndrome sample comprising 78 single female students of reproductive age presenting with PMS complaints (40 in the experimental group and 38 in the control group). Students in the experimental group were interviewed individually in the week before their menstrual cycle and received two EFT sessions with a 3-day interval.
Results: The participants in the experimental group had higher post-test subjective units of experience (SUE) mean scores (experimental group mean 7.8 ± 1.7; control group mean 0.5 ± 5.7) and lower post-test PMS total (experimental group mean 76.8 ± 30.1; control group mean 127.4 ± 34.6) and subscale mean scores than the students in the control group, and the difference between the groups was statistically significant ($P<0.05$). In repeated measures analysis, time-dependent change showed statistical significance between the groups ($P<0.05$).
Conclusion: The EFT was found to be an effective non-pharmacologic intervention for coping with PMS.

Mirhoseyni, F., Demehri, F., & Azizi, M. (2024). The effectiveness of Emotional Freedom Technique on menstrual pain and emotional regulation in female students. *Journal of Child Mental Health, 11(3), 68–81.* https://doi.org/10.52547/jcmh.11.3.6
http://childmentalhealth.ir/article-1-1418-en.html 10.61186/jcmh.11.3.6

Background and Purpose: Emotional freedom technique is a new method based on acupuncture, Emotion regulation and cognitive therapy that plays an essential role in eliminating energy imbalance in the body and menstrual pain, helping individual recovery. Dysmenorrhea or painful menstruation is one of the most common problems of women's diseases. The purpose of this research was to investigate the effectiveness of emotional freedom technique in reducing menstrual pain and emotion regulation in female students in student Yazd city.
Method: The research method is quasi-experimental study with a pre-test-post-test design and one control group. The population of this research includes all girls aged 12 to 18 years in Yazd city in 2023. Using random cluster sampling 30 adolescent girls in one of the Yazd governmental schools were selected and randomly replaced to experimental (n=15) and control (n=15) group. The experimental group received Emotional Freedom Technique (EFT) for 6 sessions every week for 45 minites while the control group did not receive any intervention. In this research, Persian version of the the McGill Pain Questionnaire (MPQ, Melzack 1987) were used for pre-test and post-test evaluation. In the end, the data were analyzed using multivariate analysis of covariance test in SPSS24.
Results: The results showed that emotional freedom technique has a significant effect on the reduction of menstrual pain (P>0/002) and emotional regulation (cognitive reappraisal, P<0/01, F=24/142 and suppression P<0/01 F= 21/272) in adolescent girls.
Conclusion: In general, the results indicated the significant effect of the emotion freedom technique in changing unconscious beliefs, negative emotions, and reducing menstrual pain in female students. Therefore, it is suggested that this method be taught to female students in medical centers and schools to reduce menstrual pains and improve emotional regulation.

Abedi, P., Mehdipour, A., Ansari, S. & Dastoorpoor, M. (2023). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Maturitas, 173*, p71. ISSN 0378-5122. https://doi.org/10.1016/j.maturitas.2023.04.019

Objectives: Postmenopausal women are at greater risk of depression. Depression may negatively affect the quality of life of women. 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.

Okyay, E. & Ucar, T. (2023). The effect of Emotional Freedom Technique and music applied to pregnant women who experienced prenatal loss on psychological growth, well-being, and cortisol level: A randomized controlled trial. *Archives of Psychiatric Nursing.* https://doi.org/10.1016/j.apnu.2023.04.027. https://www.sciencedirect.com/science/article/pii/S088394172300064X

This research study from Turkey explored the effects of EFT and music applied to pregnant women who had experienced prenatal loss on their psychological growth, well-being, and cortisol level. This study was a randomized controlled trial with 53 pregnant women in each of three groups: an EFT group, a music group, and a control group. The study data were collected using the Subjective Units of Disturbance Scale (SUDS), Subjective Units of Experience (SUE) Scale, Post Traumatic Growth Inventory (PTGI), and WHO-5 Well-Being Index; saliva samples were taken forortisol evaluation. EFT was applied to the women two times every other week; the women in the music group listened to music two times every other week. Throughout the week following the first intervention, the women continued the interventions at home.
Results: Both EFT and music significantly decreased the participants' subjective anxiety and salivary cortisol median scores; the lowest anxiety was in the EFT group. PTGI and WHO-5 Well-Being Index mean scores increased ($p<0.005$). Further analyses showed that EFT was more effective in terms of increasing well-being than music ($p<0.001$; $a>b>c$). It was determined that the anxiety levels and salivary cortisol median values of the control group were statistically significantly higher compared to the EFT and music groups ($p<0.001$).
Conclusion: It was found that EFT and music applied to the women who had experienced prenatal loss decreased anxiety, ensured psychological growth, improved well-being, and decreased salivary cortisol level.

Sampoornam, W. (2023). Potency of emotional freedom technique on post partum blues and parenting stress among post caesarean section mothers in selected hospitals at Erode-Partially randomized patient preference study. *International Journal of Advances in Nursing Management*, *11*(1), 78-80.
DOI: 10.52711/2454-2652.2023.00017

Context: The first months postpartum can be challenging for parents, leading to elevated symptoms of parenting stress, depression and anxiety.
Methods: The aim of this study was to compare the potency of emotional freedom technique on post partum blues and parenting stress among post caesarean section mothers. The total

sample size was 150 post partum caesarean section mothers. All study subjects were asked preferences about emotional freedom technique or standard methods of care. According to their strong preference the treatment conditions were allocated. 150 subjects were interviewed before intervention by assessing background variables. On the 2nd post caesarean section day, the subjects were assessed for postpartum blues by using Likert Am I Blue? Assessment scale and parental stress was measured by adopting parental stress scale. Experimental arm received emotional freedom technique for 30 minutes, twice a day (morning and evening) for 4 days. Control arm received standard methods of care. Posttest was conducted by using the same assessment techniques in experimental arm and control arm.
Results: Paired't' test and Unpaired't' test showed statistical significance by scaling down the symptoms of post partum blues and parenting stress in experimental arm comparatively to the control arm among post caesarean section mothers.
Conclusion: Emotional freedom technique was quite effective for curtailing the symptoms of post partum blues and parenting stress among post caesarean section mothers.

Adams, J., & Ballantyne, P. (2022). Emotional Freedom Techniques for Obstetric Violence. *AIMS Journal, 34*(2), 1–7. https://www.aims.org.uk/journal/index/34/2 No abstract.

Bakır, N., Irmak Vural, P., & Körpe, G. (2021). The effects of Emotional Freedom Techniques on coping with premenstrual syndrome: A randomized controlled trial. *Perspectives in Psychiatric Care*, 1– 10. https://doi.org/10.1111/ppc.12957

Purpose: The present study evaluated the efficacy of Emotional Freedom Techniques (EFT), commonly called "tapping," for premenstrual (PMS) symptoms.
Design and Methods: 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.
Findings: 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 ($p<0.05$).
Practice Implications: 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.

Hidayati, A., Emila, O., Dewi, F., Sumarni, S. 2021. Spiritual Emotional Freedom Technique (SEFT) improved autonomic nervous activity in primipara. *Bali Medical Journal 10*(1): 361-365. doi:10.15562/bmj.v10i1.2178 https://www.balimedicaljournal.org/index.php/bmj/article/view/2178

Introduction: Anxiety is one of prevalent mental disorders in pregnant women and causes alteration in autonomic nervous system (ANS) function and cardiovascular system adaptation. It could potentially lead to increased risk of maternal complications and morbidity. SEFT had been known to lower anxiety level and autonomic nervous system activity but its application in pregnant women is still debated. Therefore, this study aimed to assess the effectiveness of SEFT in primipara women.
Method: a quasi-experimental, non-equivalent control group study was conducted in Bantul

District, Yogyakarta, Indonesia involving primipara who fulfilled the research criteria. SEFT was performed at the 9th month of pregnancy and 1 week before the estimated date of delivery. LF/HF ratio was assessed and compared in the two groups as representation of HRV and autonomic nervous activity.
Results: 62 primiparous women were enrolled in this study and divided equally to the intervention and control group. This study showed that the LF/HF ratio was already different between the two groups at the beginning of the study. However, while the mean of LF/HF ratio was decreasing in the intervention group, an increasing trend was observed in the control group. Finally, the comparison of the mean difference between the two groups revealed that SEFT significantly lowered the ratio of LF/HF in primipara, thus improving the HRV.
Conclusion: SEFT effectively lowered LF/HF ratio in primipara women which might indicate a better balance between sympathetic and parasympathetic nerve responses. However, further study should be conducted to validate the application of SEFT in pregnant women with anxiety.

Mehdipour, A., Abedi, P., Ansari, S. and Dastoorpoor, M. (2021). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Journal of Complementary and Integrative Medicine,* May 2021. https://doi.org/10.1515/jcim-2020-0245

Objectives: Postmenopausal women are at greater risk of depression. Depression may negatively affect the quality of life of women. 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.
Methods: This was a randomized 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 inter-vention. The control group received training on sham acupressure points similar to the intervention group. Data collected using a demographic and BDI2. Women requested to complete the BDI2 before and after the intervention. The independent t-test, chi-square, and ANCOVA were used to analyze data.
Results: 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±2.79to 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).
Conclusions: 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.

Uma, D.T. & Safreena, I. (2021). A quasi experimental study to appraise the perceived competency and effect of emotional freedom technique on postpartum blues among postnatal mothers in selected hospitals, Chennai. *TNNMC Journal of Obstetrics and Gynaecological Nursing, 9*(1), 7 – 13. Online ISSN : 2456-7027. https://tinyurl.com/hkd37fah

Background: A mother's joy begins as new life is stirring inside; when a tiny heart beat is heard for the first time, and a playful kick remains her that she is never alone. The delivery of a child yields excitement and joy, and the new mother is expected to welcome her new responsibility with happiness. For some, this new responsibility may not be an enjoyable experience because of ignorance or mishandling of postpartum psychological health. Postnatal mothers may struggle with their mental health as they transit to motherhood.
Aim: To assess the effect of Emotional Freedom Technique on level of Postpartum blues.
Material and methods: Quasi experimental pertest post-test with control group design was adopted and the samples consist of 30 postnatal mothers. Edinburgh postnatal depression scale was used to assess the postpartum blue level.
Results: Only 13.3% of the postnatal mothers had adequate perceived competency in terms of knowledge regarding postpartum blue. In experimental group, 13 postnatal mothers who had moderate level of postpartum blue during pertest improved after implementation of the Emotional freedom technique where majority 66.7% of the mothers came to mild level. There is a significant change in the postpartum blue between pertest and post-test among experimental group which is statistically proved by that 't' value of 5.72 (Df=14, table value=2.14 at 0.05 level of significance).

Latifah L, Setiawati N, RIsmawati I (2019). Are there any effects of tapping therapy in reducing anxiety and labor pain in the latent phase? *Ann Trop & Public Health; 22*(11): S355E. DOI: http://doi.org/10.36295/ASRO.2019.221152

Objectives. Extreme pain and anxiety can cause negative effect in labor and delivery. Great anxiety can enhance pain and it has proven having related to premature birth, sectio caesarea (SC), prolonged labor, excessive use of analgesics, low birth weight, baby's asphyxia, babies' smaller head circumference, and childhood mental disorder. Emotional Freedom Technique (EFT) or tapping therapy has ability to reduceanxietyand gives relaxing effect as of reducing labor pain. The aim of this study is to define the influence of tapping therapy to anxious reduction and labor pain during latent phase on nullipara mother.
Methods. Quasy experiment non randomized pretest-posttest with control group design was used in this study. The data were collected by using two questionnaires, State-Trait Anxiety Inventory (STAI) and Numeric Rating Scale (NRS). Data analysis used t-test. Participants in this study were 13 respondents, 8 in the control group and 5 in the intervention group.
Result. Regarding paired t-test, p value on pain and anxious variable was higher than α value (5%) or 0,05, so that there is no significant differences on pain and anxious level between the previous and the following tapping therapy on both groups.
Conclusions. Tapping therapy is not effective in reducing anxious and labor pain scale on nullipara's latent phase.

Latifah, L., Ramawati, D. (2014). Emotional intervention of Emotional Freedom Technique to reduce post operation pain of Caesarian section. *Indonesian Nursing Journal of Education and Clinic, 1(*1), 53-60. doi: 10.24990/injec.v1i1.52

Introduction: Every woman who undergo Sectio Caesaria (SC) surgery for delivery their babies often complain about pain after the surgery and it become very disturbing. The effect of the pain cause mobilisation limitation, interrupting bonding attachment between mother and child, and

postponing breastfeeding initiation. This study conduct EFT or tapping as the pain management in women post SC surgery. The aim of this study is to identify the effect of EFT or tapping for reducing pain after SC surgery.
Methods: Quasi experimental with pre-post non randomized control group design was used in this study. The data was collected using Numeric Rating Scale (NRS) to measure the pain in participants before and after EFT or tapping treatment. The number of participants was 30 mothers with 15 women in control and treatment group respectively. The t-test was used to analize the effect of the EFT.
Results: The mean of pain scale before treatment in control group was 5.20 dan 6.20 for the treatment group. The pain scale after treatment in control group was 5.00 and 4.27 in treatment group. There was a significant difference between the reducing pain scale in treatment group with p value = 0,000 (α = 0.05).
Discussion: EFT or tapping can be one of many nonpharmacological treatment as complementary therapy to reduce pain after SC surgery.

PTSD & Trauma

Chen W., Chao T., Huang W. et al. (2025). Effectiveness of Emotional Freedom Techniques in Alleviating Symptoms Associated with Posttraumatic Stress Disorder: A Systematic Review and Meta-analysis. *Eur Arch Psychiatry Clin Neurosci.* 2025 Apr 30. doi: 10.1007/s00406-025-02000-4. https://pubmed.ncbi.nlm.nih.gov/40301160/

Introduction: Energy psychology, particularly emotional freedom techniques (EFT), has gained attention as a non-pharmacological treatment for posttraumatic stress disorder (PTSD). We conducted a meta-analysis to assess the efficacy of EFT in alleviating PTSD symptoms.
Methods: This meta-analysis follows PRISMA guidelines. We conducted a literature search on PubMed, Embase, Cochrane, Web of Science, Airiti Library, and ClinicalTrials.gov for relevant studies published before December 31, 2024.
Results: The meta-analysis included 13 studies involving 621 patients. Our findings showed that EFT significantly improved PTSD symptoms compared to the baseline (standardized mean difference [SMD]: - 0.901; 95% confidence intervals [CI]: - 1.130- - 0.671; Hedge's g: -0.865) and was more effective than the control group (SMD: - 2.106; 95% CI: - 2.759- - 1.452; Hedge's g: -2.062). Furthermore, anxiety (SMD: - 0.591; 95% CI: - 0.726- - 0.456; Hedge's g: -0.567) and depression (SMD: - 0.516; 95% CI: - 0.654- - 0.377; Hedge's g: -0.495) scores decreased significantly compared to the baseline. Notably, these treatment effects were sustained for up to three months for PTSD severity (SMD: - 0.757; 95% CI: - 0.967- - 0.547; Hedge's g: -0.723), anxiety (SMD: - 0.522; 95% CI: - 0.683- - 0.361; Hedge's g: -0.498), and depression (SMD: - 0.420; 95% CI: - 0.542- - 0.298; Hedge's g: -0.402). The subgroup analysis of veterans revealed that EFT effectively reduced PTSD symptoms (SMD: - 1.159; 95% CI: - 1.441- - 0.877; Hedge's g: -1.102), anxiety (SMD: - 0.715; 95% CI: - 0.943- -0.487; Hedge's g: -0.676), and depression (SMD: - 0.627; 95% CI: - 0.803- - 0.451; Hedge's g: -0.597).
Conclusions: EFT effectively treated PTSD and reduced comorbid symptoms, including anxiety and depression. Moreover, its therapeutic effect could be applied in veteran populations and sustained for up to three months.

Hanoch, L. (2025). Can the Concepts of Energy and Psychological Energy Enrich Our Understanding of Psychosocial Adaptation to Traumatic Experiences, Chronic Illnesses and Disabilities? ***Frontiers in Psychology, 13.*** DOI=10.3389/fpsyg.2022.768664
https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.768664

The aim of this paper is to familiarize the reader with the concept of psychological energy (PE), and the role it plays in deepening our understanding of psychosocial adaptation to traumatic life events and, more pointedly, the onset of chronic illness and disability (CID). In order to implement this aim, the following steps were undertaken: First, a brief historical review of the nature of energy, force and action, as traditionally conceived in the field of physics, is provided. Second, an overview of PE is presented, with a shared emphasis on both its historical underpinnings and its present conceptualizations in the fields of social, health and rehabilitation psychology. Particular emphasis is placed upon applications of PE in the domains of adaptation to stress, trauma and CID onset. Third, reviewed are measuring instruments that have been traditionally applied to the assessment of the nature, content and magnitude of PE and its dynamics. Finally, new perspectives are offered on the dimensional structure, processes and dynamics, assumed to undergird PE, its underlying conceptual similarities to physical energy, and its potential and deeper link to the process of psychosocial adaptation in the aftermath of experiencing trauma and CID.

Olivé, C., Ávila, M. & Camacho, C. (2025). Efficacy of a brief group intervention from Advanced Integrative Therapy (AIT) in female survivors of intimate partner violence with post-traumatic stress disorder (PTSD). ***IJHC, 25*****(1), 11-33.**
https://doi.10.78717/ijhc.2025111

Objective: This pilot cohort case study evaluates the empirical efficacy of a brief trauma-focused group intervention based on Advanced Integrative Therapy (AIT) to help women survivors of intimate partner violence (IPV) suffering from posttraumatic stress disorder (PTSD) and dissociative symptoms.

Methods: The research employed an intragroup design with pre- and post-treatment measurements taken before and two months after the intervention. The sample consisted of 12 women, all of whom had experienced IPV and clinical symptoms of PTSD. The Revised PTSD Symptom Severity Scale-Revised (EGS-R) served as the assessment instrument. The group treatment consisted of 15 structured sessions, organized into four core components and two integrative elements.

Results: Post-treatment assessments indicated a significant reduction in all DSM-5 criteria subgroups, with 91.66% of participants moving out of the clinical category.

Conclusions: This case study provides compelling evidence supporting the efficacy of group AIT treatment in alleviating PTSD and associated dissociative symptoms among female IPV survivors. As more evidence on AIT accumulates, exploring its potential applicability in public institutions and nongovernmental organizations is warranted**.**

Sandström, U., Hamne, G., & Hodgson, K. (2025). A Humanitarian Approach to Good Practice, Ethics and Efficacy: First Aid for Stress and Trauma (F.A.S.T.). Open Science

Framework PsyArXiv: The Society for the Improvement of Psychological Science. 1-14. https://doi.org/10.31234/osf.io/c85tb_v1

First Aid for Stress and Trauma (F.A.S.T.) is a trauma-informed approach designed to deliver safe, accessible, and culturally responsive psychosocial support in humanitarian and crisis contexts. Developed collaboratively with survivors of war, disaster, and systemic violence, F.A.S.T. reflects principles of participatory action and prioritizes co-creation, equity, and embodied healing. Rather than relying on verbal disclosure or intensive cognitive processing, F.A.S.T. emphasizes physiological regulation, safety, and immediacy, aligning with polyvagal theory and global mental health priorities for scalable and culturally adaptable interventions. The framework is structured around a number of core foundations, including: polyvagal-informed regulation, the Power Threat Meaning Framework, ex juvantibus reasoning, depotentiation through minimal exposure, and empowerment through self-help and peer-to-peer support. Its approach, including Trauma Tapping Technique, Lymphatic Breathing Techniques, F.A.S.T.-Adapted Self-Havening, and a further Toolbox of Techniques of Adaptive Methods for Context-Dependent Practice, offer low-threshold, non-invasive regulation tools that can be applied individually, within communities, or alongside clinical care. A core ethical commitment underpins the F.A.S.T. approach: no suffering, no unnecessary re-traumatization, and cultural humility.

Sise, M. T. (2025). Using the Trauma Reintegration Process to Treat Posttraumatic Stress Disorder with Dissociation and Somatic Features: A Case Series. *Healthcare*, *13*(10), 1092. https://doi.org/10.3390/healthcare13101092

Given the suboptimal responses to medication and cognitive behavioral therapies in the treatment of post-traumatic stress disorder (PTSD), new approaches are needed. Background/Objectives: Therapies that include a somatic component such as Emotional Freedom Techniques (EFT) and Eye Movement Desensitization and Reprocessing (EMDR) have demonstrated efficacy in the treatment of PTSD in numerous clinical trials. This case series introduces the Trauma Reintegration Process (TRP), a psychotherapeutic process developed by the author that can be combined with somatic therapies to enhance their effectiveness, especially in patients with dissociation. Methods: This case series describes the use of TRP in combination with EFT, an energy-based somatic treatment that engages the meridian system of the body through gentle tapping on acupressure points. TRP uses EFT in combination with a focused guided imagery sequence. This case series describes the treatment of two patients: a 20-year-old woman who experienced PTSD and somatic symptoms following a serious motor vehicle accident (MVA) and a 45-year-old woman with a history of severe abuse as a child as well as adult trauma who had also been in a serious MVA. The cases contrast the way TRP can be applied in patients with single versus multiple traumas and who experience dissociation. Results: In both cases, EFT treatment stalled when the patient dissociated. After TRP was introduced, however, the EFT treatment regained momentum, leading to significant improvement in PTSD symptoms including a reduction of nightmares and flashbacks and resolution of other somatic symptoms. Conclusions: The trauma reintegration process (TRP) in combination with EFT has the potential to assist in the memory processing of patients with dissociation and complicated trauma presentation without retraumatizing the client and causing further distress or dissociation. In addition, it provides the patient with a self-empowering method to alleviate any additional traumatic sequelae.

Stapleton, P. (2025). A Promising Mind-Body 4th Wave Approach to Treating Post-Traumatic Stress Disorder: Clinical Emotional Freedom Techniques. In *Development and Treatment of PTSD* (pp. 221-248). IGI Global Scientific Publishing. doi: 10.4018/979-8-3693-2089-1.ch007

This chapter presents Clinical Emotional Freedom Techniques (EFT) as a promising mind-body approach for treating post-traumatic stress disorder (PTSD). Through the compelling cases of Sarah and John, two individuals grappling with PTSD symptoms despite previous therapies, the chapter underscores the need for a more integrative treatment modality. It explores the foundations and principles of Clinical EFT, a technique that combines cognitive strategies with somatic acupressure point stimulation. The growing evidence base supporting EFT's efficacy is presented, and a detailed, step-by-step guide for clinicians is offered, including how clients can use at home, in and between sessions. Sarah and John's specific EFT protocol tailored to their cases is outlined, relating to repeated childhood trauma, and a single event military deployment trauma. With its emphasis on rapid symptom reduction, low dropout rates, and comparable efficacy to established therapies, Clinical EFT emerges as a valuable addition to the clinician's toolkit.

Choi, Y., Kim, Y., Kwon, D.-H., Choi, S., Choi, Y.-E., Ahn, E. K., Cho, S.-H., & Kim, H. (2024). Feasibility of Emotional Freedom Techniques in Patients with Posttraumatic Stress Disorder: A pilot study. *Journal of Pharmacopuncture, 27*(1), 27–37. https://doi.org/10.3831 /KPI.2024.27.1.27

Objectives: Posttraumatic stress disorder (PTSD) is a prevalent mental health condition, and techniques using sensory stimulation in processing traumatic memories have gained attention. The Emotional Freedom Techniques (EFT) is a psychotherapy that combines tapping on acupoints with exposure to cognitive reframing. This pilot study aimed to assess the feasibility of EFT as a treatment for PTSD by answering the following research questions: 1) What is the compliance and completion rate of patients with PTSD with regard to EFT protocol? Is the dropout rate reasonable? 2) Is the effect size of EFT protocol for PTSD sufficient to justify a future trial?
Methods: Thirty participants diagnosed with PTSD were recruited. They received weekly EFT sessions for five weeks, in which they repeated a statement acknowledging the problem and accepting themselves while tapping the SI3 acupoint on the side of their hand. PTSD symptoms were evaluated using the PTSD Checklist for DSM-5 (PCL-5) before and after the intervention.
Results: Of the 30 PTSD patients (mean age: 34.1 ± 9.1, 80% female), 96.7% showed over 80% compliance to the EFT sessions, and 86.7% completed the entire study process. The mean PCL-5 total score decreased significantly after the intervention, with a large effect size (change from baseline: –14.33 [95% CI: –19.79, –8.86], $p < 0.0001$, $d = 1.06$).
Conclusion: The study suggests that EFT is a feasible treatment for PTSD, with high session compliance and low dropout rates. The effect size observed in this study supports the need for a larger trial in the future to further investigate EFT as a treatment for PTSD. However, the lack of a control group and the use of a self-rated questionnaire for PTSD symptoms are limitations of this study. The findings of this pilot study can be used to plan a future trial.

Feinstein, D. (2023). Integrating the manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of*

***Psychotherapy Integration, 33*(1), 47–67. https://doi.org/10.1037/int0000283**

The integration into psychotherapy of protocols using the stimulation of acupuncture points by tapping on them, a form of acupressure, is increasingly appearing in clinical practice. An underlying premise is that the procedure generates activating and deactivating signals which, in real time, impact brain areas aroused by a client's focus of attention. This makes it possible for a therapist to rapidly facilitate cognitive and neurological changes by shifting the wording and images that accompany the tapping. The approach has been controversial, with both enthusiastic proponents and adamant critics. A total of 309 peer-reviewed, English-language journal articles have focused on this development. The aim of this article is to put these reports into context using a "hierarchy of evidence" model. In a hierarchy of evidence, judgments about the efficacy of a clinical approach are formed according to the relative strength of the types of studies supporting the method. The hierarchy of evidence for psychotherapies that use tapping on acupuncture points includes 28 systematic reviews or meta-analyses, 125 clinical trials, 24 case studies, 26 reports describing systematic observations, 17 mixed-method clinical trials that included a tapping component, and 88 articles addressing clinical procedures, theory, mechanisms, or related issues. Consistency in positive outcomes following the tapping of selected acupuncture points for a range of conditions was identified and weaknesses in study designs discussed. Mechanisms of action are briefly considered and suggestions for integrating acupoint tapping protocols into clinical practice are presented. The article concludes that although further research is needed, the growing evidence base documenting the effectiveness, speed, and durability of the approach appears promising.

Wright S., Karyotaki E., Cuijpers P., et al. (2024). EMDR v. other psychological therapies for PTSD: a systematic review and individual participant data meta-analysis. *Psychological Medicine. 54(*8):1580-1588. doi:10.1017/S0033291723003446

https://www.cambridge.org/core/journals/psychological-medicine/article/abs/emdr-v-other-psychological-therapies-for-ptsd-a-systematic-review-and-individual-participant-data-metaanalysis/903183C014DD518979569C26525588E1

This systematic review and individual participant data meta-analysis (IPDMA) examined the overall effectiveness of eye movement desensitization and reprocessing (EMDR) in reducing posttraumatic stress disorder (PTSD) symptoms, achieving response and remission, and reducing treatment dropout among adults with PTSD compared to other psychological treatments. Additionally, we examined available participant-level moderators of the efficacy of EMDR.
Methods: This study included randomized controlled trials. Eligible studies were identified by a systematic search in PubMed, Embase, PsycINFO, PTSDpubs, and CENTRAL. The target population was adults with above-threshold baseline PTSD symptoms. Trials were eligible if at least 70% of study participants had been diagnosed with PTSD using a structured clinical interview. Primary outcomes included PTSD symptom severity, treatment response, and PTSD remission. Treatment dropout was a secondary outcome. The systematic search retrieved 15 eligible randomized controlled trials (RCTs); 8 of these 15 were able to be included in this IPDMA (346 patients). Comparator treatments included relaxation therapy, emotional freedom technique, trauma-focused cognitive behavioral psychotherapies, and REM-desensitization.
Results: One-stage IPDMA found no significant difference between EMDR and other psychological treatments in reducing PTSD symptom severity (β = –0.24), achieving response

(β = 0.86), attaining remission (β = 1.05), or reducing treatment dropout rates (β = –0.25). Moderator analyses found unemployed participants receiving EMDR had higher PTSD symptom severity at the post-test, and males were more likely to drop out of EMDR treatment than females.
Conclusion: The current study found no significant difference between EMDR and other psychological treatments. We found some indication of the moderating effects of gender and employment status.

Akbari, M., Aghdasi, A., Panah Ali, A., Azemodeh, M., & Naghdi Sadeh, R. (2023). Comparison of efficacy of eye movement desensitization and reprocessing with emotional freedom technique and cognitive-behavioral therapy in PTSD in Covid-19. *Journal of Modern Psychological Researches*, *18*(69). 10.22034/jmpr.2023.16246
https://psychologyj.tabrizu.ac.ir/article_16246.html?lang=en

This study compared the effectiveness of eye movement desensitization and reprocessing (EMDR), emotional freedom technique (EFT) and cognitive behavioral therapy (CBT) in treating PTSD in patients who recovered from Covid-19 in Tabriz (Iran). The present study was quasi-experimental based on a pretest-posttest design with a control group. The statistical population included all female patients recovered from Covid-19 aged 25 to 60 years in Tabriz in 2021. forty-eight patients sampled using the purposeful sampling method and diagnosed with PTSD were randomly assigned to three experimental groups(n=36) and one control group(n=12). Participants in EMDR and EFT sessions were treated individually in six 45 min sessions. Similarly, those who took part in the CBT sessions were treated in groups in 45 min sessions. All participants were evaluated in two pre-test and post-test stages by a post-traumatic stress disorder checklist. Data were analyzed in SPSS software (version 22) using the analysis of covariance. Post-test PTSDA scores were significantly reduced in three experimental groups (P <0.05). Additionally, a reduction in PTSD scores in the EMDR group was substantially more significant than in the CBT and EFT groups.
Conclusion: Three psychotherapies, EMDR, EFT and CBT, relieved the symptoms in PTSD patients. However, according to the post-test results, EMDR intervention was more effective than CBT and EFT psychotherapy in reducing PTSD symptoms. Since all three methods can improve behavioral strategies by influencing irrational thoughts and emotion release, they are effective ways to reduce PTSD.

Brown, G., Batra, K. et al. (2023). Comparing AIT and EFT in reduction of negative emotions associated with a past memory: A randomized control study. *Psychology*, 14, 1868-1887. DOI: 10.4236/psych.2023.1412111

Advanced Integrative Therapy [AIT] is an Energy Psychology-based system of intervention utilized by psychotherapists since the late 1990s. Recently, a study investigated the perceptions of therapists regarding the effectiveness of AIT in reducing negative emotions related to past traumatic events. Emotional Freedom Techniques (EFT) are a set of well-researched Energy Psychology based interventions which have been established as an effective intervention for post-traumatic stress disorder. This study is the first to compare the effectiveness of AIT to EFT in reducing negative emotions associated with a particular memory in a sample of college and professional students, who were randomly assigned to the intervention. A total of 72 students (intervention AIT: n = 38, 52.8%) or EFT (intervention EFT: n = 34, 47.2%), completed a pre/post

survey consisting of Subjective Units of Distress (SUD) scale, presence of the initial negative emotion, and presence of the original physical sensation. Both interventions led to a significant drop in SUD scores from over 4 (pre-intervention) to about 1 (post-intervention). There were no statistically significant differences observed in the post-intervention mean scores of SUD (1.03 ± 1.10 vs. 1.29 ± 0.71, $p = 0.2$) and HRV (52.02 ± 20.68 vs. 47.23 ± 21.55, $p = 0.4$) among both intervention arms. Interestingly, a significantly higher proportion of participants who underwent AIT required only one round of intervention to report their SUD dropped to 0 or 1 (elimination of negative emotion) as opposed to those with intervention EFT (47.4% vs. 14.7%, $p = 0.012$). The results of this trial suggest the equivalence of AIT and EFT, that AIT provides the same degree of robust response already documented with EFT in reducing the negative emotions associated with traumatic past experiences. This first randomized control trial (RCT) of AIT compared with a known effective treatment, EFT, provides an initial set of data to suggest that AIT demonstrates similar efficacy in the reduction of negative emotions associated with past traumatic experiences.

Brown, G., Pace, E., Weaver, T. (2023). Advanced Integrative Therapy: Origins, Research, Theory, and Practice. *Energy Psychology, 15*(1), 31-43.
doi 10.9769/EPJ.2023.15.1.GB

Advanced Integrative Therapy (AIT) is a novel therapy grounded in Energy Psychology combined with cognitive and somatic therapy techniques. As more research is being conducted into the efficacy of AIT and other trauma-based therapies, there is a need to define the modality more clearly for researchers, the clinical community, and potential clients. This article aims to discuss the theory behind AIT and its mechanism of action, compare it with other somatic trauma and Energy Psychology techniques, and explore the gap in the available data and knowledge of AIT. Additionally, a case study will be discussed to report on the potential clinical effectiveness of AIT in treating trauma-related dissociation.

Choi, Y., Kim, Y., Choi, S., Choi, Y. E., Kwon, O., Kwon, D. H., ... & Kim, H. (2023). Emotional freedom technique versus written exposure therapy versus waiting list for post-traumatic stress disorder: protocol for a randomised clinical MRI study. *BMJ open*, *13*(6), e070389.

The emotional freedom technique (EFT) is an acupuncture-based psychotherapy that combines tapping on acupoints with cognitive reframing. EFT has been previously shown to have potential for treating post-traumatic stress disorder (PTSD). However, further clinical evidence and underlying mechanisms of EFT are yet to be fully explored. This proposed clinical trial aims to examine the effect of EFT on patients with PTSD compared with the waitlist (WL) and active controls.

This study was designed as a randomised, assessor-blinded, three-arm clinical MRI study. A total of 120 eligible patients with PTSD will be recruited and randomised into EFT, written exposure therapy (WET) or WL groups. EFT and WET will be applied once a week for 5 weeks. For patients in the WL group, EFT will be performed after 12 weeks. PTSD symptoms, depression, anxiety, somatic symptoms and quality of life will be evaluated. Assessments will be conducted at baseline (week 0), post-treatment (week 6) and follow-up (week 12). Structural and functional brain images and recording videos of facial expressions to emotional stimuli will be obtained before and after treatment. Sixty participants without lifetime traumatic experiences will be enrolled as healthy controls. The primary objective of the study is to compare the change from baseline in the Clinician-Administered PTSD Scale after treatment (week 6) between EFT and WL groups and between EFT and WET groups.

Gallo, F. & Church, D. (2023). Energy for treating trauma/PTSD. *Journal of Psychology and Clinical Psychiatry, 5, 123-25. https://www.ceeol.com/search/article-detail?id=1264427*

Traditional treatments for trauma and PTSD are often ineffective or take extensive time to relieve trauma/PTSD. However, newer methods, such as energy psychology, are showing promise in providing rapid and lasting relief. Energy psychology is based on the concept of subtle energies in the body that can be utilized to heal trauma. Most energy psychology methods involve tapping on specific acupoints while attuning the traumatic memory. Many studies suggest that energy psychology is a promising new treatment for trauma and PTSD, in

addition to several other psychological problems. It is a safe and effective way to reduce symptoms and improve quality of life. The case study in the article describes how energy psychology was used to help a young woman who was suffering from PTSD after a car accident. In just one session, the woman's symptoms were significantly reduced, and she was able to recall the traumatic event without distress. This case study provides further evidence of the effectiveness of energy psychology in treating trauma and PTSD. In addition to subtle energies, the article also discusses other feasible active ingredients of this approach, including reciprocal inhibition, expectation of success, and pattern interruption and disruption.

Jones, Natasha L. (2023). A new approach to healing traumatic memories: Using Logosynthesis to resolve subjective units of distress associated with intimate partner violence. Virginia State University ProQuest Dissertations Publishing, 2023. 30688213. https://www.proquest.com/docview/2875737062

The purpose of this pilot study was to determine how Logosynthesis® influences (1) Subjective Units of Distress (SUDS) and (2) the occurrence of intrusive, distressful memories in women who have directly experienced physical intimate partner violence. Participants (n = 4) were recruited via social media and randomly assigned to either an intervention or control group and engaged in 3 group sessions with the researcher. Three time points were analyzed for SUDS measures: Session 1 pre-intervention, Session 2 post-intervention, and 30-day follow-up preintervention. Two time points were analyzed for the occurrence of intrusive, distressful memories using the PCL-5: Baseline during participation qualification and 30-day follow-up. An independent samples T-test was conducted to compare the SUDS during treatment and 30 days after treatment. An independent samples T-test was also conducted to compare the occurrence of intrusive, distressful memories via the PCL-5 between Baseline and 30 days post-treatment. Analysis revealed the treatment group means reflected significant improvement over the control group, indicating Logosynthesis may be effective at reducing SUDS with sustained gains and reducing the occurrence of intrusive symptoms.

https://www.proquest.com/docview/2875737062

Hamne, G., Sandstrom, U. & Stapleton, P. (2023). Novel Ideas: Evaluation of a Brief Trauma Tapping Training and Single Session Application. *Int J Healing & Caring, 23(*3). https://doi.10.78717/ijhc.202323322

A challenge in conflict resolution and peace building efforts for regions affected by war and genocide is the treatment of conditions such as post trauma stress disorder. Previous examination of somatic based trauma approaches has indicated effectiveness with trauma in conflict zones. This brief clinical note outlines one such approach (Trauma Tapping Technique, TTT) and its value in treating trauma in a single session, for future application as community-led approaches and in combat zones. There were 287 practitioners trained in the TTT across two sessions, who consulted with 1722 clients (males = 551, females = 1163). Significant reductions in subjective units of distress occurred across the one TTT session $F(1, 1721) = 4866.99$, $p<.001$. Qualitative analysis indicated anxiety and stress were the main conditions targeted. As a brief first aid trauma training, TTT appears to be effective as a model to achieve emotional regulation and distress amelioration in a single session. Limitations and further research opportunities are discussed.

Stapleton, P., Kang, Y., Schwarz, R., & Freedom, J. (2023). The impact of adverse childhood experiences and posttraumatic stress symptoms on chronic pain. *Frontiers in Psychology*, *14*, 1243570. https://doi.org/10.3389/fpsyg.2023.1243570

Introduction: Chronic pain is a prevalent worldwide health condition. The current study aimed to extend previous research that investigated the dynamics between chronic pain, adverse childhood experiences (ACEs), and post-traumatic stress symptoms (PTSS).
Method: Adult participants worldwide with chronic pain were recruited for this study ($N = 199$; 89% females). Three hypotheses were proposed: (a) a high ACEs score would result in more severe pain intensity and interference compared to no ACEs; (b) a low ACEs score would result in more severe pain intensity and interference compared to no ACEs; and (c) PTSS would fully mediate the ACEs-pain relationship.
Results: Initially results indicated individuals with high ACEs reported more pain interference than those with no ACEs, although pain intensity did not differ between high and no ACEs. However, after controlling for age, socioeconomic status (SES), and pain duration, low and high ACEs were not significantly associated with pain intensity or interference compared to no ACEs. However, SES status was associated with pain intensity and interference, although not with pain interference after adding low and high ACEs to the model. Because of this the mediation exploration of PTSS was not viable.
Discussion: Implications for practice, limitations and future research outcomes are outlined.

Stapleton, P., Kip, K., Church, D., Toussaint, L., Footman, J., Ballantyne, P., and O'Keefe, T. (2023). Emotional freedom techniques for treating post traumatic stress disorder: An updated systematic review and meta-analysis. *Frontiers in Psychology, 14*, 2023.

https://doi.org/10.3389/fpsyg.2023.1195286
https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1195286/full

Introduction: Clinical Emotional Freedom Techniques (EFT) is a psychophysiological intervention that includes cognitive and somatic elements, utilizing techniques from both Cognitive Behavioral Therapy (CBT) and Prolonged Exposure therapy (PE). Because only a single meta-analysis existed examining EFT for PTSD, this systematic review and meta-analysis represents an update.
Method: Ten databases were searched for quantitative reviews and randomised clinical trials, and six met inclusion criteria.
Results: Study quality and effect size were evaluated and the results demonstrated that treatment with Clinical EFT, when compared to wait list, usual care, or no treatment controls, resulted in significant and large effect sizes, ranging from 1.38 to 2.51. When compared to active controls, effect sizes ranged from –0.15 to 0.79, producing treatment results similar to other evidence-based therapies.
Discussion: Limitations are presented and considerations for further research are proposed.

Feinstein D. (2023). Using energy psychology to remediate emotional wounds rooted in childhood trauma: preliminary clinical guidelines. *Frontiers in Psychology 2023;14.*

Adverse childhood experiences (ACEs) are potentially traumatic events that occur in childhood, such as violence, abuse, severe neglect, or mental health problems in caregivers. The negative physical and mental health consequences of severe or multiple ACEs provide a major challenge for the health care community. Psychotherapies that utilize a mindGÇôbody approach in treating ACE-related conditions are seen by their proponents as having advantages for bringing healing and restoration compared with talk, introspective, interpersonal, and exposure therapies that do not intervene at the body level, as famously encapsulated by Bessel van der Kolk's observation that “the body keeps the score.” A mind-body approach whose use has been rapidly increasing in clinical settings as well as on a self-help basis is called “energy psychology.” Energy psychology combines conventional therapeutic techniques such as cognitive restructuring and psychological exposure with the stimulation of acupuncture points (acupoints) by tapping on them. A review of the development, efficacy, and plausible mechanisms of energy psychology is presented, and several strengths are enumerated, such as how integrating acupoint tapping into conventional exposure methods enhances the speed and power of outcomes. The impact of energy psychology protocols on the three brain networks most centrally involved with ACEs is also examined. Finally, recommendations are offered for using an energy psychology approach at each stage of therapy with individuals who have endured severe or multiple ACES, from establishing a therapeutic alliance to assessment to treatment to follow-up.

Valdivieso, G. (2023). Energy Psychology, Bilateral Stimulation, and Mindful Breathing for Trauma and Chronic Pain: A Theoretical Framework and Case History. *Energy Psychology Journal, 15*(1).

Research and anecdotal evidence from clinical practice suggest high comorbidity between trauma and chronic pain. Unresolved trauma can generate anxiety and dissociation, both associated with chronic pain. Even though there are proven interventions to treat trauma and pain individually, efforts to treat the comorbidity and complexity of these two disorders on a combined basis are not yet fully explored. This article introduces a protocol that blends aspects of four evidence-based interventions. These interventions are Emotional Freedom Techniques (EFT), bilateral stimulation (BLS) as used in Eye Movement Desensitization and Reprocessing (EMDR), Wholistic Hybrid derived from EMDR and EFT (WHEE), and mindful breathing (MB) to treat traumatized individuals that exhibit chronic pain. The combined protocol uses the benefits of each intervention. The technique involves tapping on the eight meridian points designated in the EFT Basic Recipe while using a Neurotek pulser to generate BLS, after a "dialogue with the body symptoms" extracted from the WHEE method to uncover the traumatic memories or negative beliefs associated with pain. To close the session, the Quick Coherence Technique, a heart-focused MB exercise developed by the HeartMath Institute, is utilized to further help individuals with self-regulation and increased appreciation of their bodies. This article explains how the technique is performed through a six-step sample methodology and what the potential of its combined effectiveness can look like in a case history. The subject of the clinical case study profited in reducing his chronic pain by combining mindful breathing and EFT as the more gentle, non-retraumatizing, and distress-reducing techniques with the recovery of repressed memories via BLS and the inner-body dialogue of WHEE. Given the comorbidity of trauma and chronic pain and the lack of integrative interventions, additional scholarly inquiry into healing the various complex issues of these disorders is essential to develop. Refining the evidence on such blended methods should be the focus of future work to encourage practitioners' training and increase service delivery.

Diepold, J. & Schwartz, G. (2022). Clinical effectiveness of an integrative psychotherapy technique for the treatment of trauma: A phase I investigation of Heart Assisted Therapy, *EXPLORE, 18*(6); 698-705, https://doi.org/10.1016/j.explore.2022.07.002
https://www.sciencedirect.com/science/article/pii/S1550830722001148

There is a need for more effective clinical interventions to assist individuals in healing from lingering negative and traumatic experiences. Furthermore, healing from such experiences and coping with residual symptoms are conceptionally separate yet important outcomes in psychotherapy. This report describes a Phase I investigation that evaluates an innovative integrative psychotherapy technique that promotes healing in addition to providing a method of coping while treatment is in progress. 43 patients were treated by 2 separate psychologists using Heart Assisted Therapy (HAT) in their private practices. There was a total of 81 specific upsetting and/or traumatic life events treated. All patients completed a standardized form to rate their degree of distress before and after HAT for each life event. Follow-up data were also collected ranging from 3 months to over 18 months post-treatment. Data analysis revealed the average number of HAT sessions for a treated incident was 3 – 4. The mean distress level was 7.55 before HAT and 0.00 after HAT for an exploratory study ($n=13$; $p < .0000001$), and 8.31 before HAT and 0.02 after HAT for a confirmatory study ($n = 30$; $p < .0000001$). These improvements were replicated across therapists, gender, and veteran status. The combined findings suggest that the integrative Heart Assisted Therapy model has important practical as well as theoretical significance. Future Phase II and Phase III studies can be performed to confirm the large magnitude of the patients perceived clinical effects and evaluate potential moderating variables such as expectancy.

Feinstein, D. (2022). Uses of energy psychology following catastrophic events. *Frontiers in Psychology, 13*, 856209. doi:10.3389/fpsyg.2022.856209

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/stabilization, (2) reducing limbic arousal to trauma-based triggers, (3) overcoming complex psychological difficulties, 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. 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 ofenergy psychology in the days or weeks after a disaster and in the subsequent treatment oftrauma-based psychological problems. Many of these accounts corroborate one another in termsof rapid relief and long-term benefits. Finally, examples of more efficient delivery methodsutilizing large groups, lay counselors, digital technology, and cultivating community resilience are presented.

McGreevy, S. & Boland, P. (2022). Touch: An integrative review of a somatosensory approach to the treatment of adults with symptoms of post-traumatic stress disorder. ***European Journal of Integrative Medicine, 54,*** **2022, 102168, ISSN 1876-3820,** https://doi.org/10.1016/j.eujim.2022.102168. https://www.sciencedirect.com/science/article/pii/S1876382022000695

Introduction: Post-traumatic stress disorder (PTSD) is a complex experience which can adversely affect a person's health and engagement in daily life. Some evidence-based treatments for PTSD, including pharmacological and psychological interventions, reduce the severity of some of the associated symptoms, although they have shown limited efficacy. Somatosensory approaches can be used to assist a person to regulate their autonomic nervous system. This review identifies touch-based interventions in the treatment of PTSD and examines the role of touch with this population.
Methods: An integrative literature review was conducted to examine touch-based interventions which addressed the symptoms of PTSD in adults. Quantitative, qualitative and conceptual data were identified from eight databases, findings were appraised and synthesised using thematic analysis strategies, the Mixed Methods Appraisal Tool (MMAT) and the Critical Appraisal Skill Program (CASP).
Results: A total of 39 articles were included, describing eleven different touch-based interventions. Three key themes were identified: (i) catalogue of touch-based interventions being utilised in the treatment of PTSD; (ii) proposed mechanisms explaining the effects of touch-based interventions with PTSD; (iii) touch-based interventions which may reduce the symptoms of PTSD.
Conclusion: Touch can play an important role in emotional regulation and the reduction of symptoms of PTSD. With a growing evidence base for the efficacy of these interventions, one intervention, Emotional Freedom Technique, prevailed. Methodological diversity and a paucity of conceptual frameworks mean that findings should be interpreted with caution. Developing a theoretical understanding for the underlying mechanisms of why touch-based treatments may be effective is required.

Lee, E., Faber, J. & Bowles, K. (2022). A Review of Trauma Specific Treatments (TSTs) for Post-Traumatic Stress Disorder (PTSD). ***Clin Soc Work J*** **50, 147–159.** https://doi.org/10.1007/s10615-021-00816-w

Trauma is a significant public health concern that has widespread and adverse effects on people. There is a high prevalence of trauma and PTSD in general populations, and that prevalence greatly increases among the clinical populations that social workers serve. To address the hidden epidemic of trauma, there are various trauma-specific treatments for PTSD. Scholars have highlighted a critical use of research evidence as a starting consideration in clinical decision-making and named the necessity to map out effective interventions according

to population and types of trauma, including both conventional and non-conventional treatments. A rapid systematic review was conducted to fill this gap and found thirty-four empirically supported studies, including nineteen conventional and seven non-conventional treatment approaches for PTSD. The included conventional therapies are cognitive behavioral therapy (CBT), sleep-specific CBT, trauma-focused CBT, internet CBT, virtual reality exposure therapy, prolonged exposure, narrative exposure therapy, cognitive processing therapy, eye movement desensitization and reprocessing (EMDR), hypnotherapy, emotion focused therapy, skills training in affect and interpersonal regulations (STAIR), interpersonal psychotherapy (IPT), dialectical behavioral therapy (DBT), seeking safety, trauma incident reduction, accelerated resolution therapy (ART), metacognitive therapy, and imaginary rehearsal therapy. The non-conventional approaches included are yoga, physical activities, **emotion freedom technique,** acupuncture, mantram repetition program, mind–body therapy, and music therapy. We further explored the therapy content, population, type of trauma, outcomes, and strengths/limitations under each treatment to guide clinicians to select the best practice for idiosyncratic clients. Lastly, we discussed limitations of the current review, clinical considerations in selecting empirically supported treatment for PTSD and future research implications to guide clinical social workers.

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. ***Bulletin of the World Health Organization, 99*****(7). Article ID: BLT.20.269050**
https://www.who.int/publications/journals/bulletin/online-first

Objective: To investigate the effectiveness of community-based, mental health interventions by professionally trained, lay counsellors in low- and middle-income countries.
Method: We searched PubMed®, Cochrane Central Register of Controlled Trials, PROSPERO and EBSCO databases and professional section publications of the United States National Center for PTSD for randomized controlled trials of mental health interventions by professionally trained, lay counsellors in low- and middle-income countries published between 2000 and 2019. Studies of interventions by professional mental health workers, medical professionals or community health workers were excluded because there are shortages of these personnel in the study countries. Additional data were obtained from study authors. The primary outcomes were measures of **post-traumatic stress disorder, depression, anxiety and alcohol use.** To estimate effect size, we used a random-effects meta-analysis model
Findings: We identified 1072 studies, of which 19 (involving 20 trials and 5612 participants in total) met the inclusion criteria. Hedges' g for the aggregate effect size of the interventions by professionally trained, lay counsellors compared with mostly either no intervention or usual care was –0.616 (95% confidence interval: –0.866 to –0.366). This result indicates a significant, medium-sized effect. There was no evidence of publication bias or any other form of bias across the studies and there were no extreme outliers among the study results.
Conclusion: The use of professionally trained, lay counsellors to provide mental health interventions in low- and middle-income countries was associated with significant improvements in mental health symptoms across a range of settings.

Pace, E. (2021). Efficacy of Advanced Integrative Therapy in treating complex post traumatic stress disorder: A preliminary case report. ***International Journal of Healing and Caring, 21*****(2), 35-53.** https://tinyurl.com/mr3htyze

This case report documents the need for further research into Advanced Integrative Therapy (AIT), a gentle somatic trauma treatment, as it may be effective in treating complex post-traumatic stress disorder. It also shows the framework that AIT uses to treat intergenerational, or ancestral trauma. A review of this case demonstrates that treating complex attachment rupture can be extremely challenging. Utilizing Advanced Integrative Therapy as a standardized, manualized approach to treating the earliest origins of traumatic events may be an effective treatment intervention for Complex Post-Traumatic Stress Disorder, early childhood attachment rupture, intergenerational trauma, and 'ancestral' trauma.

Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal, 13*(1). doi 10.9769/EPJ.2021.13.1.AP

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.

Seidi, P. A., Jaff, D., Connolly, S. M., & Hoffart, A. (2021). Applying Cognitive Behavioral Therapy and Thought Field Therapy in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts. *Explore: The Journal of Science and Healing, 17(*1), 84-91. doi:10.1016/j.explore.2020.06.003
Epub 2020 Jun 25. PMID: 32622816.

Background: Mass violence, atrocities, and political upheavals have affected the prosperity and psychological health of the people of Iraq. Those living in the Garmian region of the Kurdistan Region of Iraq are among those most affected. While there is an urgent need for mental health interventions in this region, mental health resources are scarce, and only a small percentage of the population in need receive mental health care. Despite the high burden of mental illness, and the general demand by the community and local authorities for social and psychological services, effective validated cost-effective interventions tailored to address the

cultural and social problems are scarce. This retrospective case series study, which is based on the lead author's experiences in the Garmian region, aims to describe the results of using two mental health interventions, Cognitive Behavioral Therapy and Thought Field Therapy.
Methods and findings: The files of 31 clients that met criteria of the study were selected using purposive sampling. The results showed that, of the 13 clients who received Cognitive Behavioral Therapy, one improved and others showed either no change in symptoms, deterioration of symptoms, or dropped out of treatment. All 11 clients who received only Thought Field Therapy showed improvement in their symptoms. Seven clients who received Cognitive Behavioral Therapy and showed no improvement received Thought Field Therapy, and showed improvement finally. While the results of preliminary experience with Thought Field Therapy in the Garmian community is encouraging, conducting randomized controlled trials with follow-ups and comparing Thought Field Therapy with other therapeutic approaches is needed to substantiate these findings.
Conclusion: We found that Thought Field Therapy had positive results in reducing anxiety disorders and trauma-related symptoms compared to Cognitive Behavioral Therapy.

Weaver, T. B. (2021). The use of Advanced Integrative Therapy with C-PTSD and intergenerational trauma transmission: A case study. *Energy Psychology: Theory, Research, and Treatment, 13*(2), 23–38. doi:10.9769/EPJ.2021.13.2.TBW

Complex posttraumatic stress disorder (C-PTSD) and adverse childhood experiences (ACEs) pose health problems in the United States, and intergenerational relational trauma plays a role in the continuation and transmission of these issues. Advanced Integrative Therapy (AIT), a novel treatment, was used to treat a case of C-PTSD. The client's chief concern was a flare-up of anxiety, relational distress, and fibromyalgia that occurred when they (chosen pronoun) accepted custody of their nephew. Over a span of nine 90-minute sessions, the clinician assessed progress using the PTSD Checklist for DSM-5 (PCL-5; Weathers et al., 2013) to measure PTSD symptoms; the International Trauma Questionnaire (ITQ; Cloitre et al., 2018), which measures C-PTSD symptoms according to the criteria of the World Health Organization (WHO) International Classification of Diseases, 11th revision (ICD-11); the Child-Parent Relationship Scale (CPRS; Pianta, 1992), which measures connection and conflict in the caregiver-child relationship; and the Subjective Units of Distress (SUD) scale (Wolpe, 1969), which rates the client's current level of distress or discomfort. The clinician also used the self-report questionnaire Helpful Aspects of Therapy (HAT; Llewelyn et al., 1988) and the Change Interview (CI) method (Elliott et al., 2001) to measure client experience and perspective. After treatment with AIT, the client no longer met criteria for C-PTSD and showed dramatic improvement in intergenerational relationship satisfaction. In addition, there was a rapid reduction of hard to eradicate C-PTSD symptoms as well as reduction in the quantity and intensity of fibromyalgia induced pain. Use of AIT with caregivers could interrupt the transmission of intergenerational trauma thereby reducing or preventing ACEs by increasing emotional regulation and resilience.

Baghini, A., Mohammadtehrani, H., Behbodi, M. Kiamanesh, A.R. (2020). 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. *Quarterly of Applied Psychology, 13*(4), 625-650. https://www.sid.ir/en/Journal/ViewPaper.aspx?ID=709138

ISSN: 2008-4331- eISSN: 2645-3541

Aim: 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: 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: 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).
Conclusion: Since all the three methods can improve behavioral strategies by influencing irrational thoughts and emotion release, they are effective ways to reduce anxiety in PTSD patients.

Yavari Kermani, M., Razavi, S., Shabani, M. (2020). The Effectiveness of Emotional Freedom Technique on Anxiety and Post Traumatic Stress Syndrome in Women with Spontaneous Abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi: 10.22034/aftj.2021.266082.1050

The aim of this study was to determine the effectiveness of emotional release technique on anxiety and post-traumatic stress disorder in women with spontaneous abortion.
Method: The present study was a single-case experimental design of multiple asynchronous baseline that among 21 women with abortion trauma of Shahid Beheshti Hospital in Isfahan in April and May 1398 by purposive sampling and after screening using a list Spielberger (1983) Anxiety and Self-Reporting Scale of Post-Traumatic Stress Disorder Symptoms Foa, Rigs, Dansio, & Ratbam (1993) selected six women. These women were individually treated in twelve forty-five-minute sessions with two follow-up sessions in Church (2014) emotional release techniques sessions. Data were analyzed by visual mapping, stable change index and recovery percentage formula.
Results: The results showed that the intervention of emotional release technique reduced trait anxiety among women participating in the treatment phase 38.75% improvement and follow-up phase 43.06%, state anxiety in the treatment phase 47.14% improvement and follow-up phase / 91. 47% and post-traumatic stress syndrome improved by 49.92% in the treatment phase and 50.29% in the follow-up phase.
Conclusion: The results showed that the use of this treatment in cases where the person suffers from post-traumatic stress with other associated disorders, including anxiety, can help improve both problems in the person at the same time.

Motta, R. W. (2020). Emotional freedom techniques for PTSD. In R. W. Motta, *Alternative therapies for PTSD: The science of mind–body treatments* (pp. 143–161). American Psychological Association. https://doi.org/10.1037/0000186-009

This chapter covers a relatively new alternative therapy for posttraumatic stress disorder (PTSD): EFT, or emotional freedom techniques. EFT are a form of intervention linked to acupuncture in that they focus on energy, energy blockages, meridians, and methods designed to facilitate body energy flow to facilitate health. EFT is based on the position that ill health, whether physical or emotional, results from energy blockages and imbalances in meridians, and that tapping helps releases the blockages and balances the energies. Rather than using needles as in acupuncture, EFT involves a body-tapping sequence that the trauma sufferer or client performs while making statements of self-acceptance and self-affirmation. The chapter details the mechanics of how EFT is done and also presents the empirical evidence, including meta-analyses, that support its efficacy in treating PTSD. Despite supportive evidence, EFT, much like eye-movement desensitization and reprocessing, has encountered resistance from traditionally trained clinicians and researchers.

Weisfeld, C.C., Dunleavy, K. (2020). Strategies for managing chronic pain, chronic PTSD, and comorbidities: Reflections on a case study documented over ten years. *J Clin Psychol Med Settings 28,* 78–89. https://doi.org/10.1007/s10880-020-09741-5

Chronic pain and chronic PTSD are often comorbid sequelae in patients who have experienced life-threatening experiences such as combat, assaults, or motor vehicle accidents, presenting lifelong challenges for patients and for medical management in all settings. This article briefly reviews four models for exploring the interrelationships of chronic pain and chronic PTSD. The article presents a longitudinal case study, documented over 10 years, of a patient with chronic back pain, and delayed-onset chronic PTSD related to sexual trauma experienced as a young adult. Data from the case study are examined for evidence in support of the chronic pain/chronic PTSD models. There is evidence to support all four models, with considerable evidence supporting the Mutual Maintenance Model (Sharp & Harvey, in Clinical Psychology Review 21(6): 857–77, 2001). Data show significant recovery over time from both conditions with improvements in function, work, and relationships, in response to Psychodynamic Therapy (PDT), Cognitive Behavioral Therapy (CBT), and hypnotic interventions, physical therapy, and pilates-based exercise. Notably, both chronic conditions were addressed simultaneously, with providers working collaboratively and sharing information through the patient. Emphasis is on non-pharmaceutical rehabilitative trauma-informed and patient-centered approaches to care.

Anderson, K., Rubik, B. & Absenger, W. (2019). Does combining Emotional Freedom Techniques and Hypnosis have an effect on sexual assault–specific posttraumatic stress disorder symptoms? *Energy Psychology Journal, 11*(2). DOI: 10.9769/EPJ.2019.11.2.KA

Design: This study utilized an explanatory sequential mixed method design.
Setting: This study was conducted in a private psychotherapy office.
Subject: 30 individuals with self-identified sexual assault–specific PTSD were recruited and participated in this study.
Interventions: EFT and hypnosis combined.

Outcome measures: A paired samples t-test analysis between the PCL-5 (PTSD Checklist for DSM-5 [Diagnostic and Statistical Manual of Mental Disorders, 5th Edition]) baseline and post-intervention scores as well as an open-ended question was utilized.
Results: t(29) = 12.198, p < .001, indicating that overall the change in self-reported symptom ratings was statistically different between the two time points. The open-ended qualitative question pointed to a relationship between experience in session and PCL-5 score.
Conclusion: This study found an overall decrease of 34.3% on PTSD symptom severity based on PCL-5 assessment scores, after four sessions of the combined EFT and hypnosis treatment.

Nicosia, G., Minewiser, L, & Freger, A. (2019). World Trade Center: A longitudinal case study for treating Post Traumatic Stress Disorder with Emotional Freedom Technique and Eye Movement. *Work, 63*(2), 199-204. DOI: 10.3233/WOR-192921.

Background: Emotional Freedom Techniques (EFT) and Eye Movement Desensitization 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.
Objective: EMDR and EFT's effectiveness in treating PTSD were evaluated.
Method: Multiple assessments using Trauma Symptom Inventory (TSI) and Personality combination with EMDR were conducted.
Results: 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.
Conclusion: The combination of treatment methods appears to be highly effective and allowed this subject to return to work after many years of disability.

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine 24.* https://doi.org/10.1177/2515690X18823691
https://www.ncbi.nlm.nih.gov/pubmed/30777453

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.

Rometsch-Ogioun El Sount, C., Windthorst, P., Denkinger, J., Ziser, K, Nikendei, C., Kindermann, D., Ringwald, J., Renner, V., Zipfel, S., Junne, F. (2019). Chronic pain in refugees with posttraumatic stress disorder (PTSD): A systematic review on patients' characteristics and specific interventions. ***Journal of Psychosomatic Research, (118),*** **83-97.** https://doi.org/10.1016/j.jpsychores.2018.07.014

Objective: Chronic pain in patients with posttraumatic stress disorder (PTSD) is a frequent symptom and a complicating factor in the treatment of patients. The study's purpose is to systematically review the scientific literature on patients' characteristics and the effects of specific interventions implemented for the treatment of chronic pain in traumatized refugees.
Method: A systematic search of the current literature was conducted in PubMed and Web of Science, from 1996 to 2017. A structured screening process in accordance with the PRISMA-statement was used with eligibility criteria based on the modified PICOS-criteria including refugees with chronic pain and diagnosed PTSD to investigate sample size, gender, country of origin, residential status, pain locations, predictors and correlations and type and efficacy of specific interventions.
Results: The initial search resulted in a total of 2169 references, leading to 15 included studies. Most frequently, patients reported headaches, backaches, and pain in the arms and legs. Pain symptoms were associated with higher age, female gender, general living difficulties and PTSD symptoms. Cognitive behavioral therapy (CBT) and, Narrative Exposure Therapy (NET) with biofeedback, manualized trauma psychotherapy, Traditional Chinese Medicine (TCM) and **Emotional Freedom Techniques** were evaluated as specific interventions, resulting in positive outcomes for both pain severity and PTSD symptoms.
Conclusions: To date, the existing literature shows scarce evidence evaluating specific interventions that address the needs of traumatized refugees with chronic pain. However, the current reported evidence allows for a preliminary evaluation of the characterizations of patient dimensions as well as promising results found in intervention studies.

Xiong, T., Wozney, L., Olthuis, J., Rathore, S., & McGrath, P. (2019). A scoping review of the role and training of paraprofessionals delivering psychological interventions for adults with post-traumatic stress. ***Journal of Depression and Anxiety, 8(3).***

Background: The delivery of interventions for traumatic stress disorders by paraprofessionals is of interest across mental health systems as decision-makers work to meet growing need for services and demand for evidence-based care. Given the need for any system change to reflect scientific evidence, our scoping review aimed to identify and summarize the research on paraprofessional-delivered trauma-focused psychological interventions for adults, with a particular focus on the role and training of paraprofessionals.
Method: We searched seven databases for peer-reviewed published studies that employed controlled trial designs to evaluate paraprofessional-led interventions for traumatic stress. Using Covidence software, we completed iterative eligibility screening and extracted study data. Descriptive statistics were used to identify trends and gaps in the literature and inform synthesis of findings.

Church, D. Stapleton, P. Mollon, P. Feinstein, D. Boath, E. Mackay, D. Sims, R. (2018) Guidelines for the Treatment of PTSD Using Clinical EFT (Emotional Freedom Techniques). ***Healthcare 2018, 6*****(4),146**; https://DOI.org/10.3390/healthcare6040146

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.

Church, D. & House, D. (2018). Borrowing Benefits: Group treatment with Clinical Emotional Freedom Techniques is associated with simultaneous reductions in posttraumatic stress disorder, anxiety and depression symptoms. ***Journal of Evidence-Based Integrative Medicine, 23*****: 1-4. DOI**: 10.1177/2156587218756510

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.

Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church. D. (2018). The Interrelated Physiological and Psychological Effects of EcoMeditation: A Pilot Study*. Journal of Evidence-Based Complementary & Alternative Medicine, 23.*

This study investigated changes in psychological and physiological markers during a weekend meditation workshop (N = 34). Psychological symptoms of anxiety, depression, posttraumatic stress disorder (PTSD) and happiness were assessed. Physiological markers included cortisol, salivary immunoglobulin A (SigA), heart rate variability (HRV), blood pressure (BP), and resting heart rate (RHR). On posttest, significant reductions were found in cortisol (_29%, P < .0001), RHR (_5%, P = .0281), and pain (_43%, P = .0022). Happiness increased significantly (11%, P = .0159) while the increase in SigA was nonsignificant (?27%, P = .6964). Anxiety, depression, and PTSD all declined (_26%, P = .0159; _32%, P = .0197; _18%, P = .1533), though changes in PTSD did not reach statistical significance. No changes were found in BP, HRV, and heart coherence. Participants were assessed for psychological symptoms at 3-month follow-up, but the results were nonsignificant due to inadequate sample size (n ¼ 17). EcoMeditation shows promise as a stress-reduction method.

Mavranezouli I, Megnin-Viggars O, Daly C, Dias S, Stockton S, Meiser-Stedman R, Trickey D, Pilling S. (2020). Research Review: Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: a network meta-analysis. *J Child Psychol Psychiatry. 61*(1):18-29. doi: 10.1111/jcpp.13094. Epub 2019 Jul 17. PMID: 31313834.

Post-traumatic stress disorder (PTSD) is a potentially chronic and disabling disorder that affects a significant minority of youth exposed to trauma. Previous studies have concluded that trauma-focused cognitive behavioural therapy (TF-CBT) is an effective treatment for PTSD in youth, but the relative strengths of different psychological therapies are poorly understood.
Methods: We undertook a systematic review and network meta-analyses of psychological and psychosocial interventions for children and young people with PTSD. Outcomes included PTSD symptom change scores post-treatment and at 1-4-month follow-up, and remission post-treatment.
Results: We included 32 trials of 17 interventions and 2,260 participants. Overall, the evidence was of moderate-to-low quality. No inconsistency was detected between direct and indirect evidence. 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.
Conclusions: 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.

Mavranezouli I, Megnin-Viggars O, Grey N, Bhutani G, Leach J, et al. (2020) Cost-effectiveness of psychological treatments for post-traumatic stress disorder in adults. *PLOS ONE 15*(4): e0232245. https://doi.org/10.1371/journal.pone.0232245

Background: Post-traumatic stress disorder (PTSD) is a severe and disabling condition that may lead to functional impairment and reduced productivity. Psychological interventions have been shown to be effective in its management. The objective of this study was to assess the cost-effectiveness of a range of interventions for adults with PTSD.
Methods: A decision-analytic model was constructed to compare costs and quality-adjusted life-years (QALYs) of 10 interventions and no treatment for adults with PTSD, from the perspective of the National Health Service and personal social services in England. Effectiveness data were derived from a systematic review and network meta-analysis. Other model input parameters were based on published sources, supplemented by expert opinion.
Results: Eye movement desensitization and reprocessing (EMDR) appeared to be the most cost-effective intervention for adults with PTSD (with a probability of 0.34 amongst the 11 evaluated options at a cost-effectiveness threshold of £20,000/QALY), followed by combined somatic/cognitive therapies, self-help with support, psychoeducation, selective serotonin reuptake inhibitors (SSRIs), trauma-focused cognitive behavioural therapy (TF-CBT), self-help without support, non-TF-CBT and combined TF-CBT/SSRIs. Counselling appeared to be less cost-effective than no treatment. TF-CBT had the largest evidence base.
Conclusions: A number of interventions appear to be cost-effective for the management of PTSD in adults. EMDR appears to be the most cost-effective amongst them. TF-CBT has the largest evidence base. There remains a need for well-conducted studies that examine the long-term clinical and cost-effectiveness of a range of treatments for adults with PTSD.

Stapleton P, Sandstrom U, Hamne G. (2018) Evaluating a 3-Week Model for Reducing Symptoms of Stress in Traumatised Youth Using the Trauma Tapping Technique (TTT) for Self-help: A Pilot Trial. *OBM Integrative and Complementary Medicine* 2018; 3(4):036; DOI:10.21926/obm.icm.1804036.

Background: This pilot trial investigated whether a 3-week self-help model for stress reduction using the Trauma Tapping Technique (TTT) would impact traumatized youth in the Democratic Republic of the Congo on post-traumatic stress symptoms and general happiness. It also focused on the acceptability of the program to recipients and implementation in a community with complex trauma and conflict.
Methods: The study involved 77 youth who received a TTT 3-week model of intervention (self-applied). Post traumatic stress symptoms and general happiness were assessed pre and post the intervention and at 6-month follow-up.
Results: TTT was associated with a significantly greater improvement in happiness (12.12% increase, $p<0.05$) and a significant reduction in trauma symptomology from pre- to immediately post-test (6% decrease, $p<0.05$). The 6-month results were nonsignificant ($p=0.056$) however from pre to follow-up, participants indicated an 11.4% reduction in their

trauma symptoms. The qualitative investigation of staff and participants revealed the intervention had a positive effect on trauma stress symptoms and happiness outcomes findings.
Conclusions: The proposal that a 3-week model of teaching emotional literacy via a self help technique such as TTT is a potential solution for complex communities is discussed, and suggestions for future large scale trials are offered.

Brown, R.C., Witt, A., Fegert, J.M., Keller, F., Rassenhofer, M. & Plener, P.L. (2017). Psychosocial interventions for children and adolescents after man-made and natural disasters: a meta-analysis and systematic review. ***Psychological Medicine 47,*** **1893–1905. • PMID: 28397633** doi: 10.1017/S0033291717000496

Children and adolescents are a vulnerable group to develop post-traumatic stress symptoms after natural or man-made disasters. In the light of increasing numbers of refugees under the age of 18 years worldwide, there is a significant need for effective treatments. This meta-analytic review investigates specific psychosocial treatments for children and adolescents after man-made and natural disasters. In a systematic literature search using MEDLINE, EMBASE and PsycINFO, as well as hand-searching existing reviews and contacting professional associations, 36 studies were identified. Random and mixed-effects models were applied to test for average effect sizes and moderating variables. Overall, treatments showed high effect sizes in pre–post comparisons (Hedges' g = 1.34) and medium effect sizes as compared with control conditions (Hedges' g = 0.43). Treatments investigated by at least two studies were cognitive–behavioural therapy (CBT), eye movement desensitization and reprocessing (EMDR), narrative exposure therapy for children (KIDNET) and classroom- based interventions, which showed similar effect sizes. However, studies were very heterogenic with regard to their outcomes. Effects were moderated by type of profession (higher level of training leading to higher effect sizes). A number of effective psychosocial treatments for child and adolescent survivors of disasters exist. CBT, EMDR, KIDNET and classroom-based interventions can be equally recommended. Although disasters require immediate reactions and improvisation, future studies with larger sample sizes and rigorous methodology are needed. (Interventions reviewed include TFT).

Church, D. & Feinstein, D. (2017). The Manual Stimulation of Acupuncture Points in the Treatment of Post-Traumatic Stress Disorder: A Review of Clinical Emotional Freedom Techniques. ***Medical Acupuncture, 29*****(4): 249-253.**

Background: 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). More than 40 clinical trials and four meta-analytic reviews of EFT treatments have demonstrated large effect sizes with a range of conditions, including pain, PTSD (in both civilian and military veteran populations), phobias, anxiety, and depression.
Objective: 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.

Methods: 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.
Results: 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.
Conclusions: 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.

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.

Background: 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.
Case: 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.
Results: 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.
Conclusion: 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.

Sebastian, B., & Nelms, J. (2017). The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis. *Explore: The Journal of Science and Healing, 13*(1), 16-25. http://dx.DOI.org/10.1016/j.explore.2016.10.001

Background: 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.
Objective: To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs.
Methods: A systematic review of databases was undertaken to identify RCTs invesigating EFT in the treatment of PTSD. The RCTs were evaluated for quality using evidence-based standards provided by the American Psychological Association Division 12 Task Force on Empirically Validated Therapies. Those meeting the criteria were assessed using a meta-analysis that synthesized the data to determine effect sizes. While uncontrolled outcome studies were excluded, they were examined for clinical implications of treatment that can extend knowledge of this condition.
Results: Seven randomized controlled trials were found to meet the criteria, and were included in the meta-analysis. A large effect was found for EFT treatment of PTSD, with a weighted Cohen's d = 2.96 (95% CI 1.96-3.97; $p < 0.001$). No treatment effect difference was found in studies comparing EFT to other evidence-based therapies such as Eye Movement Desensitization and Reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study).
Conclusion: The results show that EFT is efficacious and reliable as a treatment for PTSD in time frames ranging from four to ten sessions. EFT is safe and can be used as a self-help practice as well as a primary evidence-based treatment for PTSD.

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2016). Epigenetic effects of PTSD re mediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion,* 2016 Aug 12; pii: 0890117116661154.

Purpose: To assess the feasibility of measuring changes in gene expression associated with posttraumatic stress disorder (PTSD) treatment using emotional freedom techniques (EFT).
Design: Participants were randomized into an EFT group receiving EFT and treatment as usual throughout a 10-week intervention period and a group receiving only treatment as usual (TAU) during the intervention period and then receiving EFT.
Setting: A community clinic and a research institute in California.
Subjects: Sixteen veterans with clinical levels of PTSD symptoms.
Intervention: 10 hour-long sessions of EFT.
Measures: Messenger RNA levels for a focused panel of 93 genes related to PTSD. The SA-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 one-way ANOVA. A Student's t test and post hoc analyses were performed on gene expression data.
Results: PTSD symptoms declined significantly in the EFT group (-53%, $p < .00001$). Participants maintained their gains on follow-up. Significant differential expression of six genes was found ($p < .05$) when comparing expression levels before and after the intervention period in participants receiving EFT.
Conclusion: Study results identify candidate gene expression correlates of successful PTSD treatment, providing guidelines for the design of further studies aimed at exploring the epigenetic effects of EFT.

Church, D., Sparks, T., & Clond, M. (2016). EFT (Emotional Freedom Techniques) and resiliency in veterans at risk for PTSD: A randomized controlled trial. *Explore: The Journal of Science and Healing, 12*(5), 355-365.

Prior research indicates elevated but subclinical posttraumatic stress disorder (PTSD) symptoms as a risk factor for a later diagnosis of PTSD. This study examined the progression of symptoms in 21 subclinical veterans. Participants were randomized into a treatment as usual (TAU) wait-list group and an experimental group, which received TAU plus six sessions of clinical emotional freedom techniques (EFT). Symptoms were assessed using the PCL-M (Posttraumatic Checklist-Military) on which a score of 35 or higher indicates increased risk for PTSD. The mean pretreatment score of participants was 39 ± 8.7, with no significant difference between groups. No change was found in the TAU group during the wait period. Afterward, the TAU group received an identical clinical EFT protocol. Posttreatment 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.

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2016). Epigenetic effects of PTSD re mediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion,* 2016 Aug 12; pii: 0890117116661154.

Purpose: To assess the feasibility of measuring changes in gene expression associated with posttraumatic stress disorder (PTSD) treatment using emotional freedom techniques (EFT).
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Analysis: Pre, post-treatment and follow-up mean scores on questionnaires were assessed using repeated measures one-way ANOVA. A Student's t test and post hoc analyses were performed on gene expression data.
Results: PTSD symptoms declined significantly in the EFT group (-53%, $p < .00001$). Participants maintained their gains on follow-up. Significant differential expression of six genes was found ($p < .05$) when comparing expression levels before and after the intervention period in participants receiving EFT.

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

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

Maladaptive fear memories attributed to Pavlovian associations are considered to be athe 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.

Kos, J.L. (2016). A Study of Energy Psychology and the efficacy of Emotional Freedom Techniques in trauma-focused therapy. Doctoral dissertation, California Southern University, ProQuest Dissertations Publishing, 2016. 10195462.

Scope of Study: The scope of this theoretical study is comprised of a thorough review of and interpretation of peer-reviewed, published studies and ultimately focuses on the results of randomized control trial results of the efficacy of Emotional Freedom Techniques, a therapeutic focus inside of the field of Energy Psychology. A thorough exploration of the history of Energy Psychology, which ultimately is the foundation of EFT is explored. The protocols and expectations of proper EFT utilization in clinical and non clinical settings is described to give a foundational understanding to the reader of what EFT is and what is being studied to allow conclusions to be drawn.
Findings and Conclusions: EFT as a critical theraputic component of Energy Psychology, is a unique treatment option in that clients can utilize it in clinical s ettings under the direct intervention of a trained clinician, as well as independently across multiple settings. Research has demonstrated that EFT is efficacious in the treatment of trauma-based symptomatology. Research that satisfies the strictest of traditional scientific rigor continues to be problematic as peer-reviewed validated research is somewhat sparse since EFT is relatively new to the field of trauma-focused research. However, enough data has been collected to clearly show that EFT is an effective, rapid, safe method of therapeutic intervention across multiple clinical and non-clinical settings.

Metcalf, O., Varker, T. , Forbes, D. , Phelps, A. , Dell, L. , DiBattista, A. , Ralph, N. and O'Donnell, M. (2016), Efficacy of Fifteen Emerging Interventions for the Treatment of Posttraumatic Stress Disorder: A Systematic Review. *Journal of Traumatic Stress, 29:* 88-92. DOI:10.1002/jts.22070

Although there is an abundance of novel interventions for the treatment of posttraumatic stress disorder (PTSD), often their efficacy remains unknown. This systematic review assessed the evidence for 15 new or novel interventions for the treatment of PTSD. Studies that investigated changes to PTSD symptoms following the delivery of any 1 of the 15 interventions of interest were identified through systematic literature searches. There were 19 studies that met the inclusion criteria for this study. Eligible studies were assessed against methodological quality criteria and data were extracted. The majority of the 19 studies were of poor quality, hampered by methodological limitations, such as small sample sizes and lack of control group. There were 4 interventions, however, stemming from a mind–body philosophy (acupuncture, emotional freedom technique, mantra-based meditation, and yoga) that had moderate quality evidence from mostly small- to moderate-sized randomized controlled trials. The active components, however, of these promising emerging interventions and how they related to or were distinct from established treatments remain unclear. The majority of emerging interventions for the treatment of PTSD currently have an insufficient level of evidence supporting their efficacy, despite their increasing popularity. Further well-designed controlled trials of emerging interventions for PTSD are required.

Porpiglia T. (2016). Using emotional freedom technique to treat veterans with PTSD. *Veterans: Political, Social and Health Issues.* 75-94.

Post Traumatic Stress Disorder (PTSD) in veterans is a major concern for our communities. Not only does it affect the veteran, it affects everyone around the veteran. This is also true for First Responders and anyone who has been traumatized from experiencing highly stressful, abnormal events, either once or multiple times. Time has proven that currently used treatment modalities are ineffective and insufficient. Cognitive therapies only boast a 40%, short-term success, taking at least twice as long as Emotional Freedom Technique (EFT/Tapping). EFT demonstrated a sustainable 85% success, averaging a 63% reduction in PTSD symptoms, including Traumatic Brain Injury symptoms. 22 veterans commit suicide each day because of the emotional pain they continue to experience due to their traumatic experiences. This is due to a number of factors: 1) ineffective treatments, 2) veterans avoiding getting assistance from any helpful source, 3) aversion to talking about their painful experiences for multiple reasons, 4) not wanting the diagnosis on their record for multiple reasons. Spending time in a combat zone affects individuals in many ways and often creates unpleasant changes in an individual. A tour of duty in Vietnam in a highly stressful communications position created a personal experience of delayed on-set PTSD, triggered by the start of the Persian Gulf War. Traditional therapies were beneficial in bringing issues into awareness; however, they did not resolve the memories and feelings at a deeper level, leaving a residue of guilt, shame, anger, and fear. This experience created a quest to find a better solution, a better technique, to offer anyone affected by trauma and PTSD an opportunity to create deeper, lasting healing. Learning and using EFT helped release the stuck emotions at a much deeper, more permanent level. There were dozens upon dozens of anecdotal reports of people healing from PTSD and without scientific research data, the Veterans Administration, and other agencies would not consider EFT as a treatment for PTSD. In order to demonstrate the effectivity of using EFT on veterans with PTSD, a research facility, The National Institute for Integrative Health Care, founded a 501c3 organization, The Veterans Stress Project (VSP), to document the outcomes using standardized protocols, measures, and control groups. The VSP recruited qualified EFT clinicians/coaches and more than 100 veterans to complete an initial study and then a replication study. We were all quite impressed with the outcomes. The purpose of this article is to present the research

parameters, outcomes and case studies of several veterans personally worked with as one of the coaches and founding member of the VSP, that demonstrate the outcomes, with the goal of moving EFT from evidence informed to an evidence-based treatment.

Robson, R., Robson, P., Ludwig, R., Mitabu, C. & Phillips, C. (2016). Effectiveness of Thought Field Therapy Provided by Newly Instructed Community Workers to a Traumatized Population in Uganda: A Randomized Trial. *Current Research in Psychology*, 7(1), 1-11.

Thought Field Therapy (TFT) is a promising treatment for posttraumatic stress in a resource poor environment. This study further explores the benefits of this treatment in a rural population in Uganda, which had suffered from the psychological consequences of previous violent conflict. Thirty-six local community workers received a two-day training in TFT trauma intervention and treated 256 volunteers with symptoms suggestive of Posttraumatic Stress Disorder (PTSD) who had been randomly allocated to a treatment or waitlist (control) group. Assessment was by the Posttraumatic Checklist for Civilians (PCL-C). One week after treatment, the treated group scores had improved significantly from 58 to 26.1. The waitlist group scores did improve without treatment, from 61.2 to 47, although significantly less than the treatment group, but improved markedly to 26.4 following treatment. There was some evidence of persisting benefit 19 months later. This study supports the value of TFT as a rapid, efficient and effective therapy, empowering traumatized communities to treat themselves, although repeated treatment may still be needed.

Al-Hadethe, et al., (2015). Randomised controlled study comparing two psychological therapies for posttraumatic stress disorder (PTSD): Emotional Freedom Techniques (EFT) vs. Narrative Exposure Therapy (NET*). J Trauma Stress Disor Treatment, 4*(4). http://dx.DOI.org/10.4172/2324- 8947.1000145

Background: Post-Traumatic Stress Disorder (PTSD) is a common psychological reaction after traumatic events. The aim of this study was to evaluate the efficacy of Emotional Freedom Techniques (EFT) and Narrative Exposure Therapy (NET) as treatments for PTSD with traumatised people.
Methods: A randomized controlled trial design was used. Sixty Iraqi students were selected who met the DSM-IV PTSD criteria. Participants were male students who were aged between 16-19 years. Participants were randomly divided into three groups, with 20 participants in each group. Those in the EFT and NET groups received 4 therapy sessions, while the control group received no treatment. One person from the NET group withdrew. All participants were assessed on PTSD symptoms, anxiety and depression, social support.
Results: The results showed that the participants who received EFT reported a significant difference in all PTSD cluster at pre-test and post-test from T1 to T2 ($p>0.05$). However, although the NET group reported a significant difference between pre-test and posttest 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.

Brodie E. (2015). Treating Trauma Using Shamanic and Non-local Methods: Theory, Mechanisms, and Relevance to Current Clinical Practice. *Energy Psychology: Theory, Research, and Treatment* 2015;7(2):45-56.

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

Libretto, S., Hilton, L., Gordon, S., Zhang, W., & Wesch, J. (2015). Effects of Integrative PTSD Treatment in a Military Health Setting. *Energy Psychology: Theory, Research, and Treatment, 7*(2), 33-44. DOI:10.9769/EPJ.2015.11.1.SL

Research indicates that the current standard of care for combat-related stress disorders and re- lated conditions is not maximally effective, nor does it fully address the biopsychological aspects, complexity, and overlap of precursors and comorbidities characteristic of posttraumatic stress disorder (PTSD). There is need for comprehensive interventions based upon both neuroscientific information and new integrative care models. The Warrior Combat Stress Reset Program (Reset), an innovative intensive outpatient behavioral health program at the Carl R. Darnall Army Medical Center at Fort Hood, Texas, provided integrative care for active-duty service members for the treatment of PTSD symptoms from 2008 to 2015. The Reset protocol combined trauma-focused behavioral health techniques with complementary and alternative medicine (CAM) modalities including acupuncture, massage, Reiki, reflexology, and yoga. A retrospective, observational, quasi-experimental design was employed to determine the change in health outcomes from pre- to post-treatment. Treatment outcomes were analyzed for 764 service members who attended the 3-week behavioral health program between 2008 and 2013. Results indicate significant reductions in PTSD symptoms (PTSD Checklist–Military version; $p < .001$), anxiety (Beck Anxiety Inventory; $p < .001$), depression (Beck Depression Inventory II; $p < .001$), and pain (Oswestry Pain Index; $p < .001$) from pre- to posttreatment. Outcome analysis by year indicates steady improvements in treatment gains for these major outcomes over time. Advancement is occurring in the search for effective, evidence-based treatments for PTSD. Reset demonstrated promise for reducing symptoms of PTSD, anxiety, and depression through its

integrative approach combining traditional and trauma-focused psychological therapy with CAM treatments.

Nemiro, A., Papworth, S. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial*. Energy Psychology: Theory, Research, & Treatment, 7*(2), 13-25. DOI:10.9769/EPJ.2015.11.1.AN

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 Behavioral 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 posttest 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.

Wauthier-Freymann, Y. (2015). Simple Versus Complex Trauma: A Clinician's Guide to Indications, Treatment Plans, and Therapeutic Methods. *Energy Psychology Journal, 6(*2). DOI: 10.9769/EPJ.2014.11.2.YF

This clinical report is intended to guide practitioners in the identification and treatment of simple and complex trauma. It addresses the questions: How can the clinician distinguish between a simple trauma and a complex trauma? How can attachment disorders be managed, and what impact do they have on the processing of traumatic memories? What type of treat-ment plan is indicated once the nature of the trauma has been identified? When these questions are answered, treatment can proceed efficiently. A structured approach for assessing trauma is presented, beginning with the defining characteristics of simple and complex trauma. A three-stage treatment plan is presented for each of the two types of trauma. This structure enables the identification of interventions that are safe and ap-propriate for the client, operating within a therapeutic range that avoids the extremes of abreaction (overwhelming emotional release) and disso-ciation from emotional and physical sensation. Intervention includes ele-ments drawn from energy psychology, heart coherence, Internal Family Systems, and Compassion Focused Therapy (CFT). This approach re-mediates successfully most psychological trauma.

Boath, E., Stewart, A. & Rolling, C. (2014). The impact of EFT and matrix reimprinting on the civilian survivors of war in Bosnia: A pilot study. *Curr. Res. Psychol., 5:* 65-73. http://thescipub.com/abstract/10.3844/crpsp.2014.64.72

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.

Church, D., & Brooks, A. J. (2014). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing, 10*(1), 24-33.

A randomized controlled trial of veterans with clinical levels of PTSD symptoms found significant improvements after EFT (Emotional Freedom Techniques). Although pain, depression, and anxiety were not the primary targets of treatment, significant improvements in these conditions were noted. Subjects (N = 59) received 6 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 at pretest. The results of this study are consistent with other reports showing that, as PTSD symptoms are reduced, general mental health improves, and pain levels drop. The ability of EFT to produce reliable and long-term gains after relatively brief interventions indicates its utility in reducing the estimated trillion-dollar cost of treating veteran mental health disorders in the coming years.

Church, D., & Palmer-Hoffman, J. (2014). TBI symptoms improve after PTSD remediation with Emotional Freedom Techniques. *Traumatology*, 20(3), Sep 2014, 172-181.

A group of 59 veterans with clinical levels of posttraumatic stress disorder (PTSD) symptoms received Emotional Freedom Techniques (EFT) coaching in a randomized controlled trial. A significant percentage dropped below the clinical threshold after 6 sessions of EFT (86%, $p <$

.0001) and remained subclinical at 3-month and 6-month follow-ups. Traumatic brain injury (TBI) and somatoform symptoms isolated from the data set for detailed analysis are presented in the current paper. Compared with pretest, significant reductions in TBI symptoms were found after 3 sessions, with a further reduction after 6 months (–41%, $p < .0021$). Participant gains were maintained on 3-month and 6-month follow-up ($p < .0006$). These results point to the poorly defined distinction between TBI and PTSD symptoms, the potential for partial TBI rehabilitation as a sequel to successful PTSD treatment, and the possibility of long-term maintenance of clinical gains.

Dunnewold, A.L., (2014). Thought field therapy efficacy following large scale traumatic events. *Curr. Res. Psychol., 5:* 34-39. http://thescipub.com/abstract/10.3844/crpsp.2014.34.39

Thought Field Therapy Efficacy Following Large Scale Traumatic Events: Description of Four Studies. Thought Field Therapy (TFT) has been shown to reduce symptoms of Posttraumatic Stress (PTS) with trauma survivors in four studies in Africa. In a 2006 preliminary study, orphaned Rwandan adolescents, who reported ongoing trauma symptoms since the 1994 genocide, were treated with TFT. A 2008 Randomized Controlled Trial (RCT) examined the efficacy of TFT treatments facilitated by Rwandan Community leaders in reducing PTS symptoms in adult survivors of the 1994 genocide. Results of the 2008 study were replicated in a second RCT in Rwanda in 2009. A fourth RCT in Uganda (in preparation for submission) demonstrated significant differences in a third community leader-administered TFT treatment. The studies described here suggest that one-time, community leader-facilitated TFT interventions may be beneficial with protracted PTS in genocide survivors.

Sheldon, T., (2014) Psychological intervention including emotional freedom techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Curr. Res. Psychol., 5:* 40-63. http://thescipub.com/abstract/10.3844/crpsp.2014.40.63

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.

Church, D., Hawk, C, Brooks, A., Toukolehto, O., Wren, M., Dinter, I., Stein, P. (2013).

Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. *Journal of Nervous & Mental Disease, 201*(2),153–160.

This study examined the effect of Emotional Freedom Techniques (EFT), a brief exposure therapy combining cognitive and somatic elements, on posttraumatic stress disorder (PTSD) and psychological distress symptoms in veterans receiving mental health services. Veterans meeting the clinical criteria for PTSD were randomized to EFT (n = 30) or standard of care wait list (SOC/ WL; n = 29). The EFT intervention consisted of 6-hourYlong 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 G 0.0012) and PTSD symptom levels (p G 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 in- creased 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.

Gaffney, D. (2013). Established and emerging PTSD treatments*. Mental Health Clinician, 2*(7), 213-219. https://DOI.org/10.9740/mhc.n131766 http://mhc.cpnp.org/DOI/full/10.9740/mhc.n131766

Identifying and describing the numerous types of interventions to treat post-traumatic stress disorder (PTSD) can be a daunting task especially with the numerous therapeutic models and techniques with published case study support. This article will explore the physiology and neurobiology of PTSD. Additionally, it will discuss some of the most common categories of interventions and examples of each (e.g., prolonged exposure therapy, cognitive processing therapy, emotional freedom techniques, reprocessing therapy). Data on d-cycloserine, nabotulinumtoxin A, and methylenedioxymeth-amphetamine will also be elucidated.

Sheldon, T., (2014). Psychological intervention including emotional freedom techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Curr. Res. Psychol., 5:* 40-63. http://thescipub.com/abstract/10.3844/crpsp.2014.40.63

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 clientâ™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.

Connolly, S.M., Roe-Sepowitz, D., Sakai, C., & Edwards, J. (2013). Utilizing Community Resources to Treat PTSD: A Randomized Controlled Study Using Thought Field Therapy. *African Journal of Traumatic Studies, 3*(1), 24-32.

The use of Thought Field Therapy (TFT), a brief therapy technique, is examined in a randomized controlled study, to determine if there is a significant difference in the reduction of trauma symptoms between the treated group and the untreated group. Study participants in the waitlist group received treatment after having completing the posttest. Prior to the study, TFT techniques were taught to Rwandan community leaders, who then provided one-time individual trauma-focused TFT interventions to one hundred and sixty four adult survivors of the 1994 Rwandan genocide in their native language, Kinyarwanda. Pre- and post-intervention assessments of trauma symptoms used were the Trauma Symptom Inventory (TSI) and the Modified Posttraumatic Stress Disorder Symptom Scale (MPSS) translated into Kinyarwanda. Significant differences were found in trauma symptoms and level of PTSD symptom severity and frequency between the treatment and the waitlist control groups. Participants in the waitlist group experienced significant reductions in trauma symptoms following their subsequent treatments, which took place after the first posttest. These positive outcomes suggest that a one-time, community leader facilitated trauma-focused TFT intervention may be beneficial with protracted PTSD in genocide survivors.

Church, D., Feinstein, D. (2012). The psychobiology and clinical principles of energy psychology treatments for PTSD: A review. In T. Van Leeuwen and M. Brouwer, editors, *Psychology of Trauma*. Hauppage, NY: Nova Publishers.

Energy Psychology (EP) protocols use elements of established therapies such as exposure and cognitive processing, and combines these with the stimulation of acupuncture points. EP methods such as EFT (Emotional Freedom Techniques) and TFT (Thought Field Therapy) have been extensively tested in the treatment of post-traumatic stress disorder (PTSD). Randomized controlled trials and outcome studies assessing PTSD and co-morbid conditions have demonstrated the efficacy of EP in populations ranging from war veterans to disaster survivors to institutionalized orphans. Studies investigating the neurobiological mechanisms of action of EP suggest that it quickly and permanently mediates the brain's fear response to traumatic memories and environmental cues. This review examines the published trials of EP for PTSD and the physiological underpinnings of the method, and 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.

Connolly, S.M., & Sakai, C.E. (2012). Brief trauma symptom intervention with Rwandan genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health, 13*(3), 161-172.

This randomized waitlist control study examined the efficacy of Thought Field Therapy (TFT) in reducing Posttraumatic Stress Disorder symptoms in survivors of the 1994 genocide in Rwanda. Participants included 145 adult genocide survivors randomly assigned to an immediate TFT treatment group or a waitlist control group. Group differences adjusted for pretest scores and repeated measures anovas were statistically significant at $p < .001$ for 9 of 10 TSI trauma subscales and for both severity and frequency on the MPSS, with moderate to large effect sizes. Reduced trauma symptoms for the group receiving TFT were found for all scales. Reductions in trauma symptoms were sustained at a 2-year follow-up assessment. Limitations, clinical implications, and future research are discussed.

Gurret, J-M., Caufour, C., Palmer-Hoffman, J., & Church, D. (2012). Post-Earthquake Rehabilitation of Clinical PTSD in Haitian Seminarians. *Energy Psychology: Theory, Research, and Treatment, 4*(2), 33-40.

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.

Harper, M. (2012). Taming the amygdala: An EEG analysis of exposure therapy for the traumatized. *Traumatology, 18*(2), 61-74. do:10.1177/1534765611429082.

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.

Hartung, J. & Stein, P. (2012). Telephone delivery of EFT (emotional freedom techniques) remediates PTSD symptoms in veterans. *Energy Psychology Journal, 4(*1), 33-40.

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-hr 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 posttreatment assessment indicated 91% of subjects treated in the office and 67% of those treated by phone no longer met PTSD diagnostic criteria ($p < .05$). Results suggest that although less efficacious than in-person office visits, EFT delivered via telephone is effective in remediating PTSD and comorbid symptoms in about two thirds of cases.

Robson, P. & Robson, H. (2012). The Challenges and Opportunities of Introducing Thought Field Therapy (TFT) Following the Haiti Earthquake. *Energy Psychology Journal, 4*(1). DOI: 10.9769/EPJ.2012.4.1.PR

The 2010 earthquake in Haiti was followed by international emergency interventions. The scale of the disaster resulted in considerable psychological trauma amongst the population, which was likely to persist after the initial emergency response. The authors visited Haiti 6 months after the earthquake with a medical team to deliver a 1-week Thought Field Therapy training program to the local community. A 2-day training program was followed by opportunities for supervised practice. The authors have continued to receive positive feedback from participants, for more than 1 year following the training. Although limited healthcare and poor preceding infrastructure impaired the local response to the disaster, efforts were helped by the resilience of the population and their community spirit. The visit success was facilitated by working with a team who were familiar with the country and negotiating with local community leaders, were adequately prepared, and gave attention to the authors' security and health.

Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents after EFT: A randomized controlled pilot study. *Traumatology.* DOI:10.1177/1534765611426788

The population for this study was drawn from an institution to which juveniles are sent by court order if they are found by a judge to be physically or psychologically abused at home.

Sixteen males, aged 12 – 17, were randomized into two groups. They were assessed using subjective distress (SUD), and the Impact of Events scale (IES), which measures two components of PTSD: intrusive memories and avoidance symptoms. The experimental group was treated with a single session of EFT (Emotional Freedom Techniques), a brief and novel exposure therapy that has been found efficacious in reducing PTSD and co-occurring psychological symptoms in adults but has not been subject to empirical assessment in juveniles. The wait list control group received no treatment. Thirty days later subjects were reassessed. No improvement occurred in the wait list (IES total mean pre=32 SD ±4.82, post=31 SD ±3.84). Posttest scores for all experimental group subjects improved to the point where all were non-clinical on the total score (IES total mean pre=36 SD ±4.74, post=3 SD ±2.60, $p<0.001$), as well as the intrusive and avoidant symptom subscales, and SUD. 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.

Karatzias, T., Power, K. Brown, K. , McGoldrick, T., Begum, M., Young, J., Loughran, P., Chouliara, Z. & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for posttraumatic stress disorder: Eye movement desensitization and reprocessing vs. emotional freedom techniques. *Journal of Nervous & Mental Disease 199*(6), 372-378.

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

Kwon, Y-J., & Cho, S-H. (2011). Oriental medical interventions for posttraumatic stress disorder: A model of Oriental Medicine for disaster mental health. *Journal of Oriental Neuropsychiatry, 22*(4), 77-86.

Objectives: Rates of assault as well as natural and human disasters are increasing. In Korea however, Oriental Medicine PTSD treatment research has been limited to motor vehicle accident survivors. Our objective is to develop a model for the application of evidence-based Oriental Medicine interventions for PTSD to a wide spectrum of traumatic disasters.
Methods: An online search was performed for Korean research in Oriental Medicine journals. International studies were sourced from Pubmed and the US Department of Veterans Affairs. We sorted studies into Randomized Controlled Trials (RCTs) and non-RCTs, and further analyzed them by the elapsed time from traumatic exposure to treatment.

Results: We confirmed that acupuncture, cognitive behavioral therapy (CBT) and progressive muscular relaxation (PMR) were effective in the acute stages immediately after a traumatic event. We further determined that Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Techniques (EFT) and relaxation therapy were efficacious in the chronic stages. Building on these findings, we propose a model of Oriental Medicine for disaster mental health.
Conclusions: An analysis of research into Oriental Medicine shows that the above evidence-based interventions are efficacious for different stages of PTSD treatment. Oriental Medicine is an appropriate mental health intervention in disasters.

Stein, P., & Brooks, A. Efficacy of EFT Provided by Coaches vs. Licensed Therapists in Veterans with PTSD. (2011). *Energy Psychology: Theory, Research, and Treatment, 3*(1).

Background: EFT (Emotional Freedom Techniques) is a validated method for treating posttraumatic stress disorder (PTSD), available to both lay persons and to licensed mental health practitioners (LMP). It is unknown whether results would be significantly different when EFT is administered by licensed practitioners compared to trained lay coaches.
Methods: N=149 veterans with PTSD were approached and 59 were eligible and consented to the study. They were randomized to an active treatment (EFT N=30) and wait list (WL N=29) control group and received treatment from a LMP (N=26) or a coach (N=33). PTSD was assessed using the PCL-M (PTSD Checklist-Military), and psychological symptoms using the SA-45 (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 at 3 and 6 months. Wait list was assessed at intake and one month before beginning EFT sessions.
Results: Results are based on post-intervention data from the combined EFT and WL groups. Significant declines in the percent 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 percent meeting clinical PTSD criteria increased slightly at 6 months (24% coach, 17% LMP), the overwhelming majority of vets with PTSD treated with EFT remained free of clinically-defined PTSD. The trend for better outcomes for LMP did not reach statistical significance.
Conclusion: Six 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.

Zhang, Ying; Feng, Bin; Xie, Jian-ping; Xu, Fang-zhong; and Chen, Jiong. (2011). Clinical Study on Treatment of the Earthquake-caused Post-traumatic Stress Disorder by Cognitive-behavior Therapy and Acupoint Stimulation. *Journal of Traditional Chinese Medicine, 31*(1): 60-63.

Objective: To study the curative effect of acupoint stimulation on the earthquake-caused post-traumatic stress disorder (PTSD).
Methods: The 91 PTSD patients in Wenchuan hit by a strong earthquake were randomly divided into a control group of 24 cases treated by the cognitive-behavior therapy, and a

treatment group of 67 cases treated by both cognitive-behavior therapy and acupoint stimulation. The scores were evaluated according to Chinese version of the incident effect scale revised (IES-R) and the self-compiled questionnaire for the major post-traumatic psychological condition, and the curative effect was compared between the two groups. **Results:** The total scores of IES-R, the scores of all factors and the total scores of the questionnaire in the two groups after treatment were much lower than those before treatment ($P<0.01$). The comparison of reduction in the factor scores between the two groups showed that the curative effect in the treatment group was better that of in the control group. **Conclusion:** The acupoint stimulation is effective for the PTSD patients, with better results than that of cognitive-behavior therapy used alone.

Burk, L. (2010). Single Session EFT (Emotional Freedom Techniques) for Stress-Related Symptoms After Motor Vehicle Accidents*. Energy Psychology: Theory, Research & Treatment, 2*(2), 65-72.

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.

Church, D. (2010b). The Treatment of Combat Trauma in Veterans Using EFT: A Pilot Protocol. *Traumatology, 15*(1), 45-55.

With a large number of U.S. military service personnel coming back from Iraq and Afghanistan with posttraumatic stress disorder (PTSD) and comorbid psychological conditions, a need exists to find protocols and treatments that are effective in brief treatment time frames. 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 30 days prior to treatment and immediately before treatment. Participants were then treated with a brief and novel exposure therapy, EFT (Emotional Freedom Techniques), for 5 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 were 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 postdeployment intervention.

Church, D., Brooks, A. (2010b). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal,* August/September 2010.

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

Feinstein, D. (2010). Rapid Treatment of PTSD: Why Psychological Exposure with Acupoint Tapping May Be Effective. *Psychotherapy: Theory, Research, Practice, Training, 47(*3), 385-402.

Combining brief psychological exposure with the manual stimulation of acupuncture points (acupoints) in the treatment of post-traumatic stress disorder (PTSD) and other emotional conditions is an intervention strategy that integrates established clinical principles with methods derived from healing traditions of Eastern cultures. Two randomized controlled trials and six outcome studies using standardized pre- and post-treatment measures with military veterans, disaster survivors, and other traumatized individuals corroborate anecdotal reports and systematic clinical observation in suggesting that (a) tapping on selected acupoints (b) during imaginal exposure (c) quickly and permanently reduces maladaptive fear responses to traumatic memories and related cues. The approach has been controversial. This is in part because the mechanisms by which stimulating acupoints can contribute to the treatment of serious or longstanding psychological disorders have not been established. Speculating on such mechanisms, the current paper suggests that adding acupoint stimulation to psychological exposure is unusually effective in its speed and power because deactivating signals are sent directly to the amygdala, resulting in reciprocal inhibition and the rapid attenuation of maladaptive fear. This formulation and the preliminary evidence supporting it could, if confirmed, lead to more powerful exposure protocols for treating PTSD.

Sakai, C., Connolly, S., Oas, P. (2010). Treatment of PTSD in Rwandan Child Genocide Survivors Using Thought Field Therapy. *International Journal of Emergency Mental Health, 12*(1), 41-50.

Thought Field Therapy (TFT), which utilizes the self-tapping of specific acupuncture points while recalling a traumatic event or cue, was applied with 50 orphaned teens who had been suffering with symptoms of PTSD since the Rwandan genocide 12 years earlier. Following a single TFT session, scores on a PTSD checklist completed by caretakers and on a self-rated PTSD checklist had significantly decreased ($p < .0001$ on both measures). The number of

participants exceeding the PTSD cutoffs decreased from 100% to 6% on the caregiver ratings and from 72% to 18% on the self-ratings. The findings were corroborated by informal interviews with the adolescents and the caregivers which indicated dramatic reductions of PTSD symptoms such as flashbacks, nightmares, bedwetting, depression, isolation, difficulty concentrating, jumpiness, and aggression. Following the study, the use of TFT on a self-applied and group utilized basis became part of the culture at the orphanage, and on one-year follow-up, the initial improvements had been maintained as shown on both checklists.

Stone, Barbara; Leyden, Lori; Fellows, Bert. (2010). Energy Psychology Treatment for Orphan Heads of Households in Rwanda: An Observational Study. *Energy Psychology: Theory, Research and Treatment, 2*(2).

A team of 4 energy therapy practitioners visited Rwanda in September of 2009 to conduct trauma remediation programs with 2 groups of orphan genocide survivors with complex posttraumatic stress disorder (PTSD) symptoms. Results from interventions with the first group were reported previously (Stone, Leyden, & Fellows, 2009). This article reports results from the second group composed of orphan head of households. The authors used a multimodal intervention with 3 energy psychology methods (Tapas Acupressure Technique, Thought Field Therapy, and Emotional Freedom Techniques), with techniques selected on the basis of participant needs. Interventions were performed on 2 consecutive workshop days and were followed by 2 days of practitioners making field visits with students. Data were collected using the Child Report of Posttraumatic Stress (CROPS) to measure pre- and post intervention results and a time-series, repeated measures design (28 orphans with clinical PTSD scores completed a pretest; 21 completed 1-week posttests; 18 completed 3-month posttests; and 10 completed 6-month posttests). 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.

Church, D. (2009). The Treatment of Combat Trauma in Veterans using EFT (Emotional Freedom Techniques): A Pilot Protocol. *Traumatology, 15*:1.

A six-session protocol of a brief and novel exposure therapy, EFT (Emotional Freedom Techniques) has been efficacious in reducing PTSD and co-occurring psychological symptoms in a within-subjects time series trial. The current study uses a randomized design and a wait list control group (n=13). Experimental group subjects (n=19) received six hour-long EFT coaching sessions, with pretest and posttest evaluations, as well as intermediate tests after three sessions. PTSD was assessed using the PCL-M (Posttraumatic Stress Disorder Checklist – Military), on which the lowest possible score is 17, and a score of 50+ is clinical. The severity and breadth of psychological distress was measured using the SA-45 (Symptom Assessment 45), a short form of the SCL-90. Neither symptoms nor PTSD scores declined in the wait list during the passage of time. The breadth of psychological distress diminished highly significantly in the EFT group, as did the severity (both $p<0.001$). In examining the EFT treatment results for the WL and EFT groups combined, after 3 sessions 70% scored PTSD-negative, with mean scores going from 62 pre (SE ±1.63) to 44 (SE ±2.83) after 3 sessions (both $p<0.001$). After 6 sessions of EFT, 87% were PTSD-negative, with a mean score of 35 (SE ±2.68, $p<0.001$). Thirteen subjects completed a 3 month follow-up, and all scored PTSD-negative (mean=31, SE ±2.77, $p<0.001$). The results are consistent

with other published reports showing EFTs efficacy at treating PTSD and co-morbid symptoms.

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

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 conditions. 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 behavior, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychotism, 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% ($p<.001$), while breadth of symptoms decreased by 29% ($p<.032$). Anxiety decreased 46% ($p<.003$), depression 49% ($p<.001$), and PTSD 50% ($p<.026$). Most gains were maintained at the 90-day follow-up.

Craig, G., Bach, D., Groesbeck, G., & Benor, D. (2009). Emotional Freedom Techniques (EFT) For Traumatic Brain Injury. *International Journal of Healing and Caring, 9(*2), 1-12.

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 The Editors, 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

Dinter, I. (2009). Working with military service members and veterans: A field report of obstacles and opportunities. *Energy Psychology Journal 1*(1). DOI: 10.9769/EPJ.2009.1.1.ID

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.

Lubin, H. & Schneider, T. (2009). Change Is Possible: EFT (Emotional Freedom Techniques) with Life-Sentence and Veteran Prisoners at San Quentin State Prison. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 83-88.

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.

Schulz, K. (2009). Integrating Energy Psychology into Treatment for Adult Survivors of Childhood Sexual Abuse. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 15-22.

This study evaluated the experiences of 12 therapists who integrated energy psychology (EP) into their treatments for adult survivors of childhood sexual abuse. Participants completed an online survey and the qualitative data was analyzed using the Constant Comparative method. Seven categories containing 6 themes emerged as a result of this analysis. The categories included: () 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

Stone, B., Leyden, L., & Fellows, B. (2009). Energy Psychology Treatment for Posttraumatic Stress in Genocide Survivors in a Rwandan Orphanage: A Pilot Investigation. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 73-82.

A team of 4 energy therapy practitioners visited Rwanda in September of 2009 to conduct trauma remediation programs with 2 groups of orphan genocide survivors with complex

posttraumatic stress disorder (PTSD) symptoms. Results from interventions with the first group were reported previously (Stone, Leyden, & Fellows, 2009). This article reports results from the second group composed of orphan head of households. The authors used a multimodal intervention with 3 energy psychology methods (Tapas Acupressure Technique, Thought Field Therapy, and Emotional Freedom Techniques), with techniques selected on the basis of participant needs. Interventions were performed on 2 consecutive workshop days and were followed by 2 days of practitioners making field visits with students. Data were collected using the Child Report of Posttraumatic Stress (CROPS) to measure pre- and post intervention results and a time-series, repeated measures design (28 orphans with clinical PTSD scores completed a pretest; 21 completed 1-week posttests; 18 completed 3-month posttests; and 10 completed 6-month posttests). 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.

Swack, J. (2009). Elimination of Post Traumatic Stress Disorder (PTSD) and Other Psychiatric Symptoms in a Disabled Vietnam Veteran with Traumatic Brain Injuries (TBI) in Just Six Sessions Using Healing from the Body Level Up Methodology, an Energy Psychology Approach. *International Journal of Healing and Caring, 9*(3).

Increasing numbers of returning veterans and veterans of previous conflicts are being diagnosed with depression, anxiety, post traumatic stress disorder (PTSD), and other psychological problems caused by military service. It is important to develop brief and effective treatment methods to facilitate reentry into civilian life. Energy psychology techniques have been found effective for rapidly treating trauma. This case study describes the results of treatment of a Vietnam Veteran for PTSD and other psychiatric symptoms with Healing from the Body Level Up (HBLUTM) methodology, an approach from the field of Energy Psychology. The patient, a Navy Seal, sustained a bullet wound to the skull in Vietnam, and later sustained separate, severe injuries to the brain requiring four rounds of surgery 1990 - 1994. The Veteran's administration diagnosed him 100% disabled. His symptoms were assessed using the SA-45, a well-validated instrument for measuring anxiety, depression, obsessive-compulsive behavior, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychosis, and somatization; and the PCL-M, the military assessment for PTSD. Testing was done just prior to treatment and 2 months post-treatment. After three double sessions over a period of three months, he demonstrated complete recovery from PTSD and a return to normalcy in all nine areas of formal psychological test evaluation.

Diepold, J. H., Jr., & Goldstein, D. (2008). Thought field therapy and qEEG changes in the treatment of trauma: A case study*. Traumatology, 15,* 85-93. DOI:10.1177/1534765608325304

As identified by quantitative electroencephalography statistically abnormal brain wave patterns were observed when a person thought about a trauma when compared with thinking about a neutral (baseline) event. Reassessment of brain wave patterns (to the traumatic memory) immediately after thought field therapy diagnosis and treatment revealed that the previous abnormal pattern was altered and was no longer statistically abnormal. An 18-month follow-up indicated that the patient continued to be free of all emotional upset regarding the treated trauma. This case study supports the concept that trauma-based

negative emotions do have a correlated and measurable abnormal energetic effect. In addition, this study objectively identified an immediate energetic change after thought field therapy in the direction of normalcy and health, which has persisted.

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

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 honored 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 honors 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.

Feinstein, D. (2008b) Energy psychology in disaster relief. *Traumatology 141*:1, 124-137.

Energy psychology utilizes cognitive operations such as imaginal exposure to traumatic memories or visualization of optimal performance scenarios—combined with physical interventions derived from acupuncture, yoga, and related systems—for inducing psychological change. While a controversial approach, this combination purportedly brings about, with unusual speed and precision, therapeutic shifts in affective, cognitive, and behavioral patterns that underlie a range of psychological concerns. Energy psychology has been applied in the wake of natural and human-made disasters in the Congo, Guatemala, Indonesia, Kenya, Kosovo, Kuwait, Mexico, Moldavia, Nairobi, Rwanda, South Africa, Tanzania, Thailand, and the U.S. At least three international humanitarian relief organizations have adapted energy psychology as a treatment in their post-disaster missions. Four tiers of energy psychology interventions include 1) immediate relief/stabilization, 2) extinguishing conditioned responses, 3) overcoming complex psychological problems, and 4) promoting optimal functioning. The first tier is most pertinent in psychological first aid immediately following a disaster, with the subsequent tiers progressively being introduced over time with complex stress reactions and chronic disorders. This paper reviews the approach, considers its viability, and offers a framework for applying energy psychology in treating disaster survivors.

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.

In this case study a survivor of the Twin Towers collapse of 9/11/01 is treated for prolonged complex PTSD after several years of self-imposed seclusion. Effects of a single session of EFT assessed immediately after treatment demonstrated an elimination of clinically significant scores on the Traumatic Symptom Inventory compared to two pre-treatment assessments. Similar reductions in 4 of 7 subscales of the Personality Assessment Inventory were also evidenced. Twelve treatment sessions over 8 weeks concluded treatment with nearly complete symptom remediation and return to work. A 60 day follow-up PAI testing showed only one clinically elevated scale.

Flint, G., Lammers, W. & Mitnick, D. (2006). Emotional Freedom Techniques: A safe treatment intervention for many trauma based issues. *Journal of Aggression, Maltreatment and Trauma, 12*(1-2), 125-50. DOI:10.1300/J146v12n01_07

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.

Ruden, R. A. (2005). A neurological basis for the observed peripheral sensory modulation of emotional responses. *Traumatology, 11,* 145-158. DOI:10.1177/153476560501100301

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

Swingle, P., Pulos, L., & Swingle, M. K. (2005). Neurophysiological Indicators of EFT Treatment Of Post Traumatic Stress. *Journal of Subtle Energies & Energy Medicine. 15,* 75-86.

This research study studied the effects of EFT on auto accident victims suffering from post traumatic stress disorder -- an extremely disabling conditioning that involves unreasonable fears and often panic attacks, physiological symptoms of stress, nightmares, flashbacks, and other disabling symptoms. These researchers found that three months after they had learned EFT (in two sessions) those auto accident victims who reported continued significant symptom relief also showed significant positive changes in their brain waves (via EEG measurements). It was assumed that the clients showing the continued positive benefits were those who continued with home practice of self-administered EFT.

Folkes, C. (2002). Thought Field Therapy and trauma recovery*. International Journal of Emergency Mental Health, 4*(2), 99-104.

People who have been repeatedly exposed to traumatic events are at high risk for Post Traumatic Stress Disorder (PTSD). Refugees and immigrants can certainly be in this category, but seldom seek professional therapy due to cultural, linguistic, financial, and historical reasons. A rapid and culturally sensitive treatment is highly desirable with communities new to Western-style healing. In this study of 31 clients (aged 5-48 yrs), a pre-test was given, all participants received Thought Field Therapy (TFT), and were then post-tested after 30 days. Pre-test and post-test total scores showed a significant drop in all symptom sub-groupings of the criteria for PTSD. The findings of this study contrast with the outcomes of other methods of treatment, and are a significant addition to the growing body of data on refugee mental health.

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.

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.

Kober A., Scheck, T., Greher, M., Lieba, F., Fleischhackl, R., Fleischhackl, S., et al., (2002). Pre-hospital analgesia with acupressure in victims of minor trauma: A prospective, randomized, double-blinded trial. *Anesthesia & Analgesia, 95* (3), 723-727.

Untreated pain during the transportation of patients after minor trauma is a common problem in emergency medicine. Because paramedics usually are not allowed to perform invasive procedures or to give drugs for pain treatment, a noninvasive, nondrug based method would

be helpful. Acupressure is a traditional Chinese treatment for pain that is based on pain relief followed by a short mechanical stimulation of specific points. Consequently, we tested the hypothesis that effective pain therapy is possible by paramedics who are trained in acupressure. In a double-blinded trial we included 60 trauma patients. We randomly assigned them into three groups ("true points," "sham-points," and "no acupressure"). An independent observer, blinded to the treatment assignment, recorded vital variables and visual analog scales for pain and anxiety before and after treatment. At the end of transport, we asked for ratings of overall satisfaction. For statistical evaluation, one-way analysis of variance and the Scheffe´ F test were used. P_0.05 was considered statistically significant. Morphometric and demographic data and potential confounding factors such as age, sex, pain, anxiety, blood pressure, and heart rate before treatment did not differ among the groups. At the end of transport we found significantly less pain, anxiety, and heart rate and a greater satisfaction in the "true points" groups ($P < 0.01$). Our results show that acupressure is an effective and simple-to-learn treatment of pain in emergency trauma care and leads to an improvement of the quality of care in emergency transport. We suggest that this technique is easy to learn and risk-free and may improve paramedic-based rescue systems.

Johnson, C., Shala, M., Sejdijaj, X., Odell, R., & Dabishevci, D. (2001). Thought Field Therapy: Soothing the bad moments of Kosovo*. Journal of Clinical Psychology. 57*(10), 1237-40.

Trauma in Kosovo was treated with Thought Field Therapy (TFT) during five separate trips by members of the Global Institute of Thought Field Therapy, in the year 2000. Clinicians from Sweden, the United Kingdom, and the United States were joined in Kosovo by four physicians who transported them to remote war-torn villages where patients with severe trauma were treated. Treatment was given to 105 patients with 249 separate traumas. Total relief was reported by 103 of the patients, and for 247 of the separate traumas. Follow-up data averaging five months revealed no instance of relapse.

Carbonell, J.L., & Figley, C. (1999). A systematic clinical demonstration project of promising PTSD treatment approaches. *Traumatology, 5(*1); http://www.fsu.edu/~trauma/promising.html

Traumatic Incident Reduction, Visual-Kinesthetic Disassociation, Eye Movement Desensitization and Reprocessing, and Thought Field Therapy were investigated through a systematic clinical demonstration (SCD) methodology. This methodology guides the examination, but does not test the effectiveness of clinical approaches. Each approach was demonstrated by nationally recognized practitioners following a similar protocol, though their methods of treatment varied. A total of 39 research participants were treated and results showed that all four approaches had some immediate impact on clients and appear to also have some lasting impact. The paper also discusses the theoretical, clinical, and methodological implications of the study.

Relationships and Attachment Disorders

Smith, R. (2024). Transforming the compulsive patterns of attachment trauma using energy psychotherapy. *Attachment*, *18*(2), 205-222.

People with unhappy attachment histories recreate their insecure, anxious, avoidant, or disorganised patterns (Ainsworth et al., 1978; Main & Solomon, 1986), with abandonments, privation, abuse, and neglect threatening basic survival, and setting up painfully re-enacted relational templates. However, depth energy psychotherapy (energy psychology integrated within attachment-based psychotherapy) can gradually transform such seemingly intransigent patterns. Neurobiology and vagal nerve theory identify the need to transcend the body/mind dichotomy of "psychological" talking therapies, to address the triggering, dysregulation, post-traumatic stress disorder (PTSD), and visceral symptoms arising from attachment trauma. Energy psychotherapy addresses a wide range of complex issues, working with the synergy of *bodymindenergy* to incorporate somatic components, assisting clients with emotional self-regulation and the releases of traumatic stress. These gentle, self-applied, and empowering methods have a significant evidence base and help clients establish autonomy and better connections with self and other. This work is naturally conducive to connecting with transformative "source" energy whose "flow" assists in releasing the low, dense frequencies of trauma. Clients report feeling "lighter" as they experience the embodied regulation of peace, calm, and well-being which supports happier ways of living and relating.

Church, D., & Clond, M. (2019). Is online treatment as effective as in-person treatment? Psychological change in two relationship skills groups. Journal of Nervous & Mental Disease 207(5):315-319. DOI: 10.1097/NMD.0000000000000975

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.

Schizophrenia

Rosyanti, L., Hadi, I. et al. (2018). The Effectiveness of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Intervence Against the Change of Brief Psychiatric Rating Scale (BPRS) on Patient with Schizophrenia. *Health Notions 2*(8).
http://heanoti.com/index.php/hn/article/view/hn20815.

Dimension of spiritual nursing demands the role of nurse in order to give holistic treatment, combine physical, psychological, social, and spiritual dimension. The psychospiritual intervention: SQEFT is intervention of psychospiritual combination that combines between spiritual Qur'anic therapy and psychological therapy of EFT, as additional spiritual intervention for patient with schizophrenia by not reducing any medical treatment program that the patient does. The objective of this research, in order to examine the influence of SQEFT Intervence Against The Change of BPRS on Patient with Schizophrenia. There were 7 mental patients schizophrenia participate of this research, who were diagnosed schizophrenia with psychiatry of DSM-IV-TR by psychiatric doctor with preliminary BPRS value scale in less than 60. The result test of Bonferroni showed that three groups had significant difference. There was a significant difference between non SQFET and SQEFT1, SQEFT2 with p value of 0.000. This difference showed that BPRS value moved lower significantly before being given SQEFT intervention, after being given SQEFT in stage 1 and SQEFT in stage 2. BPRS value that was lower showed psychological condition, schizophrenia patient's cognitive condition which were better.

Rosyanti, L., Hadi, I., Tanra, J., Islam, A., Natzir, R., Massi, M., Idrus, F. & Bahar, B. (2019). Change of Brief Psychiatric Rating Scale (BPRS) Value with Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Therapy on Mental Disorder Patient*. Indian Journal of Public Health Research and Development, 10(*1); 374-78.

Spirituality concept is as a part of nursing standard. A person's spiritual needs has to be considered as integral part from nursing care. SQEFT therapy is a combination intervention that combines between spiritual qur'anic therapy and EFT as a spiritual intervention that is simple and practical to be done. This research aimed at knowing the change of BPRS value after being given SQEFT therapy. Method, sample of this research was consisted of 10 patients with schizophrenia who had SQEFT therapy, and 10 patients as a control group. Both of the groups were measured by BPRS three times: pre (before therapy), post 1 (after therapy in 1 – 2 weeks), and post 2 (after therapy in 3 – 4 weeks).
Research result: by utilizing paired sample T test in SQEFT therapy group, the BPRS value in pre and post 1 (P = 0,000), BPRS value in post 1 and post 2 (P= 0,000), and BPRS value in pre and post 2 (P = 0,000) were all significant. However, BPRS value lowered after SQEFT therapy. In control group, BPRS value was ocuurred a decrease in pre and post 1 (P value ≤ 0,004), and value of pre and post 2 (P= 0,001), meanwhile, the BPRS value in post 1 and post 2 (P =0,193) did not lower anymore.
Conclusion: There was a significant change of BPRS value after being given SQEFT therapy and the decrease of it showed the improvement of clinical symptoms on patient with schizophrenia.

Self Esteem

Wati, N.L., Sansuwito, T.B., Rai, R.P., Darmawati, I., Anggareni, R., Amir, M.D., & Nasiatin, T. (2022). The Effect of EFT (Emotional Freedom Technique) to the Self Esteem among Nurses. *Malaysian Journal of Medicine and Health Sciences* (eISSN 2636-9346) https://api.semanticscholar.org/CorpusID:247950762

Introduction: 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 ex- amine the effect of EFT on self-esteem.
Methods: A pre-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.
Results: TEFT was effective in increasing self-esteem, with a substantial outcome (P value=0.000).
Conclusion: Emotional Freedom Technique (EFT) can be an alternative to boosting nurses' self-esteem.

Mayr, H., Cohen, F., Isenring, E., et al. (2020). Multidisciplinary lifestyle intervention in children and adolescents - results of the project GRIT (Growth, Resilience, Insights, Thrive) pilot study. *BMC Pediatrics. 20(*1):174. PMID: 32312241; PMCID: PMC7169025. doi: 10.1186/s12887-020-02069-x.

Background: During childhood and adolescence leading behavioural risk factors for the development of cardiometabolic diseases include poor diet quality and sedentary lifestyle. The aim of this study was to determine the feasibility and effect of a real-world group-based multidisciplinary intervention on cardiorespiratory fitness, diet quality **and self-concept** in sedentary children and adolescents aged 9 to 15 years.
Methods: Project GRIT (Growth, Resilience, Insights, Thrive) was a pilot single-arm intervention study. The 12-week intervention involved up to three outdoor High Intensity Interval Training (HIIT) running sessions per week, five healthy eating education or cooking demonstration sessions, and one mindful eating and **Emotional Freedom Technique psychology session**. Outcome measures at baseline and 12-week follow-up included maximal graded cardiorespiratory testing, the Australian Child and Adolescent Eating Survey, and Piers-Harris 2 children's self-concept scale. Paired samples t-test or Wilcoxon signed-rank test were used to compare baseline and follow-up outcome measures in study completers only.
Results: Of the 38 recruited participants (median age 11.4 years, 53% male), 24 (63%) completed the 12-week intervention. Dropouts had significantly higher diet quality at baseline than completers. Completers attended a median 58 (IQR 55-75) % of the 33 exercise sessions, 60 (IQR 40-95) % of the dietary sessions, and 42% attended the psychology session. No serious adverse events were reported. Absolute VO_2peak at 12 weeks changed by 96.2 ± 239.4

mL/min (p = 0.06). As a percentage contribution to energy intake, participants increased their intake of healthy core foods by 6.0 ± 11.1% (p = 0.02) and reduced median intake of confectionary (- 2.0 [IQR 0.0-3.0] %, p = 0.003) and baked products (- 1.0 [IQR 0.0-5.0] %, p = 0.02). Participants significantly improved self-concept with an increase in average T-Score for the total scale by 2.8 ± 5.3 (p = 0.02) and the 'physical appearance and attributes' domain scale by median 4.0 [IQR 0.5-4.0] (p = 0.02).
Conclusions: The 12-week group-based multidisciplinary lifestyle intervention for children and adolescents improved diet quality and self-concept in study completers. Future practice and research should focus on providing sustainable multidisciplinary lifestyle interventions for children and adolescents aiming to improve long-term health and wellbeing.

Steel, J.M. (2016). Tapas Acupressure Technique (TAT) for reducing stress and increasing self-esteem: A self-study. *Energy Psychology Journal, 8*(1). DOI 10.9769/EPJ.2016.8.1.JMS

While there is a great deal of research into various Energy Psychology (EP) methods, the subjective experience of the client has not yet been investigated. In this self-study, the Tapas Acupressure Technique (TAT) Protocol for Stressful Events was used for 10 sessions over a period of 3 weeks to explore whether TAT would be an effective tool for managing stress and increasing feelings of self-worth. The Sorensen Self-Esteem Test was used as a baseline self-esteem pre and post test to measure self-worth and positive and negative emotional states. A list of 10 free association words was collected before and after each treatment session and at the end of the treatment period. Quantitative analysis showed an increase in overall sense of self-worth and an increase in positive states. Negative and positive states varied throughout the treatment period while self-worth increased, suggesting that TAT enabled increased emotional self-regulation when dealing with stressful situations. Scores on the Sorensen Self-Esteem Test improved by 28% on follow-up. A qualitative analysis of the free association words suggests an increase in feelings of balance and calm and a decrease in negative self-image.

Stapleton, P. B., Chatwin, H., William, M., Hutton., A., Pain, A., Porter, B.Sheldon., T. (2015). A randomised clinical pilot trial: Do emotional freedom techniques impact eating habits in 14 to 15 year olds, as well as self-esteem, self-compassion, and psychological distress? Explore: The Journal of Science and Healing. In press.

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 ether 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.

Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D. & Dawson, K. (2013). Can Matrix Reimprinting using EFT be effective in the treatment of emotional conditions in a public health setting? Results of a UK pilot study. *Energy Psychology: Theory, Research, and Treatment , 5*(1), 13–31.

Objectives: This pilot study was carried out to establish the feasibility and effectiveness of Matrix Reimprinting (MR). A dedicated MR/ Emotional Freedom Techniques service was delivered in a community setting within the National Health Service in the metropolitan borough of Sandwell, United Kingdom. Method: Over a 15-month period, the study followed clients accessing the service for a range of emotional conditions. At the start and end of their treatment, clients were asked to complete the CORE–10 (psychological distress; main outcome variable), Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; mental well-being), Rosenberg Self Esteem and Hospital Anxiety and Depression Scale (HADS; anxiety and depression) measurement scales.
Results: 24 clients were included in the MR pilot study, and the mean number of sessions attended was 8.33 (Mdn = 6.5). There were both statistically and clinically significant improvements for CORE–10 (52% change, $p < .001$), Rosenberg Self-Esteem (46% change, $p < .001$), HADS Anxiety (35% change, $p = .007$), and HADS total score (34% change, $p = .011$) and a statistically significant improvement for WEMWBS (30% change, $p < .001$). All MR clients showed clinical improvements.
Conclusions: Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of MR as a cost-effective treatment to reduce the burden of a range of physical and psychological disorders. Further larger studies are called for, with protocols to minimize dropouts.

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

Objectives: A service evaluation was carried out to establish the feasibility and effectiveness of Emotional Freedom Techniques (EFT) in the NHS.
Setting: A dedicated EFT service, within the NHS in the district of Sandwell, West Midlands. Referrals were accepted for any emotional condition (including physical pain), provided that clients were over 18 and not "vulnerable adults". Ethical approval was secured.
Method: Over a 13 month period, clients accessing the EFT service for a range of emotional conditions were invited to participate. Those who gave consent were included in the service evaluation. At the start and end of their treatment, clients were asked to complete the CORE10 (main outcome variable), WEMWBS, Rosenberg Self Esteem and HADS measurement scales. Clients completing their therapy were invited for a 3-month follow-up.
Results: Thirty-nine clients gave consent, and 31 completed therapy. A total of 77% werefemale, and 80% were White British. The mean age was 45 years (range 18-76),and mean number of sessions attended was 5 (median 4; range 2-17). The main presenting conditions were anxiety, depression and anger and clients revealed up to 4 additional issues. CORE10, Rosenberg Self-Esteem, HADS Anxiety and HADS Depression scores showed both statistically and clinically significant improvements, with statistically significant improvement for WEMWBS (all $p<0.01$). Mean CORE10 scores improved from 20.16 (moderate severe) at start to 8.71 (normal) at end (SD difference=6.81, $p<0.001$). Improvements were seen in all but one client.

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

Sexual Abuse

Olivé, C., Ávila, M. & Camacho, C. (2025). Efficacy of a brief group intervention from Advanced Integrative Therapy (AIT) in female survivors of intimate partner violence with post-traumatic stress disorder (PTSD). *IJHC, 25*(1), 11-33.
https://doi.10.78717/ijhc.2025111

Objective: This pilot cohort case study evaluates the empirical efficacy of a brief trauma-focused group intervention based on Advanced Integrative Therapy (AIT) to help women survivors of intimate partner violence (IPV) suffering from posttraumatic stress disorder (PTSD) and dissociative symptoms.

Methods: The research employed an intragroup design with pre- and post-treatment measurements taken before and two months after the intervention. The sample consisted of 12 women, all of whom had experienced IPV and clinical symptoms of PTSD. The Revised PTSD Symptom Severity Scale-Revised (EGS-R) served as the assessment instrument. The group treatment consisted of 15 structured sessions, organized into four core components and two integrative elements.

Results: Post-treatment assessments indicated a significant reduction in all DSM-5 criteria subgroups, with 91.66% of participants moving out of the clinical category.

Conclusions: This case study provides compelling evidence supporting the efficacy of group AIT treatment in alleviating PTSD and associated dissociative symptoms among female IPV survivors. As more evidence on AIT accumulates, exploring its potential applicability in public institutions and nongovernmental organizations is warranted**.**

Soriano-Lemen, M. I., & Lamzon, G. (2023). Emotional Freedom Techniques for Childhood Sexual Abuse Survivors. *Asian Journal of Education and Social Studies*, *43*(2), 9-21.

Childhood Sexual Abuse (CSA) is a phenomenon that has affected the lives of many women and female adolescents. Eleven (11) residents of a center for abused females were included in this study. Using the case study research method of Yin, data was gathered from multiple sources. Findings were (1)emotion regulation skills were enhanced for some participants; (2) estrangement or hostility from family contributed to the prevalence of the symptoms; (3) some participants' precursor to change characteristics may have hindered therapy progress; (4) EFTs lack an emphasis on building therapeutic alliance; (5)Cognitive Behavioral Theory when used with EFTs make the sessions more helpful; (6) outside factors may have affected the worsening or reduction of symptoms; (7) there is a need to distinguish between tapping for day-to-day management of emotions and tapping on core issues; and (8) assessment, case conceptualization, and the preparation of a treatment plan play an important role, if

there is to be treatment success. Recommendations include suggestions to enhance the therapeutic process, considerations that need to be made in relation to symptomatology of CSA survivors, their precursor to change characteristics, standardizing the implementation of EFTs, and integrating Cognitive Behavioral Theory with EFTs so that a more structured therapeutic approach can be made.

Adams, J., & Ballantyne, P. (2022). Emotional Freedom Techniques for Obstetric Violence. *AIMS Journal, 34*(2), 1–7. https://www.aims.org.uk/journal/index/34/2

Anderson, K., Rubik, B. & Absenger, W. (2019). Does combining Emotional Freedom Techniques and Hypnosis have an effect on sexual assault–specific posttraumatic stress disorder symptoms? *Energy Psychology Journal, 11*(2). doi: 10.9769/EPJ.2019.11.2.KA

Design: This study utilized an explanatory sequential mixed method design.
Setting: This study was conducted in a private psychotherapy office.
Subject: 30 individuals with self-identified sexual assault–specific PTSD were recruited and participated in this study.
Interventions: EFT and hypnosis combined.
Outcome measures: A paired samples t-test analysis between the PCL-5 (PTSD Checklist for DSM-5 [Diagnostic and Statistical Manual of Mental Disorders, 5th Edition]) baseline and post-intervention scores as well as an open-ended question was utilized.
Results: $t(29) = 12.198$, $p < .001$, indicating that overall the change in self-reported symptom ratings was statistically different between the two time points. The open-ended qualitative question pointed to a relationship between experience in session and PCL-5 score.
Conclusion: This study found an overall decrease of 34.3% on PTSD symptom severity based on PCL-5 assessment scores, after four sessions of the combined EFT and hypnosis treatment.

Nemiro, A., Papworth, S., & Palmer-Hoffman, J. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment, 7(*2).

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 Behavioral 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 posttest 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.

Schulz, K. (2009). Integrating Energy Psychology into Treatment for Adult Survivors of Childhood Sexual Abuse. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 15-22.

This study evaluated the experiences of 12 therapists who integrated energy psychology (EP) into their treatments for adult survivors of childhood sexual abuse. Participants completed an online survey and the qualitative data was analyzed using the Constant Comparative method. Seven categories containing 6 themes emerged as a result of this analysis. The categories included: (1) Learning about EP; (2) diagnosis and treatment of adult CSA using EP; (3) treatment effectiveness of EP; (4) relating to clients from an EP perspective; (5) resistance to EP; (6) the evolution of EP; and (7) therapists' experiences and attitudes about EP. These themes are compared and contrasted with existing literature. Clinical implications are discussed, as well as suggestions for future research. The results provide guidelines for therapists considering incorporating these techniques into their practices.

Sleep and Insomnia

Özcan, H., Meşedüzü, M., Gülen, E., & Çopur, B. (2025). Investigation of the effect of emotional freedom technique (EFT) on sleep quality and fatigue in young people with sleep problems: Randomized controlled study. *Explore (New York, N.Y.), 21*(3), 103162. https://doi.org/10.1016/j.explore.2025.103162

Background: Insomnia is a condition that negatively affects the quality of life, daily functioning, and academic success of university students. This study aims to investigate the effect of the Emotional Freedom Technique (EFT) on sleep quality and fatigue in young people with sleep problems.

Methods: This study is a randomized controlled trial. A total of 64 students were included in the study and divided into two groups. There were 32 participants in the intervention group and 32 in the control group. The intervention group received two EFT sessions with a four-week interval, while no interventions were applied to the control group. Data were collected using a questionnaire form that included socio-demographic characteristics, the Insomnia Severity Index, the Epworth Sleepiness Scale, the Pittsburgh Sleep Quality Index, and the Fatigue Severity Scale. A p-value of <0.05 was considered statistically significant.

Results: In the intervention group that received EFT, significant differences were found compared to the control group in terms of Insomnia Severity ($t= 6.732$, $p= 0.001$), Epworth Sleepiness Scale ($t= 2.16$, $p= 0.034$), and Pittsburgh Sleep Quality Index ($t= 3.934$, $p= 0.001$) scores. However, no significant difference was found in Fatigue Severity Scale scores ($t= 0.910$, $p= 0.366$). Nevertheless, the expected fatigue levels were maintained.

Conclusion: According to the results, the application of EFT to young individuals with insomnia reduces insomnia and sleepiness issues and improves sleep quality.

Qi, W., Xinyi, Y., Yuhan, W., Wenwen, Y., & Yan, S. (2024). The effect of emotional freedom techniques on anxiety, depression and sleep in older people living with HIV: a randomized controlled trial. *AIDS Research and Therapy*, *21*(1), 94.

https://doi.org/10.1186/s12981-024-00679-4

Objective: To investigate the effect of Emotional Freedom Techniques on anxiety, depression and sleep in older people living with HIV (PLWH).
Methods: 70 older PLWH experiencing anxiety, depression, and sleep disorders were randomly divided into control and experimental groups using a random number table system (RNT), with 35 participants in each group. The experimental group received Emotional Freedom Techniques once a day for 15–20 min as part of their routine care and health counselling, and the intervention lasted for 2 weeks. The control group received standard nursing care and health guidance. The two groups were assessed using the Pittsburgh Sleep Quality Index (PSQI) and the Hospital Anxiety and Depression Scale (HADS) to measure changes in anxiety, depression, and sleep quality before and after the intervention.
Results: There are totally 67 participants in the trial. In the EFT group ($n=33$), PSQI scores decreased from 12.36 ± 2.409 to 9.15 ± 2.476(mean ± SD $P<0.001$), HA scores decreased from 12.39 ± 2.344 to 9.12 ± 2.176(mean ± SD $P<0.001$), HD scores decreased from 11.58 ± 1.969 to 8.94 ± 2.015 (mean ± SD $P<0.001$), compared with no change in the usual care group ($n=34$). The EFT group showed significantly lower post-intervention scores than the control group on all scales ($P<0.001$), indicating the effectiveness of the intervention.
Conclusion: Emotional Freedom Techniques can effectively alleviate anxiety and depression in older PLWH and improve their sleep quality.

Wang, J., Yan, T. L., & Zhaoyu, D., (2024). The Effect of Emotional Freedom Technique (EFT) on Psychosomatic Health: A Traditional Chinese Medicine (TCM) Pilot Study. *J CAM Res Progress, 3*(1): 116. https://doi.org/10.33790/ jcrp1100116

Aim: To investigate whether Emotional Freedom Technique (EFT) can improve emotional and psychosomatic health through clinical trials, and to further explore the relationship between Emotional Freedom Technique and traditional Chinese medicine.
Methods: 30 participants with psychosomatic sub-health states and psychosomatic diseases were selected for a randomized controlled study from July to October 2022. A 4-week training regimen based on Emotional Freedom Technique for the treatment group and no intervention for the control group. Both groups filled in the corresponding questionnaires at 3 timepoints. Finally, the score and change of each scale were sorted out and the data were analysed by statistical methods. The relationship and prospect of Emotional Freedom Technique and traditional Chinese medicine were compared and analysed as well.
Results: After the training of the Emotional Freedom Technique, the Fatigue Assessment Inventory, Self-rating Anxiety Scale, Self-rating Depression Scale and Pittsburgh Sleep Quality Scale all decreased, and the changes were statistically significant. The results showed statistical differences before and after the training, indicating that the clinical trial effect of EFT was considerable.
Conclusions: Emotional Freedom Technique can improve psychosomatic health. It has an academic correlation with the meridian theory of traditional Chinese medicine, which also proves the correctness of the meridian theory. In today's post-COVID-19 era, the Emotional Freedom Technique, as a convenient, safe and effective method of mental health care, has played a protective role in people's psychological health.

Ghoreishi S., Pourhadi S., Hosseini S., & Hamidia A. (2023). The Effect of Emotional

Freedom Techniques on sleep quality, sleepiness and quality of life of older adults in adult day-care center. *Iran J Psychiatry Behav Sci.*; 17(4):e126985. https://doi.org/10.5812/ijpbs-126985.

Background: Various physical and mental problems and diseases may develop with aging. Poor sleep quality is the third most common major problem in older adults, affecting all aspects of life. Emotional Freedom Techniques (EFT) can be used to treat the disease in older adults.
Objectives: This interventional study attempted to investigate the effect of EFT on sleep quality, sleepiness, and quality of life of older adults.
Methods: This was a quasi-experimental study. The selection of the participants was based on the convenience sampling method. Twenty-one people participated in the study and were divided into two groups of interventions. The study was conducted in the adult day-care center. In one group, 11 people and in the other group, 10 people were included. First, an educational session regarding sleep hygiene was held. Then, the EFT was administered for 4 weeks, 2 sessions per week, and each session lasted for 30 - 45 minutes in the intervention group by the student (first author); sleep hygiene training was also provided for the second group. Study measures included the PSQI (Pittsburgh sleep quality index), the Epworth Sleepiness Scale (ESS), and the Quality-of-Life Scale. Follow-ups were performed after the intervention and one month later. The statistical tests used were repeated measures and chi-Square tests. A P-value < 0.05 was considered as statistically significant.
Results: The trend of changes in sleep quality ($P = 0.001$, $P = 0.001$, respectively) and sleepiness ($P = 0.023$, $P = 0.001$, respectively) was incremental and significant before and after the intervention and one month later in each of the groups, but results show that there was no significant interaction effect for any subscale, including subjective sleep quality ($P = 0.786$), sleepiness ($P = 0.568$), and quality of life ($P = 0.289$).
Conclusions: According to the results, the EFT was effective on sleep quality, sleepiness, and quality of life of older adults in the adult day-care center, and sleep hygiene was influential.

Maier MC, Scharf JY, Gold MA, et al. (2023). 'Our mind could be our biggest challenge': A qualitative analysis of urban adolescents' sleep experiences and opportunities for mind-body integrative health approaches to improve sleep. PEC Innovation. 2023 Dec;2:100130. doi: 10.1016/j.pecinn.2023.100130 PMID: 37214498; PMCID: PMC10194289.

Objective: To inform the development of a combined sleep and mind-body integrative health (MBIH) intervention, we explored urban adolescents' sleep experiences and perceptions of MBIH techniques.
Methods: We conducted eight focus groups with school-based health center patients in New York City, exploring sleep experiences; mindfulness, body awareness, tapping, acupressure, and self-hypnosis; and intervention delivery preferences. We recorded, transcribed, and analyzed the discussions applying methods from grounded theory.
Results: Participants (n = 25) were ages 14–17, predominantly female (64%), Latino (60%), and Black (40%). Participants reported social, physical, and internal sleep barriers, but had limited success implementing sleep improvement strategies. Participants viewed MBIH techniques positively, noted audio-guided techniques' accessibility, and were in- trigued by less-familiar techniques. Preferences varied around domains of intervention delivery.
Conclusion: Results underscore the need for adolescent-informed interventions offering sleep improvement strategies. Participants' interest and willingness to engage in MBIH techniques

present an opportunity for practitioners to develop and deliver sleep interventions incorporating MBIH components to urban adolescents. Varied intervention preferences highlight the need to be adaptable to adolescents' lived experiences, comfort levels, and learning styles.
Innovation: This study elucidates the perspectives of underrepresented adolescents whose perspectives on MBIH have rarely been explored, an important first step in developing tailored interventions.

Tambunan, M., Suwarni, N. & Selviana, S. (2023). Effect of emotional freedom techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS), 12*(2), 545-553. doi: 10.11591/ijphs.v12i2.22403

The COVID-19 pandemic has had a massive impact on various aspects, including mental health, especially for people confirmed positive for COVID-19. People who are positively confirmed for COVID-19 tend to experience decreased immunity caused by feelings of anxiety, depression, and insomnia. emotional freedom technology (EFT) therapy has been proven to reduce mental health disorders but has never been applied to people who are positively confirmed for COVID-19. This study aimed to examine the effect of EFT therapy on mental health disorders (anxiety, depression, and insomnia) in COVID-19 patients in Pontianak City. This research method is quantitative with a quasi-experimental design in the COVID-19 isolation area provided by the Pontianak City government, namely Upelkes and Rusunawa in June 2021. The total sampling was employed consisting of 42 people. A validated questionnaire on anxiety, depression, and insomnia was employed as a research instrument. A repeated ANOVA test was used to analyze research data. The results showed that EFT therapy was effective in reducing anxiety, depression, and insomnia scores in positively confirmed people for COVID19 (p-value <0.05). EFT therapy can overcome mental health disorders experienced by people who are positively confirmed for COVID-19 and as an alternative therapy to speed up the healing process.

Tang, X., Wang, L., Ni, S., Wu, M., Hu, S., & Zhang, L. (2023). Feasibility and effect of emotional freedom therapy on sleep quality in patients with end-stage renal disease receiving maintenance hemodialysis: A pilot study. *Geriatric Nursing*, *51*, 112-120. https://doi.org/10.1016/j.gerinurse.2023.02.021

Objective: To explore the feasibility and efficacy of emotional freedom therapy (EFT) in improving sleep quality and managing negative emotions in end-stage renal disease patients on maintenance hemodialysis.
Methods: Between May 2021 and February 2022, 66 maintenance hemodialysis patients with sleep problems were recruited and randomized into an intervention and control group. The intervention group underwent a 12-week intervention of EFT. Two groups' hospital anxiety depression scale (HADS) scores, Pittsburgh sleep quality index (PSQI), and interdialysis weight gain (IDWG) before and one week after the formal intervention were collected and compared. Feasibility analysis was performed using a feasibility questionnaire and in-depth interviews with patients.
Results: Before the intervention, there was no statistical difference in the anxiety, depression, PSQI scores and IDWG between the two groups. After balancing the effects of gender and pre-intervention scores, two-way ANCOVA results showed that there were statistically significant differences between the two groups after the intervention in terms of anxiety, depression, sleep

quality, sleep duration, daytime dysfunction and PSQI total score. However, interactions effect for IDWG was statistically significant. Simple effects analysis revealed a difference in post-intervention IDWG between the intervention and control groups for patients over 65 ($p < 0.05$). Most patients agreed or strongly agreed that the EFT was easy to schedule and they did not experience difficulties during learning the EFT process (respectively 75% and 71.88%). And 75% of the participants were willing to continue practicing EFT. Qualitative content analysis identified five prominent categories related to feasibility and acceptability: affirmation, benefits, communication, support and trust.
Conclusion: EFT can relieve anxiety and depression, enhance sleep quality, and improve the physical condition of patients with end-stage renal disease receiving maintenance hemodialysis. As well, the EFT intervention is practicable, acceptable, and perceived as being beneficial to the patient.

Kalroozi, F., Moradi, M., Ghaedi-Heidari, F., Marzban, M., & Raeisi-Ardali, S. (2022). Comparing the effect of emotional freedom technique on sleep quality and happiness of women undergoing breast cancer surgery in military and non-military families: A quasi-experimental multicenter study. *Perspectives in Psychiatric Care, 58(*4), 2986-97. https://doi.org/10.1111/ppc.13150

Purpose: The aim of this study was to compare the effect of emotional freedom technique (EFT) on sleep quality and happiness of women who underwent breast cancer surgery and lived in military and nonmilitary families.
Design and Methods: The patients were randomly divided into four groups of military intervention ($n=34$), nonmilitary intervention ($n=33$), military control ($n=31$), and nonmilitary control ($n=35$). Data were collected using demographic information form, Pittsburgh Sleep Quality Index, and Oxford Happiness Questionnaire.
Findings: The mean scores of sleep quality and happiness in military and nonmilitary intervention groups improved significantly immediately and 1 month after the intervention compared to control groups ($p<0.001$). However, there was no statistically significant difference between the military and nonmilitary intervention groups regarding the mean scores of sleep quality and happiness before, immediately, and 1 month after the intervention ($p>0.05$).
Practice Implications: Given the efficacy of EFT in improving sleep quality and happiness, it is recommended that this technique be taught to nurses to implement in the entire process of providing nursing care to cancer patients.

Souilm, N., Elsakhy, N. M., Alotaibi, Y. A., & Ali, S. (2022). Effectiveness of emotional freedom techniques (EFT) vs sleep hygiene education group therapy (SHE) in management of sleep disorders among elderly. *Scientific Reports*, *12*(1), 6521. https://doi.org/10.1038/s41598-022-10456-w

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 randomized 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 randomized 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 fieldwork was from January to March 2021. 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.

Drewry, D. (2017). Central nervous system apnea can be caused by traumatizing events, and it can be resolved. *International Journal of Healing and Caring, 17*(1).

Based on a retrospective review of 90 case studies over nine years, this paper elucidates a discovery (2008) that supports the conclusion that Central Nervous System Sleep Apnea (CNSA) is frequently caused by Post-Traumatic Stress Disorder (PTSD) and can be cleared using Energy Psychology to address the causational traumatizing event(s). Because little is known about CNSA causation at present, sleep specialists often prescribe continuous positive airway pressure (CPAP) devices, jaw devices, or surgery for people with CNSA and offer the same incurable diagnosis as Obstructive Sleep Apnea (OSA). This perpetuates a misunderstanding: that OSA and CNSA are the same when they are not. This discovery opens up a new frontier in Psychoneurological sleep apnea research, diagnosis and treatment. Sixty-five percent of the author's 90 sleep apnea clients between 2008 and 2017 experienced partial or complete cessation of CNSA by addressing with Energy Psychology specific types of reported traumas that appear to be causally related to CNSA. The discovery redefines the diagnosis and treatment of CNSA in four ways: (1) it is completely different in causation from Obstructive Sleep Apnea; (2) a new causation category is PTSD and this has enormous potential to help people be rid of an 'incurable' diagnosis; (3) a conservative estimate is that thousands of people who have been prescribed CPAP machines (jaw devices or surgery) for apnea do not actually need them if their post-traumatic memories are properly addressed; (4) children and physically fit men and women who have CNSA are often overlooked because they do not fit the overweight-middle-aged-male stereotype for OSA. The author postulates a deeper underlying theory explaining the success achieved in this treatment lies in the freeze aspect of the fight/flight/freeze response and the activity of the neuropeptide Orexin which was discovered in 1998. Six case studies illustrate a variety of results, or lack of results, using Beyond Talk Therapy® which includes Emotional Freedom Techniques and Neuro-Linguistic Programming. While it is true that this discovery is substantiated only by anecdotal results rather than before-and-after sleep lab studies, it is deemed a necessary step to obtaining funding for further research.

Kim, J.H., & Oh, P.J. (2016). Effects of Non-pharmacological Interventions on Primary Insomnia in Adults Aged 55 and Above: A Meta-analysis. *Korean Journal of Adult Nursing, 28*, 13-29.
doi:10.7475/KJAN.2016.28.1.13

Purpose: This study was performed to evaluate the effects of non-pharmacological interventions on sleep disturbance amongst adults aged 55 and above.
Methods: PubMed, Cochrane Library, EMBASE, CINAHL and several Korean databases were searched. The main search strategy combined terms including non-pharmacological interventions and presence of insomnia. Non-pharmacological interventions included cognitive behavioral therapy, auricular acupuncture, aromatherapy, and emotional freedom techniques. Methodological quality was assessed using Cochrane's Risk of Bias for randomized studies and Risk of Bias Assessment tool for non randomized studies. Data were analyzed by the RevMan 5.3 program of Cochrane Library. Results: Sixteen clinical trials met the inclusion criteria with a total of 962 participants. Non-pharmacological interventions was conducted for a mean of 5.5 weeks, 7.7 sessions, and an average of 70 minutes per session. The effects of non-pharmacological interventions on sleep quality (ES=-1.18), sleep efficiency (ES=-1.14), sleep onset latency (ES=-0.88), awakening time after sleep onset (ES=-0.87), and sleep belief (ES=-0.71) were significant, and their effect sizes were ranged from moderate to large. However, the effects on total sleep time and insomnia severity were not significant.
Conclusion: The findings of the current study suggest that non-pharmacological interventions have a positive impact on attitudes and beliefs about sleep, sleep quality, sleep duration, and sleep efficiency. Therefore, the findings of the study provide evidence to incorporate various non-pharmacological interventions into nursing practice to improve both sleep quality and quantity in patients with insomnia.

Lee, J.W., Chung, S.Y. & Kim, J.W. (2015). A comparison of Emotional Freedom Techniques (EFT-I) and Sleep Hygiene Education (SHE) in a geriatric population: A randomized controlled trial. *Energy Psychology Journal, 7*(1). DOI: 10.9769/EPJ.2015.05.1.JL

Objective: To evaluate two treatments for insomnia, Emotional Freedom Techniques–Insomnia (EFT-I) and Sleep Hygiene Education (SHE), in a geriatric population when delivered as group therapy.
Methods: Participants (N = 20) were elderly women (mean age = 80 ± 4.75) with insomnia. They were randomized into two groups. One received SHE, and the other a form of EFT adapted for use with insomnia (EFT-I). The setting was a senior welfare center, 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 posttest.
Results: EFT was superior to SHE for insomnia. The results were similar to those found in earlier studies evaluating EFT for insomnia. Neither the SHE nor the EFT group demonstrated significant improvement in anxiety or life satisfaction.
Conclusions: EFT is an effective evidence-based treatment for geriatric insomnia and depression. EFT is cost-effective, and efficacious when delivered in a group format.

Hoss, R. & Hoss, L. (2010). The Dream to Freedom Technique, a methodology for integrating the complimentary therapies of energy psychology and dreamwork. *Energy Psychology: Theory, Research, & Treatment, 2*(1), 45-64.

The psychological healing process often starts with surface-level problems, and emotional layers are peeled away until the core issue surfaces. When integrating energy psychology (EP) 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 in moving through the emotional impasses. 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 2 disciplines integrates the primary benefits of both into 1 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 that uses the dream's natural tendency for projection to provide insight.

Spirituality

Freedom, J., Hux, M. & Warner, J. (2022). Research on acupoint tapping therapies proliferating around the world. *Energy Psychology Journal, 14(*1), 22-28.
doi:10.9769/EPJ.2022.14.1.JF

Background: The evidence base for acupoint tapping including Emotional Freedom Techniques (EFT) includes over 150 clinical trials showing relatively rapid and durable improvements for a range of psychological and physical conditions. It supports the premise that tapping is an active ingredient and shows associated physiologic changes. This evidence is based in standard Western literature databases such as EBSCO and overwhelmingly in English.
Objective: The current report explores international and regional research on EFT not previously known in the Western literature evidence base.
Methods and Results: A search of Research Gate found 86 research studies on acupoint tapping not identified in standard Western databases. A systematic search of 21 databases using the EBSCO search engine yielded an additional five previously unknown papers for a total of 91 research studies. These studies were published in regional and international journals (71% in Indonesia) with most published primarily in languages other than English (81% had only title and/or abstract available in English). EFT was used in 47% of the studies, and the remaining studies used "Spiritual EFT" (SEFT), a variation developed in Indonesia combining tapping with spiritual affirmations from the Quran. The majority (84%) were single group or comparative clinical trials and 5% were literature reviews. The target issue included a range of psychological or medical conditions such as anxiety (29%), depression (15%), and hypertension (11%). In a further step, the potential magnitude of this additional research base was explored using Google Scholar. Challenges include inconsistent quality of translations, limited search capabilities of Google Scholar, lack of full text translated into English, and reasons why this

literature is not found in the major databases.
Conclusion: This review identified a large number of studies that had been "invisible" in the West due to their having been published in non-English-language journals. They demonstrate growing interest in EFT throughout the world. In comparison with English-language EFT databases, these studies tend to be more frequently performed in treatment settings such as hospitals, clinics, and universities, and they often address medical diagnoses such as diabetes, hypertension, and pain as well as psychological conditions. In addition, they apply EFT with populations rarely focused upon in Western EFT studies, such as prisoners, addicts, cancer patients, and diabetics. Finally, these studies provide a valuable perspective on how acupoint tapping is being used around the world in real-life settings.

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association)
http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy

This article discusses the use of a digital assessment and tracking approach pre, during, and post COVID-19 to monitor changes in emotional stability, depression, anxiety, happiness, affect, life balance, beliefs, spiritual awakening, the working alliance, outcome, and helpfulness/ benefits of psychotherapy. Using the online assessment systems developed by Pragmatic Tracker (PT) and Blueprint (BP), two clients who contracted severe cases of COVID-19 during psychotherapy were carefully assessed weekly showing significant changes pre, during, and post COVID-19 on some measures while none on others. The clients were out of work from three to eight weeks. The typical healing process took about nine weeks before recovery to pre COVID-19 scores. Graphs in the article show these changes and can also be seen on the Pragmatic Tracker (PT) and Blueprint (BP) websites by clinicians. A variety of interventions following an ICBEST (integrative, cognitive, behavioral, energy, spiritual therapy) model were used.

Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence based approach to change in psychotherapy. *International Journal of Healing and Caring, 20*(1), 1-29.

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

Sports and Athletic Performance

Bow, K. (2024). Sport and Performance Enhanced by Dance/Movement Therapy and the Emotional Freedom Technique. (Doctoral dissertation, University of Arizona Global Campus). 31635095. No abstract.

Dwivedi, S., Sekhon, A., & Chauhan, B. (2021). Effect of Emotional Freedom Technique (EFT) on heart rate, blood pressure and performance in national level shooters. I*nternational Journal of Sport and Exercise Psychology, 19*, pp. S230-S231. https://www.indiansportspsyche.com/post/research-abstract

EFT (Emotional Freedom Technique), also known as "tapping," is a relatively recent form of energy psychology that combines applied kinesiology with certain psychological principles to alleviate psychological distress in individuals. In this technique, the clients are required to softly touch their acupressure points (mostly on the head/hands) with their fingertips that is aligned to the voicing of specific statements (Craig, 2011). Recent researches have connoted the influence of EFT on various neurological, physiological, and epigenetic factors (Church, 2013*)*. However, there is a dearth of literature that seeks to establish the effects of EFT on the physiological components such as blood pressure, heart rate or galvanic skin response, especially in the context of athletes. Hence, the present study seeks to evaluate the effectiveness of an EFT based intervention on the heart rate and blood pressure (circulatory system) and performance of 10m air pistol shooters. The sample for the given study comprises of National level shooters, aged between 16-17 years (N=14, Mean and S.D of 16.42 ± 0.51) who were randomly assigned to experimental (N=7) and active control group (N=7) conditions. The experimental group was then treated to a 3-week (2 sessions per week) EFT program while the active control was kept engaged through inspirational lecture by the coach for the same duration. For the purpose of assessment of the effect of EFT on circulatory system, measures of heart rate (HR) and blood pressure (BP) were recorded, while for performance, the shot accuracy of the shooter was noted. Post intervention analysis of results indicated significant improvements in HR (-4.62% ,p=0.01), systolic BP (-3.6% ,p=0.001), diastolic BP (-5.16% ,p=0.004) and performance (+1.21% ,p=0.01) of the experimental group implying the effectiveness of EFT as a suitable intervention program for improved readings in heart rate and blood pressure (circulatory system) measures along with shooting performance (shot accuracy) of the athletes.

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

Purpose: To determine whether a single session of Emotional Freedom Techniques (EFT) could reduce the emotional impact of traumatic memories related to sports performance and lead to increased confidence levels in athletes.
Background: A relationship has been noted in other studies between sports performance and psychological factors such as confidence and anxiety levels. Critical incidents, which are experienced as traumatic memories, are associated with increased levels of psychological distress across a variety of symptom domains. Brief EFT sessions have been demonstrated to improve sports performance and reduce anxiety.

Methods: Female college athletes (N = 10) with traumatic memories were assessed on three self-reports and one objective measure (pulse rate). Subjective measures were the State Sport Confidence Inventory, Subjective Units of Distress (SUD), and the Critical Sport Incident Recall (CSIR) questionnaire, which measured both emotional and physical forms of distress. Subjects received a single 20-min EFT session. Baseline values were obtained, as well as pre-, post-, and 60-day follow-ups.
Results: Significant post-intervention improvements were found in SUD, for both emotional and physical components of CSIR, and for performance confidence levels (p = .001). The change in pulse rate was marginally significant (p = .087). All participant gains were maintained on follow-up.
Conclusions: EFT may increase sport confidence levels by reducing the emotional and physical distress associated with the recall of critical incidents. Applications in Sport: A brief application of EFT employed immediately prior to competition may increase confidence and mediate anxiety.

Llewellyn-Edwards, T., & Llewellyn-Edwards, M. (2012, Spring). The effect of EFT (emotional freedom techniques) on soccer performance. *Fidelity: Journal for the National Council of Psychotherapy, 47*, 14–19.

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

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

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.

Baker, A. H. (2010). A re-examination of Church's (2009) study into the effects of Emotional Freedom Techniques (EFT) on basketball free-throw performance. Energy Psychology: Theory, Research, & Treatment, 2(1), 39-44.

Church (2009) studied basketball free-throw performance of college varsity athletes, comparing (a) a brief treatment of Emotional Freedom Techniques (EFT) with (b) an encouraging talk. A re-examination of Church's data supported his conclusion that the EFT treatment led to relatively better performance compared with the control group. In addition, we found (a) the reported improvement within the EFT condition was not significant, whereas the control condition decrement was significant and robust; (b) the positive effect of EFT thus took the form of an avoidance of the strong performance decrement seen in the control group; and (c) men and women contributed about equally to these findings. To avoid an apparent ceiling effect, future researchers should use a more difficult free-throw task. Because this apparent ceiling effect may have caused the distribution of scores to deviate from normality, we confirmed the above reported findings from parametric analyses using nonparametric tests.

Church, D. (2009). The Effect of EFT (Emotional Freedom Techniques) on Athletic Performance: A Randomized Controlled Blind Trial. *The Open Sports Sciences Journal, 2*, 94-99.

This study investigated whether the most widely practiced form of Energy Psychology, called Emotional Freedom Techniques (EFT), could affect athletic performance. It evaluated whether a single brief EFT treatment for performance stress could produce an improvement in two skills for high-performance men's and women's college basketball teams at Oregon State University. The treatment group received a brief EFT session while the control group received a "tips and techniques reading" (TTR). Performance was measured on free throws and vertical jump height. Basketball players who received the EFT intervention scored an average of 21% better individually in free throws after treatment than the control group, while the control group scored an average of 17% lower ($p<0.028$). However, there was no statistically significant difference between the groups in their percent change in jump height. When analyzed separately, there was a trend for females in the EFT condition to have better performance on both free throws and jump height than females in the control group. These findings suggest that EFT performed as an intervention during the course of an athletic event may reduce performance stress, and improve individual player function for free throws, and is thus worthy of further study.

Stress Distress Burnout and Quality of Life

Hendricks-Patel, S., & Harvey, K. (2025). Emotional Freedom Technique for Stress Reduction in Nursing Students: A Pilot Project. *Journal of Nursing Education*, *0*(0), 1–4. https://doi.org/10.3928/01484834-20250108-03

College-aged adults, particularly nursing students, experience high stress levels, which can detrimentally affect their academic success. Although current mental health interventions on college campuses are effective, they are hindered by cost and time constraints. However, the emotional freedom technique is a cost-effective, evidence-based technique that can be tailored to individual needs, making it a practical and promising solution for stress management.

Method: This quasi-experimental pilot project examined the feasibility of using the emotional freedom technique for stress reduction in first-semester nursing students. Participants attended emotional freedom technique sessions for 13 weeks. The Subjective Units of Distress Scale and the Perceived Stress Scale-10 were used to assess distress and perceived stress levels.
Results: The emotional freedom technique was a feasible and effective stress reduction technique.
Conclusion: The emotional freedom technique may provide a novel strategy for reducing stress and distress in nursing students in an academic setting.

Mohamed, A.F., Hamed, A.E.M., Mohamed, S.S.A. *et al.* (2025). Effect of nursing application of emotion freedom technique on perceived stress, resilience and sexual satisfaction among women after mastectomy. *BMC Nurs* 24, 428. https://doi.org/10.1186/s12912-025-02977-2

Background
A breast cancer diagnosis extends beyond physical health concerns, profoundly impacting a woman's psychological well-being, resilience and sexual satisfaction. Mastectomy intensifies these challenges, potentially affecting overall quality of life and long-term well-being. Understanding the interrelationships between perceived stress, resilience and sexual satisfaction is crucial for designing targeted interventions that effectively support mastectomized women. This study evaluates the effectiveness of the Emotional Freedom Technique in mitigating stress, enhancing resilience and improving sexual well-being post-mastectomy.

Methods
A quasi-experimental pretest-posttest design was employed with a convenient sample of 112 Egyptian women who had undergone mastectomy. Participants were recruited from the Outpatient Oncology Clinic at Beni-Suef University Hospital. Data were collected over six months (January–June 2024) and analyzed using SPSS version 26.0. The intervention consisted of six structured EFT sessions delivered over six weeks. Paired t-tests assessed pre- and post-intervention differences, while Pearson and Spearman correlation analyses examined relationships between variables to accommodate different data distributions.

Results
Post-intervention assessments revealed statistically significant improvements. Perceived stress scores decreased from 32.42 ± 1.70 to 17.27 ± 2.96 ($t = 49.130$, $p < 0.001$, Cohen's $d = 3.2$), resilience scores increased from 11.53 ± 1.67 to 31.46 ± 5.48 ($t = 36.454$, $p < 0.001$, Cohen's $d = 2.8$) and sexual satisfaction scores improved from 17.03 ± 1.55 to 31.00 ± 4.31 ($t = 13.245$, $p < 0.001$, Cohen's $d = 2.5$). Strong negative correlations were found between perceived stress and both resilience ($r = -0.692$, $p < 0.001$) and sexual satisfaction ($r = -0.835$, $p < 0.001$), while resilience and sexual satisfaction were strongly positively correlated ($r = 0.890$, $p < 0.001$).

Conclusion
EFT is a cost-effective, non-invasive intervention that significantly reduces stress, enhances resilience and improves sexual satisfaction in women post-mastectomy. To optimize clinical integration, healthcare institutions should develop structured EFT training programs for nurses, incorporating theoretical foundations, hands-on practice and competency assessments. Standardized protocols should be established to guide EFT implementation in post-mastectomy

care. Further research should explore long-term effects and broader applicability across diverse healthcare settings.

Morikawa, A., Fujimoto, M., Kawagishi, Y., & Fukagawa, T. (2025). Thought field therapy intervention to improve mental health during the COVID-19 pandemic: A randomized controlled trial. *Explore (NY), 21*(2), 1-8. . https://doi.org/10.1016/j.explore.2025.103117

Context
The COVID-19 pandemic contributed to a significant rise in mental health issues, including a 70 % increase in Japan's suicide rate. Prior studies suggest that Thought Field Therapy (TFT) can rapidly alleviate psychological distress.
Objective
To evaluate the efficacy of online TFT as a quick intervention for psychological problems.
Design
This study employed the Brief Job Stress Questionnaire, administered to TFT and waitlist (WL) groups before and after the intervention, with the WL group also assessed two weeks prior to the TFT intervention. Follow-up questionnaires were completed by all participants after two additional weeks.
Setting
Subjective Unit of Distress Scale (SUDS) scores for targeted psychological issues were collected across participant groups.
Participants
Ninety-nine participants were randomly assigned to either the TFT intervention group or the WL group.
Interventions
Among the 88 participants who completed the TFT intervention, significant reductions were observed in all negative emotions, including stress-induced mental and physical reactions, irritability, fatigue, anxiety, depression, and somatic complaints ($p < .01$).
Main Outcome Measures
SUDS scores for 248 issues, including trauma and anxiety, showed a significant decrease from an average of 7 to 1.5 following the TFT intervention ($p < .01$) with a large effect size (dz = 2.15).
Results
A brief online TFT intervention during the COVID-19 pandemic significantly reduced psychological stress, with sustained effects observed over two to six weeks. This suggests that TFT is an effective accessible tool for mental health and self-care in the absence of face-to-face therapy.

Rizzo, A., Laachi, s., Ali, D.A., Khabbache, H., et al. (2025). The efficacy of emotional freedom techniques and tapping in reducing job stress and burnout: A review of research. *Mental Health and Social Inclusion* 2025; https://doi.org/10.1108/MHSI-02-2025-0078

Although emotional freedom techniques (EFT) have shown efficacy in treating various psychological conditions, their application to occupational stress remains underexplored. This paper aims to investigate the potential of EFT tapping as an intervention for managing job stress and preventing burnout in workplace environments. Traditional interventions often emphasize

cognitive or organizational solutions, but EFT provides a novel approach by simultaneously addressing both emotional and physiological stress responses.

Design/methodology/approach

This review scrutinized studies sourced from databases like PubMed, PsycINFO, Web of Science, Medline and the CINAHL Plus (Cumulative Index of Nursing and Allied Health Literature) databases, focusing on randomized controlled trials and observational studies that measure the impact of EFT on job stress and job burnout. Studies were selected based on their relevance to EFT applications in occupational settings, with a focus on research design, intervention protocol
s and outcome measures.

Findings

Findings from studies conducted across health care, education and corporate settings demonstrated EFT's capacity to alleviate job-related psychological distress and improve overall well-being. It was found that EFT's dual mechanism, which combines cognitive reframing with somatic stimulation, acts as a more comprehensive framework for stress relief compared to conventional methods. This analysis identified key patterns and limitations in the existing body of research, such as small sample sizes, reliance on self-reported data and a lack of long-term follow-up assessments. These limitations highlight the need for more rigorous research, including randomized controlled trials and neurobiological investigations, to strengthen the evidence base and understand the mechanisms through which EFT exerts its effects. The effectiveness of the interventions supports the integration of EFT into broader organizational wellness programs.

Originality/value

Findings suggest that combining EFT with initiatives like workload management and social support enhancements means creating holistic strategies that promote employee well-being and resilience. Future studies should consider the way for more effective, adaptable workplace interventions that support the mental and emotional health of diverse professional groups.

Sandström, U., Hamne, G., & Hodgson, K. (2025). A Humanitarian Approach to Good Practice, Ethics and Efficacy: First Aid for Stress and Trauma (F.A.S.T.). Open Science Framework PsyArXiv: The Society for the Improvement of Psychological Science. 1-14. https://doi.org/10.31234/osf.io/c85tb_v1

First Aid for Stress and Trauma (F.A.S.T.) is a trauma-informed approach designed to deliver safe, accessible, and culturally responsive psychosocial support in humanitarian and crisis contexts. Developed collaboratively with survivors of war, disaster, and systemic violence, F.A.S.T. reflects principles of participatory action and prioritizes co-creation, equity, and embodied healing. Rather than relying on verbal disclosure or intensive cognitive processing, F.A.S.T. emphasizes physiological regulation, safety, and immediacy, aligning with polyvagal theory and global mental health priorities for scalable and culturally adaptable interventions. The framework is structured around a number of core foundations, including: polyvagal-informed regulation, the Power Threat Meaning Framework, ex juvantibus reasoning, depotentiation through minimal exposure, and empowerment through self-help and peer-to-peer support. Its approach, including Trauma Tapping Technique, Lymphatic Breathing Techniques, F.A.S.T.-Adapted Self-Havening, and a further Toolbox of Techniques of Adaptive Methods for Context-Dependent Practice, offer low-threshold, non-invasive regulation tools that can be applied individually, within communities, or alongside clinical care. A core ethical commitment underpins the F.A.S.T. approach: no suffering, no unnecessary re-traumatization, and cultural humility.

Ullagaddi, R. (2025). Emotional Freedom Techniques: A Pathway to Stress Relief and Body Detox. *Journal of Neonatal Surgery, 14*(32s), 2953–2959.

Emotional Freedom Techniques (EFT) is an integrative mind-body approach fusing cognitive elements with acupressure tapping to address emotional distress and physiological disturbance. Growing evidence suggests that EFT affects major biochemical pathways involved in inflammation and oxidative stress, which are fundamental to chronic illnesses and impaired detoxification processes, in addition to improving psychological well-being. This review examines the ways EFT affects the body's biochemical environment to promote detoxification and healing. Chronic psychological stress turns on the hypothalamic-pituitary-adrenal (HPA) axis, which results in high cortisol levels and pro-inflammatory cytokines. Ongoing inflammation and oxidative stress cause cellular damage and compromised activity of endogenous antioxidant systems including superoxide dismutase (SOD) and glutathione. EFT could downregulate inflammatory responses and oxidative load by controlling autonomic nervous system activity and lowering stress indicators. Following EFT treatments, emerging clinical studies show drops in cortisol, C-reactive protein (CRP), and subjective stress indicators, therefore pointing to a boost in systemic detoxification ability that might improve hepatic biotransformation and the immune system. Using EFT, the mind-body connection provides a whole approach for encouraging biochemical resilience and supporting the body's natural detoxification channels. Ultimately, EFT may be an easy-to-use, non-invasive addition to traditional detoxification techniques, helping to achieve sustainable health and well-being. Larger, biomarker-driven studies are essential to unravel the underlying molecular mechanisms and enhance the effectiveness of EFT for both environmental and clinical health applications.

Bifano, S., Szeglin, C., Garbers, S. & Gold, M. (2024). Emotional Freedom Techniques (EFT) Tapping for Pediatric Emergency Department Staff During the COVID-19 Pandemic: Evaluation of a Pilot Intervention. *Medical Acupuncture, 36*(2). http://doi.org/10.1089/acu.2023.0099

Objective: Emergency-department (ED) staff may experience psychologic distress due to the stressful nature of their work. The COVID-19 pandemic exacerbated this distress. Emotional Freedom Techniques (EFT) tapping, a somatic psychophysiologic intervention combining vibratory acupressure with elements of cognitive–behavioral and exposure therapies, can reduce psychologic distress. This study tested the short-term effect of 10-minute EFT tapping on the psychologic distress of pediatric ED staff responding to COVID-19.
Materials and Methods: During the COVID-19 pandemic, diverse staff in the pediatric ED of a New York City teaching hospital participated in this single-group study. A licensed creative arts therapist led participants in 10-minute EFT tapping sessions. A self-report questionnaire with 7 items based on the Trauma Exposure Response framework was administered immediately pre- and postintervention. Standardized mean differences between both timepoints were calculated.
Results: There were statistically significant reductions for 6 of the 7 items studied, including stress (3.32–2.14), obsessive and intrusive thoughts (2.50–1.85), feelings of pressure (3.20–2.17), loneliness (1.84–1.44), and emotional and physical pain (2.28–1.70); all $P<0.001$. No significant changes in professional satisfaction were reported following the intervention.
Conclusions: Despite the limitations of a single-arm study design, a 10-minute brief EFT

tapping session was a promising way to reduce short-term psychologic distress in pediatric ED health care workers. Future studies, including rigorous randomized controlled trials, are needed to evaluate the effectiveness of brief EFT tapping interventions in other settings.

Brown, G., Batra, K., Dorin, E., Han, A., Palermini, A., Sottile, R., & Khanbijian, S. (2024). Six-Month Follow-Up Comparing AIT and EFT in the Reduction of Negative Emotions Associated with a Past Memory. *Psychology, 15,* 1886- 1897. https://doi.org/10.4236/psych.2024.1512109

Statistics have shown that about sixty percent of individuals with psychiatric illness do not respond adequately to standard treatments, yet only 1% of research studies are focused on developing new therapeutic strategies for these patients (McIntyre et al., 2023). This study investigated the long-term efficacy of Advanced Integrative Therapy (AIT) as compared to Emotional Freedom Techniques (EFT), specifically evaluating the durability of the resolution of emotional distress tied to a single memory six months post-treatment. The study began with 72 participants: and 51 completed a follow-up survey, resulting in a response rate of 70.8%. The sample was predominantly female (65%), non-Hispanic (80%), and employed (84%). Demographically, over 40% identified as White, 29.4% as Asian, 9.8% as Black, and 9.8% as "other" racial backgrounds. Of those surveyed, 43 participants (84.3%) accurately recalled which treatment group they were assigned to, with 28 (65%) in the EFT group and 15 (35%) in the AIT group. At the six-month follow-up, the study found no significant differences in Subjective Units of Distress (SUD) scores between the two groups (1.7 ± 0.5 for AIT vs. 1.3 ± 0.6 for EFT, $p = 0.1$), suggesting that both therapies are equally effective in producing a durable reduction in reducing emotional distress over time. Both groups maintained low SUD scores (78.6% in AIT vs. 60.0% in EFT, $p > 0.05$). Historical SUD scores were not significantly different as well (1.03 ± 1.10 vs. 1.29 ± 0.71, $p = 0.2$), further supporting an equivalent efficacy between the interventions.

Marzban, A., Akbari, M., Moradi, M., & Fanian, N. (2024). The effect of emotional freedom techniques (EFT) on anxiety and caregiver burden of family caregivers of patients with heart failure: A quasi- experimental study. *Journal of Education and Health Promotion, 13,* 128. https://doi.org/10.4103/jehp.jehp_609_23

Family members are at the forefront of providing care to patients with chronic illnesses, such as heart failure (HF). Since patient caregiving can affect the mental and physical health of family caregivers, the implementation and training of new psychological interventions by nurses are considered important and necessary for family caregivers. Therefore, the aim of this study was to evaluate the effect of emotional freedom techniques (EFTs) on anxiety and caregiver burden of family caregivers of patients with HF.
Materials and Methods: This study was a quasi-experimental study, in which 91 family caregivers participated. The family caregivers were assigned into two groups of intervention (n = 46) and control (n = 45). Data were collected using a demographic information form, Zung Self-Rating Anxiety Scale (SAS), and Caregiver Burden Inventory (CBI) developed by Novak and Guest. The intervention group underwent EFT training within six sessions, while the control group received no training. Descriptive statistics (mean, standard deviation, and absolute and relative frequency) and inferential statistical tests such as Chi-square, Fisher's exact, and independent t-tests were run, and the data were analyzed by Statistical Package for the Social

Sciences (SPSS) version 23 software.
Results: The findings showed that the intervention group had a significant improvement in reducing anxiety (P > 0.001). In addition, EFT significantly reduced caregiver burden among family caregivers of HF patients (P > 0.001).
Conclusion: EFT could significantly reduce anxiety and caregiver burden in family caregivers of patients with HF in our study. Therefore, nurses working in clinical settings are recommended to learn and use EFT to reduce the anxiety and caregiver burden of patients' family caregivers.

Stapleton, P. B. (2024). Case Study: Emotional Freedom Technique (EFT) for Burnout. ***Mental Health Academy*****.** https://www.mentalhealthacademy.com.au/blog/post/case-study-emotional-freedom-technique-eft-for-burnout

This case study illustrates how a treatment plan based on Clinical Emotional Freedom Techniques (EFT) may be used to support a client with burnout.

Blacher, S. (2023). Emotional Freedom Technique (EFT): Tap to relieve stress and burnout.
Journal of Interprofessional Education & Practice, 30**. ISSN 2405-4526.**
https://doi.org/10.1016/j.xjep.2023.100599

The effects of the COVID-19 pandemic have exponentially increased stress, anxiety and burnout levels for all healthcare professionals and students. The psychological effects of working with COVID-19 patients and the physical stress of working under distressing conditions exacerbate an already stressed workforce. Working long hours, shift work, short staffing, demanding workloads, dealing with death and dying and conflicts with management, other staff and disciplines and poor communication between disciplines are among the issues that can lead to burnout, anxiety and depression. Emotional Freedom Technique (EFT) or tapping is a holistic practice that is easy to learn and apply to self and produces relief from stress, anxiety and the symptoms of burnout within in minutes. There are many websites, videos, and tutorials which can teach and support the healthcare practitioner in the practice of EFT.

Wong, K.W., Wu, X., Dong, Y. (2024). Interventions to reduce burnout and improve the mental health of nurses during the COVID-19 pandemic: A systematic review of randomised controlled trials with meta-analysis. ***Int J Ment Health Nurs, 33*****(2):324-43.**
https://doi.org/10.1111/inm.13251

This systematic review aims to investigate and determine the effectiveness of interventions on improving mental health (anxiety, depression, stress or mental well-being) and/or reducing burnout of nurses working in hospitals during the COVID-19 pandemic. A search was conducted on studies from conception to December 2022 in databases: PubMed, Embase, Cochrane Central Register of Controlled Trials, CINAHL, PsycINFO, Scopus and Web of Science and in ProQuest Thesis & Dissertations Global Database, Google Scholar and ClinicalTrials.gov. A total of 17 randomised controlled trials that evaluated different interventions were included. The outcomes were anxiety (n = 11), depression (n = 5), stress (n = 13) mental well-being (n = 7) and burnout (n = 7). Not all interventions led to positive outcomes. Grading of Recommendations Assessment, Development and Evaluation (GRADE) appraisal and risk of bias assessment using the Cochrane tool for randomised controlled trials (RoB 2.0) revealed poor quality of

currently available literature, with low to very low certainty. Meta-analysis showed high heterogeneity among the five different outcomes, with subgroup analysis showing greater success in interventions conducted on nurses involved in the care of COVID-19 patients. More well-designed trials are necessary to reinforce current evidence to improve the mental health of nurses, to not only protect their quality of life but also to ensure the quality of patient care.

Brown, G., Batra, K. et al. (2023). Comparing AIT and EFT in reduction of negative emotions associated with a past memory: A randomized control study. *Psychology*, 14, 1868-1887. DOI: 10.4236/psych.2023.1412111

Advanced Integrative Therapy [AIT] is an Energy Psychology-based system of intervention utilized by psychotherapists since the late 1990s. Recently, a study investigated the perceptions of therapists regarding the effectiveness of AIT in reducing negative emotions related to past traumatic events. Emotional Freedom Techniques (EFT) are a set of well-researched Energy Psychology based interventions which have been established as an effective intervention for post-traumatic stress disorder. This study is the first to compare the effectiveness of AIT to EFT in reducing negative emotions associated with a particular memory in a sample of college and professional students, who were randomly assigned to the intervention. A total of 72 students (intervention AIT: n = 38, 52.8%) or EFT (intervention EFT: n = 34, 47.2%), completed a pre/post survey consisting of Subjective Units of Distress (SUD) scale, presence of the initial negative emotion, and presence of the original physical sensation. Both interventions led to a significant drop in SUD scores from over 4 (pre-intervention) to about 1 (post-intervention). There were no statistically significant differences observed in the post-intervention mean scores of SUD (1.03 ± 1.10 vs. 1.29 ± 0.71, $p = 0.2$) and HRV (52.02 ± 20.68 vs. 47.23 ± 21.55, $p = 0.4$) among both intervention arms. Interestingly, a significantly higher proportion of participants who underwent AIT required only one round of intervention to report their SUD dropped to 0 or 1 (elimination of negative emotion) as opposed to those with intervention EFT (47.4% vs. 14.7%, $p = 0.012$). The results of this trial suggest the equivalence of AIT and EFT, that AIT provides the same degree of robust response already documented with EFT in reducing the negative emotions associated with traumatic past experiences. This first randomized control trial (RCT) of AIT compared with a known effective treatment, EFT, provides an initial set of data to suggest that AIT demonstrates similar efficacy in the reduction of negative emotions associated with past traumatic experiences.

Catapano P., Cipolla S., Sampogna G., Perris F., Luciano M., Catapano F., et al. (2023). Organizational and Individual Interventions for Managing Work-Related Stress in Healthcare Professionals: A Systematic Review. *Medicina* (Kaunas) 2023 Oct 20;59(10).

The workplace represents a relevant source of stress for workers, being a risk factor for many mental disorders and psychological difficulties, including burn-out syndrome. Healthcare workers and other help-professions are particularly susceptible to work-related stress. The present systematic review aims to (1) identify available interventions for managing workplace-related stress symptoms; (2) assess their efficacy; and (3) discuss the current limitations of available interventions. A systematic review has been conducted, searching on PubMed, APA PsycInfo, and Scopus databases. Eighteen papers have been identified, which included different interventions for the management of work-related stress in healthcare professionals.

These approaches can be grouped as follows: (1) interventions focusing on the individual level using cognitive-behavioral therapy (CBT) approaches; (2) interventions focusing on the individual level using relaxation techniques; and (3) interventions focusing on the organizational level. As regards interventions targeting the individual level using CBT approaches, mindfulness-based interventions were effective in reducing levels of burn-out, stress, and anxiety and in improving quality of life. As regards intervention using relaxation techniques, including art therapy, **Emotional Freedom Techniques** (ECT) and brief resilience retreats had a positive effect on the levels of anxiety, stress, and burnout. As regards interventions at the organizational level, we found no evidence for supporting its effectiveness in reducing the levels of burnout. Furthermore, available studies are heterogeneous in terms of assessment tools, target populations, and type of interventions, which limits the generalizability of findings.

Cribbs, J. (2023). Single-session reductions in emotional distress in an addiction clinic after Thought Field Therapy treatment. *Energy Psychology: Theory, Research, and Treatment, 15(1)*, 23–30. doi 10.9769/EPJ.2023.15.1.JC

Thought Field Therapy (TFT) is a promising psychotherapy approach due to its ability to relieve human suffering rapidly. This brief intervention is an energy-based therapy that is proving to be an effective treatment for a wide range of clinical conditions. Numerous studies have shown that the use of tapping can produce immediate, long-lasting results. Drawing from information gathered at SpiritLife, an inpatient drug and alcohol rehabilitation facility, this research examined the effects of a single TFT session on individuals who have been diagnosed with a substance use disorder and have been experiencing distress related to trauma. Thirty-seven participants (17 male and 20 female), aged 23–37, used the Subjective Units of Distress (SUD) scale to rate their symptoms prior to and after a single session. A statistically significant decrease in symptoms was observed in 100% of participants postintervention ($p < .00$). This further supports other clinical trials indicating that TFT is an effective treatment for a variety of psychological conditions and emotional distress. While Energy Psychology can be applied as an independent therapeutic modality, the mechanisms of the intervention allow practitioners to integrate it easily into an existing clinical framework.

Hope, T. (2023). The effects of Access Bars on depression, anxiety, and stress in police officers: A case series. *Energy Psychology: Theory, Research, and Treatment, 15*(2), 33–42.

Police officers in the United Kingdom (UK) have clinical levels of anxiety and depression and comorbid presentations of major depression and anxiety, at rates significantly higher than reported in the general population. Risk of stress is significant and posttraumatic stress disorder (PTSD) among police officers is now at a crisis level in the UK, affecting one in five officers. Complex PTSD (the result of chronic exposure to trauma) affects 12% of the working police population, resulting in a diminishing number of working officers. Access Bars, a noninvasive energy technique was evaluated for its effects on depression, anxiety, stress, and PTSD, presented either singularly or in a comorbid state using subjective self-report measures. **Methods:** This case series included participants (n = 4) aged between 36 and 52 years who were police officers referred for treatment with a clinical diagnosis of one or more of depression, anxiety, stress, or PTSD. All participants had been previously treated with standardized methods and continued to present with mild to severe symptoms. Treatments were provided by a

licensed Access Bars Facilitator at a naturopathic clinic in Hampshire, UK. The primary measure was the standardized self-report method, the Depression Anxiety Stress Scale–21 (DASS-21), with the addition of the Beck Anxiety Inventory (BAI) and the PTSD Checklist for DSM-5 (PCL-5) to evaluate PTSD in one participant. All were evaluated prior to receiving seven 60-minute sessions over seven weeks, with post evaluations upon completion of the last session.
Results: All methods of evaluation showed a decrease in scores for all post measurements. DASS-21 depression scores had the highest pre scores, with 75% in the extremely severe category. Mean scores declined from 31 to 7.5 (75%, $p = 0.02$). Mean anxiety scores decreased from 20 to 12 (59%, $p = 0.007$) and mean stress scores declined from 24 to 8.5 (64%, $p = 0.002$). A secondary classification of a single participant classified as "acute needs" (AN; $n = 1$) had additional psychometric evaluations using BAI and PCL-5. BAI scores decreased from 26 to 16 (38%, $p = 0.001$) and PCL-5 scores declined from 38 to 18 (20 points or 51%, $p < 0.001$). An 18-point decrease for PCL-5 is considered a clinically significant change.
Conclusion: Treatment with Access Bars showed a significant decrease in depression, anxiety, and stress in police officers where significant symptoms remained after standardized treatments. Simultaneous improvement was demonstrated in comorbid anxiety, depression, and stress. These results suggest that Access Bars shows promise as a treatment for depression, anxiety, and stress and may contribute to clinical improvement in PTSD.

Lee, B. (2023). The Emotional Freedom Technique (EFT): Tapping Into Our Students' Success. Purdue University Global. https://hdl.handle.net/20.500.12264/540

The Emotional Freedom Technique (EFT or Tapping) can be a beneficial tool for promoting the success and well-being of online college students. Finding ways to reach out to student wellness can help ensure our students' journey to self–belief, and success. According to a Gallup Poll, "9 in 10 students say they experience emotional stress" (Gallup, 2023). A recent study by Purdue University explores the use of Tapping as a resource to harness student emotional freedom (Purdue University, 2023). Tapping can be beneficial for our students to help them manage stress, increase self-efficacy and determination. This session will explore what (EFT) or Tapping is, we will engage in a demonstration, and attendees will learn strategies for use in their classrooms. The goal of this session is to provide a useful strategy which connects to the whole student and engage with their well-being in order to help foster their self-belief and success.

López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023). Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. Open Access. *Journal of Clinical Nursing*. https://doi.org/10.1111/jocn.16634

Aims: To evaluate the effectiveness of eHealth interventions to reduce stress and promote mental health in healthcare professionals, and to compare the efficacy of different types of programs (guided vs. self-guided; 'third-wave' psychotherapies vs. other types).
Background: Healthcare workers present high levels of stress, which constitutes a risk factor for developing mental health problems such as depression and anxiety. eHealth interventions have been designed to reduce these professionals' stress considering that the characteristics of this delivery method make it a cost-effective and very appealing alternative because of its fast and easy access.

Design: A systematic review of quantitative studies.
Methods: A comprehensive database search for quantitative studies was conducted in PubMed, EMBASE and Cochrane (until 1 April 2022). The systematic review was conducted in accordance with the PRISMA and SWiM reporting guidelines. The quality of the studies was assessed using the National Heart, Lung and Blood Institute tools.
Results: The abstracts of 6349 articles were assessed and 60 underwent in-depth review, with 27 fulfilling the inclusion criteria. The interventions were classified according to their format (self-guided vs. guided) and contents ('third-wave' psychotherapies vs. others). Twenty-two interventions emerged, 13 of which produced significant posttreatment reductions in stress levels of health professionals (9 self-guided, 8 'third wave' psychotherapies). Significant effects in improving depressive symptomatology, anxiety, burnout, resilience and mindfulness, amongst others, were also found.
Conclusion: The evidence gathered in this review highlights the heterogeneity of the eHealth interventions that have been studied; self-guided and 'third-wave' psychotherapy programs are the most common, often with promising results, although the methodological shortcomings of most studies hinder the extraction of sound conclusions.

Okyay, E. & Ucar, T. (2023). The effect of Emotional Freedom Technique and music applied to pregnant women who experienced prenatal loss on psychological growth, well-being, and cortisol level: A randomized controlled trial. *Archives of Psychiatric Nursing.* https://doi.org/10.1016/j.apnu.2023.04.027.
https://www.sciencedirect.com/science/article/pii/S088394172300064X
This research study from Turkey explored the effects of EFT and music applied to pregnant women who had experienced prenatal loss on their psychological growth, well-being, and cortisol level. This study was a randomized controlled trial with 53 pregnant women in each of three groups: an EFT group, a music group, and a control group. The study data were collected using the Subjective Units of Disturbance Scale (SUDS), Subjective Units of Experience (SUE) Scale, Post Traumatic Growth Inventory (PTGI), and WHO-5 Well-Being Index; saliva samples were taken for cortisol evaluation. EFT was applied to the women two times every other week; the women in the music group listened to music two times every other week. Throughout the week following the first intervention, the women continued the interventions at home.
Results: Both EFT and music significantly decreased the participants' subjective anxiety and salivary cortisol median scores; the lowest anxiety was in the EFT group. PTGI and WHO-5 Well-Being Index mean scores increased ($p<0.005$). Further analyses showed that EFT was more effective in terms of increasing well-being than music ($p<0.001$; $a>b>c$). It was determined that the anxiety levels and salivary cortisol median values of the control group were statistically significantly higher compared to the EFT and music groups ($p<0.001$).
Conclusion: It was found that EFT and music applied to the women who had experienced prenatal loss decreased anxiety, ensured psychological growth, improved well-being, and decreased salivary cortisol level.

Bustamante-Paster A. (2022). The Efficacy of EFT on the Symptoms of Depression, Anxiety and Stress among College Students' during the COVID-19 Pandemic: Basis for the Development of Psychological Acupuncture Intervention. *International Journal of Multidisciplinary Research and Analysis,; 5*(7):1626-41.

The study's major goal was to determine whether lockdowns, remote learning, and other

significant changes brought on by the COVID-19 epidemic caused students at a locally supported institution in Laguna to feel depressed, anxious, or stressed. Students enrolled from 2020 to the present or during the pandemic's duration made comprised the study's participants. This was a quasi-experimental design. It was designed to find out if students were displaying signs of stress, anxiety, or depression. An intervention, Emotional Freedom Technique, has been used to mitigate and address their degree of depression, anxiety, and stress. The participants' age, sex, course, and year level demographics were also noted. The research used simple random sampling and the researcher called all the participants who met the criteria. Depression Anxiety Stress Scales (DASS) was utilized to determine their level of symptoms. Moderate to extremely severe symptoms had been invited to participate in the experiment. Volunteered participants had been assigned to three experimental groups namely depression group, anxiety, and stress. Forty-five (45) participants had been subjected to 16 (sixteen) sessions of online intervention with a total of 48 sessions for three groups with an interval post-test within the sessions. Fortunately, after 16 sessions of the emotional freedom technique, the participants in the anxiety group had a baseline of 16.69 mean or severe but after three post-tests they became better as revealed by the last post-test mean of 4.84 or normal. As to depression, they had 22.77 mean or severe, but after sessions it was now 10.38 mean or mild. The participants had 25.50 mean or severe but afterwards 8.70 mean or normal in the stress group. Since quantifiable data has demonstrated how well the emotional liberation technique works, the hypothesis that it is ineffective for reducing the participants' levels of sadness, anxiety, and stress symptoms was rejected. Nevertheless, the researcher will create an intervention called "Psychological Acupuncture for Comfort" as the output for the study.

Brown, G., Batra, K., Hong, S., Sottile, R., Bakhru, R. & Dorin, E. (2022). Therapists' observations in reduction of unpleasant emotions following Advanced Integrative Therapy interventions. *Energy Psychology Journal, 14(*1). doi 10.9769/EPJ.2022.14.1.GB

Objective: To assess the potential clinical efficacy of a novel model of energy psychology intervention, Advanced Integrative Therapy (AIT), this pilot study assessed clinician perceptions of AIT through a cross-sectional survey.
Methods: A 17-item web-based questionnaire was administered to AIT therapists in November of 2021. The survey included clinician demographics and the clinician-observed response to AIT treatment based upon changes in reported Subjective Units of Distress (SUD), the associated emotion, and somatic sensation (when present).
Results: A total of 76 complete responses were analyzed. The sample respondents were predominantly female (81.6%) and non-Hispanic white (68%). Over 80% of the respondents reported using AIT with their clients within the past six months and a significant proportion of participants self-assessed their AIT skills as of proficient or expert level. As reported by the therapists, 77% of the sessions described were used to clear patterns of negative events rather than a single event. Over 75% of events were identified as being either since childhood or otherwise chronic in nature. The average pre-AIT intervention SUD score was reported as 8.3±2.7 out of 10, which in 92% of cases, dropped to either 0 or 1 following a single session of AIT.
Conclusions: Although this pilot study was limited to clinician responses in assessment of the ability of AIT to reduce the negative emotions related to past traumatic events, the initial observations were supportive of the potential clinical utility of this energy psychology technique. The findings suggest that additional client-based assessments and randomized clinical trials with known therapies as a control are warranted to continue the systematic observation of AIT.

Cyr, J. (2022). Improving undergraduate nursing student stress: Tapping to success in academia with Emotional Freedom Techniques. Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 83(11-B), 2022. ProQuest Information & Learning. ISBN: 979-8438722595.

Undergraduate nursing students experience high levels of stress throughout the nursing curriculum. Emotional Freedom Techniques (EFT), or tapping, has been effective in other disciplines at reducing stress and anxiety. The aim of this project was to see if four virtual one-on-one EFT sessions delivered over one month were effective at mitigating undergraduate nursing student stress as measured by the Perceived Stress Scale (PSS).

Methods: This study was guided by the Stetler (2001) model of research utilization and the Neuman (1970) systems model. This quasi-experimental pre- and post-test design included seven participants who completed one thirty-minute virtual EFT session each week for four weeks. Pre-and post-EFT intervention measurements included the PSS and Subjective Units of Distress (SUD) scale. At the conclusion of four weeks, participants completed a six-question survey to elicit data to understand the participants' subjective experience with EFT.

Results: The mean pre-EFT intervention PSS was 23.29 (SD 5.59) and the mean post-EFT intervention PSS score was 13.29 (SD 8.22). A two-tailed paired samples t-test was significant, demonstrating a statistically significant decrease in stress. SUD scores demonstrated a decrease from the start of each EFT session to the end of each EFT session. Survey results validated that the virtual EFT intervention was easy to learn and effective at decreasing stress. All participants stated they plan to continue to utilize EFT independently in the future for stress management.

Conclusion: This project demonstrated that four individual thirty-minute EFT sessions in a virtual environment decreased perceived stress of nursing students.

DiLauro, M. (2022). Expanding the social work toolbox: Utilizing Emotional Freedom Techniques in practice. *Health & Social Work*, 47(1), 63–67. https://doi.org/10.1093/hsw/hlab026

Energy psychology practices—most notably Emotional Freedom Techniques (EFT) or tapping—are noninvasive, client-friendly methods of therapy that should be included in the social worker's toolbox. EFT is an evidence-based practice that has been recognized as an effective treatment for a range of physical and emotional conditions including PTSD, anger, anxiety, stress, test anxiety, phobias, weight control, chronic pain, addiction, and other disruptive habits, behaviors, and limiting beliefs (Feinstein, 2012, 2018; Rowe, 2005; Stapleton, 2019). The technique has been used both nationally and internationally by organizations to aid in trauma relief for veterans, survivors of national disasters, war-related trauma, and mass shooting tragedies such as in Newtown and Pacific Grove (Ortner, 2013). Clinical EFT tapping protocols have been validated by research, with over 100 research studies, review articles, and meta-analyses published in professional, peer-reviewed journals (Stapleton, 2019).

Lee, S. H., Han, S. Y., Lee, S. J., Chae, H., & Lim, J. H. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuropsychiatry*, *33*(1), 33–48. https://doi.org/10.7231/

JON.2022.33.1.033

Objectives: 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.

Barraza-Alvarez, F. V. (2021). Callahan's thought field therapy in the management of emotions associated with stress. *World Journal of Biology Pharmacy and Health Sciences*, *7*(2), 060-068. https://doi.org/10.30574/wjbphs.2021.7.2.0085

Taking into account that Thought Field therapy (TFT) is a non-invasive technique for managing emotions, and that it is characterized by being safe and fast, it was applied in a group of 14 people from the workforce of the Center of Childhood Integration and Convivencia Del Bosque, Texcoco, Mexico, who voluntarily expressed some feelings associated with stress before an initial interview, in order to evaluate their effectiveness. 36% of the participants reported presenting anxiety; 29% fear; 21% obsession, and 14% rejection. Once the TFT was completed, these emotions, in all the participants, went from a maximum rating of 10 Units of Discomfort Sensation (UDS) to a minimum of 0 SUDS, so it could be established that the TFT technique was effective in managing stressful situations that were to be eradicated, with written opinions that expressed satisfaction on the part of the participants, who had no adverse reactions when the technique was applied to them.

Dincer, B. & Inangil, D. (2021). The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial.
EXPLORE, 17(2), 109-114. https://doi.org/10.1016/j.explore.2020.11.012.
(https://www.sciencedirect.com/science/article/pii/S1550830720303839)

Background and Objective: Infectious disease outbreaks pose psychological challenges to the general population, and 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.
Methods: The study is a randomized 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.
Results: 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 ($p > .05$).
Conclusions: A single online group EFT session reduced stress, anxiety, and burnout levels in nurses treating COVID-19.

Hossain, F. & Clatty, A. (2021). Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing Ethics, 28*(1), 23-32. https://doi.org/10.1177/0969733020961825

These are strange and unprecedented times in the wake of the COVID-19 pandemic. Most frontline healthcare professionals have never witnessed anything like this before. As a result, staff may experience numerous and continuous traumatic events, which in many instances, will negatively affect their psychological well-being. Particularly, nurses face extraordinary challenges in response to shifting protocols, triage, shortages of resources, and the astonishing numbers of patients who require care in expedited time constraints. As most healthcare workers are passionate nursing professionals, frustration and often a sense of powerlessness occur when they find themselves unable to provide needed care to their patients. The overwhelming number of deaths, patients isolated and dying alone, and the ever-present fear of being infected and then infecting colleagues, family, friends due to the lack of protective gear or known protocols takes its toll on emotional and psychological well-being. For nurses, the experience of this significant (hopefully once-in-a-lifetime) event can inflict on-going moral injury. Nurses affected by this trauma require education, coping tools, and therapy to help avoid or alleviate the adverse effects on their well-being. Institutions must provide these resources to tend to the well-being of their healthcare staff, during and beyond the pandemic. This article aims to investigate moral distress—considering it as a moral injury—and offer tools and recommendations to support healthcare nurses as they respond to this crisis and its aftermath.

Jasubhai, S. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults*. Journal of Clinical Psychology and Mental Health Care, 2*(4). DOI: http;//doi.org/03.2021/1.10025.

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. 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.

Keppel, Hadas. (2021). The effects of a Thought Field Therapy stress reduction protocol on the stress and empath levels of parents of children with autism spectrum disorder. Fielding Graduate University, ProQuest Dissertations Publishing, 28713632.
https://www.proquest.com/docview/2572246678/E089F81C8F1F4C15PQ/1

The effects of a stress reduction Thought field therapy protocol vs. a control-stimulation protocol on general stress, parenting stress, and empathy (perspective taking) were explored in this mixed-model, randomized control study. Parents of children with autism, from Israel and the USA, showed reduced general stress and an increase in perspective taking following the intervention, as measured by self-reports. Parenting stress partially mediated the effect of TFT on perspective taking. There were no additional changes during the follow-up period. Participants with personality characteristics of the broad autism phenotype presented at baseline higher general and parenting-related stress scores, and lower perspective taking scores, regardless of their intervention group. The finding suggests that perspective taking is part of the broad autism phenotype (BAP). TFT was effective, regardless of participants' BAP status.

Shilpa. J. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults". *Clinical Psychology and Mental Health Care, 2*(4). https://doi.org/03.2021/1.10025. https://tinyurl.com/zm8zayjb

World Health Organization reported depression as the fourth leading cause of mental illness worldwide and one of the leading causes of disabilities among adults. Living with depression may cause sleep deprivation, anxiety, stress and short-term memory loss. This is because the individual's mind may be occupied with negative thoughts. 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, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). They were also screened for short term memory using Digit Span test, which allowed assessments of each participant's initial complaints of forgetfulness, difficulty in concentrating and confusion. Their psychophysiological coherence score and heart rate were recorded pre- and post- interventions using emWave system. 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.

Tack, L., Lefebvre, T. et al. (2021). A randomised wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment in cancer survivors (EMOTICON). *EClinicalMedicine, 39.* 101081 https://doi.org/10.1016/j.eclinm.2021.101081

Uzzi, C. et al. (2021). The effect of Covid-19 on the mental health of healthcare workers: A systematic review. *Journal of Advances in Medicine and Medical Research, 33*(21), 183-194. Article no.JAMMR.76595 ISSN: 2456-8899 http://libraryaplos.com/xmlui/handle/

123456789/6845

As covid-19 pandemic continues to affect every nation, Healthcare Workers (HCW) who care for the patients are psychologically impacted. This study aims to assess the psychological impact experienced by HCW and the psychosocial support they received.
Methods: Using PubMed, google scholar and Embase from December 2019 through June 2021, we found 376 studies on the impact of the covid -19 pandemic on the mental health of HCW. Using our inclusion criteria, 325 studies were excluded. 51 full-text articles were assessed for eligibility. 9 articles which met our criteria and eligibility criteria reported on 19,232 HCW, and 75.2% of the study participants were women.
Results: The study participants reported high levels of stress, hypervigilance, fatigue, sleep problems, PTSD symptoms, poor concentration, depression, anxiety, burnout, emotional exhaustion, depersonalization, suicide and self-harm ideations and somatic symptoms due to the covid -19 pandemic. The psychosocial support provided to HCW includes counseling and psychotherapy-based sessions on stress adaptation, onsite mindfulness-based crisis intervention, online form of **emotional freedom technique,** and Effort-reward system.
Conclusion: Multiple interventions found in our review were effective in mitigating psychological stress among HCWs. These interventions should be considered as part of support provided to HCW with psychosocial challenges.

van Ginneken, N. et al. (2021). Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. *Cochrane Database of Systematic Reviews 2021,* Issue 8. Art. No.: CD009149. DOI: 10.1002/14651858.CD009149.pub3.

[Systematic literature review and meta-analysis including Connolly & Sakai, 2011.

Background: Community-based primary-level workers (PWs) are an important strategy for addressing gaps in mental health service delivery in low- and middle-income countries.
Objectives: To evaluate the effectiveness of PW-led treatments for persons with mental health symptoms in LMICs, compared to usual care.
Search Methods: MEDLINE, Embase, CENTRAL, ClinicalTrials.gov, ICTRP, reference lists (to 20 June 2019).
Selection Criteria: Randomised trials of PW-led or collaborative-care interventions treating people with mental health symptoms or their carers in LMICs. PWs included: primary health professionals (PHPs), lay health workers (LHWs), community non-health professionals (CPs).
Data Collection & Analysis: Seven conditions were identified apriori and analysed by disorder and PW examining recovery, prevalence, symptom change, quality-of-life (QOL), functioning, service use (SU), and adverse events (AEs). Risk ratios (RRs) were used for dichotomous outcomes; mean difference (MDs), standardised mean differences (SMDs), or mean change differences (MCDs) for continuous outcomes. For SMDs, 0.20 to 0.49 represented small, 0.50 to 0.79 moderate, and ≥0.80 large clinical effects. Analysis timepoints: T1 (<1 month), T2 (1-6 months), T3 (>6 months) post-intervention.
Results: Description of studies 95 trials (72 new since 2013) from 30 LMICs (25 trials from 13 LICs). Risk of bias Most common: detection bias, attrition bias (efficacy), insufficient protection against contamination. Intervention effects *Unless indicated, comparisons were usual care at T2. "Probably", "may", or "uncertain" indicates "moderate", "low," or "very low" certainty evidence. Adults with common mental disorders (CMDs) LHW-led interventions a. may increase recovery (2 trials, 308 participants; RR 1.29, 95%CI 1.06 to 1.56); b. may reduce prevalence (2

trials, 479 participants; RR 0.42, 95%CI 0.18 to 0.96); c. may reduce symptoms (4 trials, 798 participants; SMD -0.59, 95%CI -1.01 to -0.16); d. may improve QOL (1 trial, 521 participants; SMD 0.51, 95%CI 0.34 to 0.69); e. may slightly reduce functional impairment (3 trials, 1399 participants; SMD -0.47, 95%CI -0.8 to -0.15); f. may reduce AEs (risk of suicide ideation/ attempts); g. may have uncertain effects on SU. Collaborative-care a. may increase recovery (5 trials, 804 participants; RR 2.26, 95%CI 1.50 to 3.43); b. may reduce prevalence although the actual effect range indicates it may have little-or-no effect (2 trials, 2820 participants; RR 0.57, 95%CI 0.32 to 1.01); c. may slightly reduce symptoms (6 trials, 4419 participants; SMD -0.35, 95%CI -0.63 to -0.08); d. may slightly improve QOL (6 trials, 2199 participants; SMD 0.34, 95%CI 0.16 to 0.53); e. probably has little-to-no effect on functional impairment (5 trials, 4216 participants; SMD -0.13, 95%CI -0.28 to 0.03); f. may reduce SU (referral to MH specialists); g. may have uncertain effects on AEs (death). Women with perinatal depression (PND) LHW-led interventions a. may increase recovery (4 trials, 1243 participants; RR 1.29, 95%CI 1.08 to 1.54); b. probably slightly reduce symptoms (5 trials, 1989 participants; SMD -0.26, 95%CI -0.37 to -0.14); c. may slightly reduce functional impairment (4 trials, 1856 participants; SMD -0.23, 95%CI -0.41 to -0.04); d. may have little-to-no effect on AEs (death); e. may have uncertain effects on SU. Collaborative-care a. has uncertain effects on symptoms/QOL/SU/AEs. Adults with post-traumatic stress (PTS) or CMDs in humanitarian settings LHW-led interventions a. may slightly reduce depression symptoms (5 trials, 1986 participants; SMD -0.36, 95%CI -0.56 to -0.15); b. probably slightly improve QOL (4 trials, 1918 participants; SMD -0.27, 95%CI -0.39 to -0.15); c. may have uncertain effects on symptoms (PTS)/functioning/SU/AEs. PHP-led interventions a. may reduce PTS symptom prevalence (1 trial, 313 participants; RR 5.50, 95%CI 2.50 to 12.10) and depression prevalence (1 trial, 313 participants; RR 4.60, 95%CI 2.10 to 10.08); b. may have uncertain effects on symptoms/functioning/SU/AEs. Adults with harmful/ hazardous alcohol or substance use LHW-led interventions a. may increase recovery from harmful/hazardous alcohol use although the actual effect range indicates it may have little-or-no effect (4 trials, 872 participants; RR 1.28, 95%CI 0.94 to 1.74); b. may have little-to-no effect on the prevalence of methamphetamine use (1 trial, 882 participants; RR 1.01, 95%CI 0.91 to 1.13) and functional impairment (2 trials, 498 participants; SMD -0.14, 95%CI -0.32 to 0.03); c. probably slightly reduce risk of harmful/hazardous alcohol use (3 trials, 667 participants; SMD -0.22, 95%CI -0.32 to -0.11); d. may have uncertain effects on SU/AEs. PHP/CP-led interventions a. probably have little-to-no effect on recovery from harmful/hazardous alcohol use (3 trials, 1075 participants; RR 0.93, 95%CI 0.77 to 1.12) or QOL (1 trial, 560 participants; MD 0.00, 95%CI -0.10 to 0.10); b. probably slightly reduce risk of harmful/hazardous alcohol and substance use (2 trials, 705 participants; SMD -0.20, 95%CI -0.35 to -0.05; moderate-certainty evidence); c. may have uncertain effects on prevalence (cannabis use)/SU/AEs. PW-led interventions for alcohol/substance dependence a. may have uncertain effects. Adults with severe mental disorders *Comparisons were specialist-led care at T1. LHW-led interventions a. may have little-to-no effect on caregiver burden (1 trial, 253 participants; MD -0.04, 95%CI -0.18 to 0.11); b. may have uncertain effects on symptoms/functioning/SU/AEs. PHP-led or collaborative-care a. may reduce functional impairment (7 trials, 874 participants; SMD -1.13, 95%CI -1.78 to -0.47); b. may have uncertain effects on recovery/relapse/symptoms/QOL/SU. Adults with dementia and carers PHP/LHW-led carer interventions a. may have little-to-no effect on the severity of behavioural symptoms in dementia patients (2 trials, 134 participants; SMD -0.26, 95%CI -0.60 to 0.08); b. may reduce carers' mental distress (2 trials, 134 participants; SMD -0.47, 95%CI -0.82 to -0.13); c. may have uncertain effects on QOL/functioning/SU/AEs. Children with PTS or CMDs LHW-led interventions a. may have little-to-no effect on PTS symptoms (3 trials, 1090 participants; MCD -1.34, 95%CI -2.83 to 0.14); b. probably have little-to-no effect on depression symptoms (3 trials, 1092 participants; MCD -0.61, 95%CI -1.23 to

0.02) or on functional impairment (3 trials, 1092 participants; MCD -0.81, 95%CI -1.48 to -0.13); c. may have little-or-no effect on AEs. CP-led interventions a. may have little-to-no effect on depression symptoms (2 trials, 602 participants; SMD -0.19, 95%CI -0.57 to 0.19) or on AEs; b. may have uncertain effects on recovery/symptoms (PTS)/functioning.

Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence based approach to change in psychotherapy*. International Journal of Healing and Caring, 20*(1), 1-29.

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

Rostami, K., Tiznobaik, A., Maleki, L., Mirzaei, M., & Taheri, N. K. (2020). Investigating the effect of teaching EFT technique on reducing anxiety of nurses during corona outbreak. *International Journal of Psychosocial Rehabilitation*, 14335-14341.

Corona virus is a family of viruses that can cause a wide range of diseases. Nurses are among those who have to attend hospital settings due to their job nature and are exposed to suspected patients with Corona. so they experience high level of stress and anxiety. The" Emotional Freedom Technique"(EFT) is an alternative treatment for removing physical pain and emotional distress. This study was conducted to investigate the effect of using EFT on anxiety of nurses during Corona outbreak. The present study was a clinical trial. The statistical population of the present study included all nurses working in hospitals. The data collection tool consisted of two sections demographic information and the Nursing Stress Scale NSS developed by Gray-Toft James Anderson. After entering the data into computer, they were analyzed through SPSS24 software and by paired T-tests and analysis of variance with repeated observations. The independent T-test showed that the mean work stress score in the case and control groups did not differ significantly before the intervention ($p= 0.14$). Analysis of variance with repeated observations showed that the mean work stress scores in the EFT training group were not the same in three times and there was a significant statistical difference among them ($p< 0.001$). Teaching EFT technique is very effective for nurses to reduce work stress by considering practical skills when exposed to stressful conditions.

Church, D. and David, I. (2019) Borrowing Benefits: Clinical EFT (Emotional Freedom Techniques) as an Immediate Stress Reduction Skill in the Workplace. *Psychology, 10,* 941-952.

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.

Church D, Stapleton P, Sabot D. App-Based Delivery of Clinical Emotional Freedom Techniques: Cross-Sectional Study of App User Self-Ratings. *JMIR Mhealth Uhealth. 14;8*(10):e18545. doi: 10.2196/18545. PMID: 32862128; PMCID: PMC7593862.

Background: 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.
Objective: 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. The Tapping Solution App guides users through the therapeutic protocols of Clinical Emotional Freedom Techniques (EFT), an evidence-based psychophysiological intervention that combines acupressure with elements of cognitive and exposure therapies.
Methods: 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. App user data for 23 tapping meditations, which addressed psychological symptoms of anxiety and stress, were gathered between October 2018 and October 2019, totaling 380,034 completed app sessions.
Results: Across 12 anxiety-tapping meditations, the difference in emotional intensity ratings from presession (mean 6.66, SD 0.25) to postsession (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 postsession (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.
Conclusions: 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.

Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence based approach to change in

psychotherapy. ***International Journal of Healing and Caring, 20*****(1), 1-29.**

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

Gaesser, A. H. (2020). Emotional freedom techniques: Stress and anxiety management for students and staff in school settings. In C. Maykel & M. A. Bray (Eds.), ***Applying psychology in the schools. Promoting mind–body health in schools: Interventions for mental health professionals*** **(pp. 283-297). Washington, DC, US: American Psychological Association.**
http://dx.doi.org/10.1037/0000157-020

Emotional Freedom Techniques (EFT), more commonly known as tapping, is an emerging, research-based intervention that has been found to be an effective stress and anxiety management tool for students and school personnel. EFT uses cognitive behavior therapy techniques, such as awareness building, imaginal exposure, reframing of interpretation, and systematic desensitization, while teaching the individual to self-stimulate protocol-identified acupoints. The use of EFT with children and adolescents is relatively new, and therefore, research on its effectiveness is limited. Within the last decade, initial results have indicated that EFT assists students in reducing anxiety and the fear of failure and in improving self-esteem and compassion within a few sessions. This chapter examines relevant EFT research and the use of EFT with school-age children and adolescents. In addition, it discusses the importance of formal training in EFT for school practitioners and ethical considerations.

Stapleton, P., Crighton, G., Sabot, D., & O'Neill, H. M. (2020). Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. ***Psychological trauma,*** **10.1037/tra0000563.** https://doi.org/10.1037/tra0000563 https://www.ncbi.nlm.nih.gov/pubmed/32162958

Objective: In a direct replication of Church, Yount, and Brooks (2012), this study examined changes in stress biochemistry and psychological distress symptoms in 53 participants randomly allocated to one of three 60-min group interventions: Emotional Freedom Techniques (EFT), psychoeducation (PE), and no treatment (NT). The Symptom Assessment-45 (SA-45) was used to assess psychological distress symptoms.
Method: Salivary cortisol assays were administered 30 min pre- and postintervention to test cortisol levels. The original study by Church et al. indicated the EFT group showed statistically significant improvements in anxiety (-58.34%, $p < .05$), depression (-49.33%, $p <$

.002), overall severity of symptoms (-50.5%, p < .001), and symptom breadth (-41.93%, p < .001). The group also experienced a significant decrease in cortisol (-24.39%) compared to the PE group (-14.25%) and NT group (-14.44%).
Results: The present results indicated the EFT group experienced a significant decrease in cortisol greater than the original study (-43.24%, p < .05), but these results were not mirrored by subjective reports of psychological distress. The EFT group reduction in cortisol was significantly different from that of the PE group (-19.67%), and as expected, the posttreatment cortisol level detected among the EFT group was lower than that of the NT group (2.02%); however, there was not a statistically significant difference between the 2 groups. Additionally, there were no significant improvements in cortisol reduction among the NT and PE groups.
Conclusions: Findings support the original study indicating EFT to be an efficient and effective brief treatment for reducing biological markers of stress.

Fatmasari, D., Widyana, R., & Budiyani, K. (2019). Spiritual Emotional Freedom Technique to reduce stress in hypertensive patients. *Jurnal Psikologi, 15(*1), 10-19.

This study aims to determine the differences in stress levels in hypertensive patients before and after treatment given SEFT intervention. The design used in this research is one group pretest-posttest design. Subjects in this study were male and female hypertensive patients, aged 40-60 years, had a stress score with moderate to high stress levels, at least junior high school education. Subjects in this study amounted to 5 people. Stress was measured using a stress scale of 28 items. Subjects were treated in the form of SEFT intervention, namely the merging of spirituality (form of prayer and resignation) and psychological energy carried out by three techniques, among others, are set-up, tune-in and tapping. Quantitative data analysis techniques using Wilcoxon sign rank analysis is to determine whether there is a difference in stress score between pretest and posttest and posttest and follow up on the subject of research. Analysis of qualitative data from observation, interviews, worksheets and evaluation sheets. Based on quantitative results of Wilcoxon sign rank test showed that in this study there were significant differences between pretest and posttest with value Z = -2.023[a] (p <0.050). The results can also be seen from the decrease of the mean score between pretest and posttest. Pretest with mean score (= 82.20) and posttest with mean value (= 56.20). The posttest average is lower than the pretest average. This means there is a decrease in the score on the pretest average to the posttest. Based on the above explanation can be concluded that the spiritual emotional freedom technique (SEFT) can reduce stress in hypertensive patients.

Freger, M. (2019). Use of Over Energy Correction (OEC) for intervention therapists at a center-based treatment facility for Autism Spectrum Disorders (ASD). *International Journal of Healing and Caring, 19*(2).

Caregivers and therapists can often experience high stress levels or burnout when working in intensive environments with children who are diagnosed with Autism Spectrum Disorders (ASDs). It was hypothesized that a single breathing exercise practiced several times per day over an extended period of time, may assist in decreasing stress levels and burnout and assist in developing resiliency. Specifically, a breathing exercise designed to integrate left and right hemispheric activity was used . The breathing exercise appeared to be effective with respect to

the subjects perceived ratings. Specifically subjects reported being able to gain a deeper understanding of their mind body awareness to anticipate using self-talk on the job to decrease distractibility and to increase focus. Subjects also reported greater resiliency across settings other than the workplace, decreased stress levels, and increased energy levels.

Harbottle, Lynn. (2019). Potential of emotional freedom techniques to improve mood and quality of life in older adults. *British Journal of Community Nursing, 24*(9). https://doi.org/10.12968/bjcn.2019.24.9.432

Emotional freedom techniques (EFTs) are an innovative combined somatic and cognitive therapy. Derived from key principles within traditional Chinese medicine, they incorporate elements of exposure, cognitive and other conventional psychotherapies. Increasing evidence suggests that EFTs are effective in treating various physical and psychological conditions and across several population groups. Studies indicate that the somatic component is essential to its ease of use, rapid effect and durability of results. EFTs can be used as self-help tools or applied therapeutically in groups or individually. There is a lack of research specifically examining its applicability to older adults, but a ground-breaking project with nurses in France suggests that EFTs may offer significant potential to moderate pain and stress levels and to improve mood, interaction and quality of life among this group, including those with multiple and complex comorbidities.

Ledger, K.E. 2019. A feasibility study of Emotional Freedom Technique taught in the curriculum for secondary school students, to reduce stress and test anxiety and enhance coping skills. *The International Journal of Healing and Caring, 19*(3).

Objective: This 2008 Feasibility Study explored the impact of teaching Emotional Freedom Technique(EFT) as part of class curriculum for Secondary School students, as a self-care tool for reducing stress and test anxiety and for enhancing coping skills.
Participants: Canadian students at a Secondary School taking Planning 10 courses, with combined Grades 10, 11 & 12, (n = 138) participated in the study. All students received the EFT training as part of class curriculum, and completed all the questionnaires.
Methods: An initial controlled trial of EFT for 2 class groups (total n = 44) is compared to no treatment for 2 class groups (total n = 43).. Standardized quantitative measures were taken of stress (Perceived Stress Scale) coping strategies (Brief COPE) and test anxiety (Westside TA), prior to Intervention; one week after the first class; and following the completion of the EFT training sessions.
Following the Controlled Study and prior to Christmas exams, the “No Treatment” classes were given the same number of hours training in EFT as the Intervention Group. A fifth class which could not be used in the controlled study, was taught EFT during the initial time period. Because all students had to participate in the EFT training to get school credit, Quantitative measures were taken for all students at all time periods; including just after the EFT training of the control groups prior to Christmas break, and before Provincial Exams in January. An 18 item, anonymous, Quantitative questionnaire was administered at the conclusion of the EFT training for all Groups.
Results: Putting together a research proposal, designing the study; jumping through the hoops of permissions, and institution rules; carrying out the interventions; collecting the data and reporting the results are all monumental tasks. Things can go wrong at any juncture, and

often do. However, the one issue I didn't think would occur was that the Quantitative Data would be virtually useless. I was also surprised by the wide range of response and results of the various Class Groups, as detailed below, given that they were all offered almost identical EFT training.
Due to unfortunate circumstances, none of the Quantitative Data could be considered clearly valid. There were two main reasons. 1. The Principal Investigators were not notified that many of the students would not be taking exams during the trial period and approximately 25% of the foreign students did not have to write exams at all. This meant that collecting data on Test Anxiety was irrelevant for many. 2. Contamination of the Quantitative questionnaires occurred with some students checking off multiple choice answers in "patterns" on the answer checkboxes, and it was not clear how many other students had done this, but perhaps not in as blatant a manner as to be detected. This data loss was exceedingly disappointing for all involved.
Fortunately, valuable findings were still gleaned from student responses to the 18 item Qualitative Questionnaire, submitted anonymously by all students at the end of EFT Study. Perhaps because these surveys encouraged both positive and negative feedback and could not be tracked to individuals, the students appeared to be more open and direct - (sometimes brutally). But they offered useful and constructive information on many levels. Most encouraging was that 67% of students recommended that EFT be taught in schools; 63% indicated they could benefit from learning EFT in smaller groups, and 33% indicated they would be interested in having 1:1 assistance from a Counsellor using EFT.
While some students were resistant to the EFT classes, the majority shared clear examples of how they had taken their EFT skills into coping with: homework, studying, assignments, and sports and arts performances. In addition, some were able to expand their use of EFT to family and social relationships, and other issues outside the school setting, which was clear evidence of enhanced coping skills.
Conclusions: The teaching of EFT in schools can benefit some students; particularly those who are motivated to learn it due to need or interest. It is recommended that more research, investigation and refinement of teaching EFT in schools, to a range of grades; to whole classes and to smaller groups of students seeking specific help for anxiety and stress be undertaken.

Pennington, J., Sabot, D. & Church, D. (2019). EcoMeditation and Emotional Freedom Techniques (EFT) produce elevated brain-wave patterns and states of consciousness. *Energy Psychology Journal, 11*(1). DOI: 10.9769/EPJ.2019.11.1.JP

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.

Methods: The Mind Mirror 6 (MM) electroencephalogram (EEG) was used to assess brain states in eight participants attending a weekend workshop. The MM measures changes in three advanced neurophysiological states of consciousness characterized by relative amplitude relationships between brain-wave frequencies: 1) the Awakened Mind pattern of lucid awareness, creativity, insight, intuition, and spiritual connection; 2) the Evolved Mind of nondual unity consciousness; and 3) the Gamma Synchrony pattern of whole-brain synchrony, mental integration, nonlocal awareness, and insight. 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.
Results: 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.

Tarsha, M.S., Park, S., & Tortora, S. (2019). Body-Centered Interventions for Psychopathological Conditions: A Review. *Frontiers in Psychology, 10.*

World-wide, billions of dollars are spent each year on body-centered interventions to alleviate both physical and psychological pathologies. Given the high demand and increasing popularity of body-centered interventions, there is need for a systematic organization of empirical evidence associated with body-centered therapies. This article reviews the psychological effects of body-centered interventions on emotional well-being, including both self and other-administered (receptive) therapies. Theory behind body-centered interventions rely upon the bidirectional communication pathway between the brain and body. We investigated the bidirectional communication pathway between the brain and body by evaluating evidence across multiple body-centered therapies. The research reviewed includes studies that investigate effects of massage therapy, reflexology, acupuncture, functional relaxation, emotional freedom technique, Rolfing, yoga, tai-chi, and dance/movement therapy on psychological conditions across the lifespan. Results demonstrated that overall, massage therapy, tai-chi, dance/movement therapy, functional relaxation, reflexology, acupuncture and **emotional freedom technique** seem to alleviate stress, depression, anxiety, bipolar disorder and facilitate pain reduction. Of these, the most robust evidence available was for massage therapy, indicating it is an effective intervention for numerous age groups and populations. Rolfing and reflexology had the least amount of support, with few studies available that had small sample sizes. Although these conclusions are limited by scarcity of high-quality empirical data and contradictory findings, available evidence indicates that body-centered interventions can be effective in reducing psychopathology and supports the proposed mechanism of the bidirectional pathway between the brain and body: the

body holds the potential to influence the mind. Integrating body-centered therapies in both clinical settings and as self-care could lead to better outcomes. Lastly, we propose the first taxonomy of body-centered interventions and empirical evidence of their effectiveness for clinicians and researchers.

Warrier, A. (2018). Effect of EFT tapping on anxiety and quality of life. *Phonix International Journal for Psychology and Social Sciences (PIJPS), 2*(2), 53–73.

Emotional Freedom Technique (EFT) as a new therapeutic technique in energy psychology has positive effects on psychological and physiological symptoms, and quality of life. It has deep roots in modern psychology as well as the ancient science of acupuncture. It is also called tapping because EFT involves tapping with your fingertips on acupoints on your body. Studies were conducted to understand the effect of EFT Tapping on anxiety and quality of life in adults. Ethical approval was secured. Clients over the age of 20 years and staying in the Delhi NCR area were invited to participate in a two-week intervention program. At the start and end of their intervention, participants were asked to complete STAT and WHOQOL-BREF questionnaires. Sixty-five participants gave consent, 61 completed questionnaires, and 46 fulfilled the inclusion criteria. The range in age was 20-75 years. The researcher conducted three tapping sessions in a time span of two weeks. The main presenting conditions were anxiety. STAT and WHOQOL-BREF scores showed both emotionally and statistically significant improvements after the intervention. Statistically there was significant improvement for anxiety and quality of life (all $p < 0.001$). Mean anxiety scores improved from 8.3250 (high) at start to 6.9750 (average). Mean quality of life scores improved from 65.5313 at start to 67.1125 (higher mean shows better quality of life) at end ($SD = 6.81$, $p < 0.001$). Improvements were seen in all participants. Despite the limited sample size and other limitations, significant improvements were shown. The results support the potential of EFT as a cost-effective intervention to reduce anxiety and thereby help improve quality of life. However, there were 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.

de Wit, E. E., Bunders-Aelen, J. G. F., & Regeer, B. J. (2016). Reducing Stress in Youth: A Pilot-Study on the Effects of a University-Based Intervention Program for University Students in Pune, India. *Journal of Educational and Developmental Psychology, 6(*2).
https://doi.org/10.5539/jedp.v6n2p53

Mental health problems among youth have become important public health concern for many low & middle- income countries. As part of a research program to improve mental wellbeing in Pune, India, a university-based intervention was developed for students of two educational institutes. In one month, 33 students (age 18-22) participated in a series of 2-hour sessions in which they were stimulated to learn better coping skills to deal with stress and anxiety. The interactive sessions were facilitated by a psychologist and volunteers of a suicide prevention NGO. Rational Emotive Behaviour Therapy (REBT) approaches were used to help students identify stressors and find alternative thought patterns towards the stressor. Playful exercises, such as theatre, dance and poetry, were used to develop self-esteem, self-expression and a better sense of control in students. Throughout the program, relaxation methods, such as **Emotional Freedom Technique** (EFT), were practiced to help reduce stress in students. To

study the impact of the intervention, data were collected, before- and after the intervention and in an eight month follow-up with the Perceived Stress Scale (PSS), in combination with open questionnaires and field notes. Preliminary results show a significant decrease in average stress scores in students after the program in comparison to before the intervention (p-value is 0.044 < 0.05). Students reflect upon the program as helpful and specifically emphasize the role of poetry, dance & EFT as main contributors. In follow-up tests perceived stress scores remained lower than at base-line, although not significant. Booster sessions are suggested to sustain the benefits. Overall, the results of this pilot study show that low threshold, university-based interventions, could be useful in stimulating psychosocial well-being in youth.

Rogers, R. & Sears, S. (2015). Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study. *Energy Psychology Journal, 7*(2). DOI:10.9769/EPJ.2015.11.1.RR

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 pretest. Posttest, 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.

Gilomen, S. A. & Lee, C. W. (2015). The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *J. Behavior Therapy & Experimental Psychiatry, 48* (2015) 140-148.

Background and objectives: Emotional Freedom Techniques (EFT) is a type of therapy involving the stimulation of acupuncture points while using a spoken affirmation to target a psychological issue. While some studies cite data indicating EFT is highly efficacious, findings in other studies are unconvincing. The aim of this meta-analysis was to examine the effect of EFT, particular acupoint stimulation, in the treatment of psychological distress.
Method: A systematic review of the literature identified 18 randomised control trials published in peer reviewed journals involving a total of 921 participants.

Results: A moderate effect size (Hedge's g ¼ -0.66: 95% CI: -0.99 to -0.33) and significantly high heterogeneity (I2 ¼ 80.78) across studies was found using a random effects model indicating that EFT, even after removing outliers (decreases in I2 ¼ 72.32 and Hedge's g ¼ -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.
Conclusions: 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.

Pfrommer, et al., (2015). Heart Assisted Therapy-Self-Regulation (HAT-SR) for Caregivers of Persons with Dementia. *Gerontol Geriatr Res* 2015, S4:005
http://dx.DOI.org/10.4172/2167-7182.S4-005

Challenges with dementia caregiving, including caregiver stress/role strain continues to be a concern in long-term care settings. This is because residents with dementia have impairments in memory, concentration, reasoning, and judgment, creating difficulties for the provider in anticipating the needs of the individual. The challenges and role strain increase for the individual and caregiver as the resident's cognitive condition diminishes [1]. Examples of caregiver challenges include caring for patients with behavioral issues such as agitation, aggression, delusions, hallucinations, and wandering. Increased emotional empathy translates into increased patient responsiveness to the expressions, words, and behaviors of the caregivers [2]. This phenomenon is commonly referred to as emotional contagion and can be defined as "a process in which a person or group influences the emotions or behavior of another person" [3]. Emotional contagion may lead to worsening both behaviors and caregiver strain for healthcare professionals who work with persons with dementia. According to authors [4], this contagion effect may also translate into an increased risk for caregiver burnout, decreased empathy, and negative attitudes toward the patients and families they serve.

Th The ability to empathize with patients is a key component of dementia care because caregivers' emotional states can directly influence their patients. The symptoms of caregiver role strain include anxiety, depression, heightened irritability, hopelessness, anger, exhaustion, hypertension, gastrointestinal complaints, insomnia, and headaches [5]. Relieving stress and improving the resilience of caregivers should translate into improvements in quality of care and clinical outcomes and an increased sense of well-being for both patients and caregivers [6]. Self-regulation techniques such as meditation, breathing exercises, and focused intention are gaining interest among healthcare professionals [7]. Specifically, self-nurturing techniques such as mindfulness and meditation practices have been shown to prevent and treat caregiver role strain or burnout. This selfnurturing strengthens compassion, resilience, awareness, focus, and caring behaviors [6].

De Increasing stress and enhancing **mindfulness** and self-compassion are especially important for healthcare providers who work with patients with dementia. A study that investigated the links between nurse burnout and nurse-rated quality of patient care in 53,846 nurses in six countries revealed that U.S. nurses had the second highest reported levels of emotional exhaustion and depersonalization [8]. Given these results, the researchers suggested that interventions that increase self-compassion and mindfulness have the potential to reduce stress and burnout in healthcare workers and improve patient outcomes [8]. Mindfulness-based stress reduction (MBSR) techniques show promise as an approach to decreasing both caregiver strain and behavioral symptoms.

Ch Challenges in implementing MBSR in the LTC-based dementia caregiving include time constraints, high dropout rates, and training necessary to perform the MBSR technique. For example, traditional MBSR interventions require the attendee to complete one week of training and practice meditation for a minimum of 45 minutes per day. Fortney, Luchterhand, Zakletskaia, Zgierska, and Rakel [9] viewed the amount of time as a limitation, citing studies that had high dropout rates due to this time commitment. In response, the researchers developed an abbreviated protocol and requested attendees to complete 18 hours of training and practice MBSR 10-20 minutes per day for eight weeks. The sample included primary care clinicians working in the departments of family medicine, internal medicine, and pediatrics (N=30). Scores on burnout were compared during and after the study period and at nine months post intervention. At nine months, attendees had significantly better scores on all Maslach Burnout Inventory burnout subscales (Maslach et al., as cited in Fortney et al.), including emotional exhaustion ($p=0.009$), depersonalization ($p=0.005$), and personal accomplishment ($p<0.001$). Likewise, the depression ($p=0.001$), stress ($p=0.002$), and anxiety ($p=0.006$) subscales were significantly lower.

In A six-week pilot study of **HAT-SR** conducted at a Continuing Care Retirement Community, Diepold et al. (2014) randomized geriatric subjects (n=19) to an intervention or control group and administered pre- and post-intervention surveys. The Cognitive and Affective Mindfulness Scale-Revised [8,9] was used to measure four aspects of trait mindfulness: attention, awareness, acceptance, and present focus. Separate paired t tests were conducted to compare CAMS-R scores pre- and post-intervention for the placebo and intervention groups. Results revealed a statistically significant increase from pre- ($M=36.75 \pm 6.90$) to post intervention ($M=38.76 \pm 6.59$) in CAMS scores for the intervention group, $t(N=7)=-2.43$, $p<0.05$, but not for the placebo group, $t(N=6)=0.47$, $p=0.65$.

Af The authors gained additional knowledge on the benefits of HAT-SR and were inspired to move forward with teaching caregivers of patients with dementia about stress reduction and the HAT-SR mindfulness enhancing technique. Therefore, the primary aim of this project was to teach HAT-SR to long-term care staff in a continuing care retirement community (CCRC) and evaluate the effectiveness of HAT-SR as an intervention to improve care for patients with dementia. The authors' secondary aim was to assess baseline knowledge related to mindfulness and caregiver challenges and to evaluate the effectiveness of the HAT-SR teaching session at increasing the participant's awareness of these two aspects of dementia care.

Rogers, R. & Sears, S. (2015). Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study. *Energy Psychology Journal, 7*(2). DOI:10.9769/EPJ.2015.11.1.RR

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 pretest. Posttest, 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.

Bougea, A. M., Spandideas, N., Alexopoulos, E. C., Thomaides, T., Chrousos, G. P., & Darviri, C. (2013). Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension-Type Headache Sufferers: A Randomized Controlled Trial. *EXPLORE: The Journal of Science and Healing, 9*(2), 91-99. DOI:10.1016/j.explore.2012.12.005.

Objective: To evaluate the short-term effects of the emotional freedom technique (EFT) on tension-type headache (TTH) sufferers.
Design: We used a parallel-group design, with participants randomly assigned to the EFT intervention (n = 19) or a control arm (standard care n = 16).
Setting: The outpatient Headache Clinic, Korgialenio Benakio Hospital, Athens.
Participants: Thirty-five patients meeting criteria for frequent TTH according to International Headache Society guidelines were enrolled.
Intervention: Participants were instructed to use the EFT method twice a day for two months.
Outcome Measures: Study measures included the Perceived Stress Scale, the Multidimensional Health Locus of Control Scale, and the Short-Form questionnaire-36. Salivary cortisol levels and the frequency and intensity of headache episodes were also assessed.
Results: Within the treatment arm, perceived stress, scores for all Short-Form questionnaire-36 subscales, and the frequency and intensity of the headache episodes were all significantly reduced. No differences in cortisol levels were found in any group before and after the intervention.
Conclusions: EFT was reported to benefit patients with TTH. This randomized controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.

Church, D., Yount, G. & Brooks, A. (2012). The Effect of Emotional Freedom Technique (EFT) on Stress Biochemistry: A Randomized Controlled Trial. *Journal of Nervous and Mental Disease, 200*(10), 891–896.

Cortisol is a physiological marker for stress. Elevated cortisol levels are associated with accelerated aging, many organic diseases, and psychological conditions such as depression and anxiety. This study examined the changes in cortisol levels and psychological symptoms of 83 non-clinical subjects receiving a single hour-long intervention. Subjects were randomly assigned to either an EFT group, a psychotherapy group receiving a supportive interview (SI), or a no treatment (NT) group. Salivary cortisol assays were performed immediately before, and thirty minutes after the intervention. Psychological conditions were assessed using the SA-45. The EFT group showed clinically and statistically significant improvements in anxiety (-58.34%, $p < .05$), depression (-49.33%, $p < .002$), the overall severity of symptoms, (-50.5%, $p < .001$), and symptom breadth across conditions (-41.93%, $p < .001$). There were no significant changes in cortisol levels between SI (-14.25%, SE 2.61) and NT (-14.44%, SE 2.67); however cortisol in the EFT group dropped significantly (-24.39%, SE 2.62) compared to SI and NT ($p < .01$). The reduced cortisol levels in the EFT group correlated with decreased severity in psychological symptoms as measured by the SA-45. These results suggest that salivary cortisol tests may be useful not only for assessing stress physiology, but also as an objective indicator of the impact of mental health treatments in reducing psychological symptoms. In the current study, EFT was shown to significantly improve both cortisol-related stress levels and self-reported psychological symptoms after a single treatment session.

Hodge, P. & Jurgens, C. (2011). A Pilot Study of the Effects of Emotional Freedom Techniques in Psoriasis. *Energy Psychology: Theory, Research & Treatment, 3*(2).

The documented relationship between stress and psoriasis suggests that noninvasive means of stress reduction may improve quality of life in persons with psoriasis.
Objectives: The purpose of this study was to (a) educate persons with psoriasis in the use of the innovative, self-applied, noninvasive emotional healing intervention Emotional Freedom Techniques (EFT) and (b) test its effects on psoriasis symptoms.
Method: A time series, within-subjects, repeated measures design was used. Persons with psoriasis ($n = 12$) were taught EFT in a 6-hr workshop and instructed to use EFT daily. Symptoms were measured using the Skindex-29 questionnaire. Psychological conditions were assessed using the Symptom Assessment-45 (SA-45), which has 9 subscales, and two general scales for the severity (GSI) and breadth (PST) of psychological distress. Participants were assessed pre-intervention, post intervention, and at 1 and 3 month follow-ups. Psychological symptom severity (GSI) improved post-workshop, demonstrating both clinical (raw score) and statistical significance (-56.43%, p=.043). Improvements (T score) (-50.67%, p=.002) were sustained at three 3-month follow-up (-50.54%, p=.001; -38.43%; p=.002). Symptom breadth (PST) also improved post-workshop clinically (-49.24%, p=.005), and that improvement was sustained over time (-46.93%, p=.019). Skindex-29 scores indicated improvements in emotional distress (-41.56%, p=.002), symptoms (-49.05%; p=.001), and functioning (-58.31%; p=.001) post-workshop, with changes over time to -80.56% (p=<.001), -74.95% (p=<.001), and -89.99% (p=.001) respectively, and at 3 months.

Differences by gender were found in psychological symptom severity and skin-related symptom distress.
Conclusion: Participants experienced significant improvement in functioning and psychological, emotional, and physical symptoms.

Varvogli, L., & Darviri, C. (2011). Stress Management Techniques: Evidence-based procedures that reduce stress and promote health. *Health Science Journal, 5*(2), 74-89.

Purpose: According to the World Health Organization, stress is a significant problem of our times and affects both physical as well as the mental health of people. Stress is defined as a situation where the organism‘s homeostasis is threatened or the organism perceives a danger. Stress coping methods are the cognitive, behavioral and psychological efforts to deal with stress.
Method: After a thorough literature review in major databases (MEDLINE, Scopus, Science Direct) the following techniques were identified and are presented and briefly discussed here: progressive muscle relaxation, autogenic training, relaxation response, biofeedback, emotional freedom technique, guided imagery, diaphragmatic breathing, transcendental meditation, cognitive behavioral therapy, mindfulness-based stress reduction and emotional freedom technique (EFT).
Conclusion: These are all evidence-based techniques, easy to learn and practice, with good results in individuals with good health or with a disease.

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.

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.

Suicidal Ideation and Suicide Prevention

Patel, V. & Pandey, N. (2021). Effectiveness of EFT on suicidal ideation among young adults. *International Journal of Indian Psychology 9*(3). ISSN 2348-5396.DIP: 18.01.192.20210903, DOI: 10.25215/0903.192

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.

Theoretical and Review Papers and Meta-Analyses

Feinstein, D. (2025). Physiological mechanisms of energy psychology: An updated synthesis. *Energy Psychology: Theory, Research, and Treatment, 17.* https://doi.org/10.9769/EP.2025.17.1.DF

Background: Energy psychology encompasses a range of treatments that utilize somatic interventions to promote psychological change by influencing the body's electromagnetic signaling systems. The most popular and systematically investigated of these modalities is Emotional Freedom Techniques (EFT). The distinctive feature of the approach is the stimulation of acupuncture points (acupoints) by having the client tap on them while simultaneously using words and imagery that evoke clinically relevant memories, emotions, and cognitions. Strong outcomes using the approach have been documented in more than 200 peer-reviewed clinical trials. While tapping on the body to heal emotional trauma or to change longstanding behavioral patterns is an unconventional approach, this growing body of efficacy evidence warrants scrutiny into potential mechanisms of action.
Methods: While speculation about how the procedures involved in energy psychology protocols

produce strong outcomes has taken many directions, areas of consensus have been emerging in relation to the physiological mechanisms underlying the approach. This paper synthesizes current literature to identify these probable physiological mechanisms.
Results: Seven empirically supported premises that provide insight into the physiological mechanisms were derived from the peer-reviewed energy psychology literature with supportive material drawn from pertinent publications in psychology, physiology, and neurology:

1. Biological markers demonstrating clinical improvements consistently follow acupoint tapping sessions.
2. Tapping on an acupoint generates electromagnetic signals
3. These signals are transmitted via afferent nerves and connective tissue to the brain.
4. The signals reach brain regions that are activated by the words, thoughts, memories, and images paired with the tapping.
5. The signals upregulate or downregulate clinically relevant brain regions, promoting homeostasis, balance, and adaptive behavior.
6. This process aligns with the mechanisms of memory reconsolidation, explaining durable cognitive and behavioral shifts.
7. Tapping on acupuncture points during imaginal exposure makes imaginal exposure more effective.

Conclusion: While further research is needed, the existing literature offers plausible physiological explanations for the documented positive mental health outcomes following the application of acupoint tapping protocols.

Freedom J. (2025). Research in energy psychology: An update. *Connections in Holistic Nursing Research 17*(2):3-5. No abstract.

Hanoch, L. (2025). Can the Concepts of Energy and Psychological Energy Enrich Our Understanding of Psychosocial Adaptation to Traumatic Experiences, Chronic Illnesses and Disabilities? *Frontiers in Psychology, 13.* DOI=10.3389/fpsyg.2022.768664
https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.768664

The aim of this paper is to familiarize the reader with the concept of psychological energy (PE), and the role it plays in deepening our understanding of psychosocial adaptation to traumatic life events and, more pointedly, the onset of chronic illness and disability (CID). In order to implement this aim, the following steps were undertaken: First, a brief historical review of the nature of energy, force and action, as traditionally conceived in the field of physics, is provided. Second, an overview of PE is presented, with a shared emphasis on both its historical underpinnings and its present conceptualizations in the fields of social, health and rehabilitation psychology. Particular emphasis is placed upon applications of PE in the domains of adaptation to stress, trauma and CID onset. Third, reviewed are measuring instruments that have been traditionally applied to the assessment of the nature, content and magnitude of PE and its dynamics. Finally, new perspectives are offered on the dimensional structure, processes and dynamics, assumed to undergird PE, its underlying conceptual similarities to physical energy, and its potential and deeper link to the process of psychosocial adaptation in the aftermath of experiencing trauma and CID.

Sá, R., & Neto, G. P. (2025). Advancing biophysics in energy-based clinical interventions:

A narrative review. ***Explore, 21*****(4), 103198.** https://doi.org/10.1016/j.explore.2025.103198

Objectives
This narrative review aims to synthesize current evidence and emerging models that explain how energy-based interventions may influence biological systems, with particular emphasis on the roles of ultraweak photon emissions (UPEs). Additionally, through this synthesis, we seek to propose a plausible biophysical mechanism of biocommunication that may underlie the effects observed in Biofield Therapies (BTs).
Methods
We conducted a comprehensive literature review of preclinical (*in vitro* and *in vivo*) and clinical studies on BTs, Electromagnetic Therapies modalities, and photon-mediated biocommunication. Additionally, we examined theoretical models from biophysics and quantum spin dynamics to explore plausible mechanisms underlying nonlocal biological effects.
Results
Clinical and preclinical evidence suggests that BTs and Electromagnetic Therapies interventions modulate pain, inflammation, immune responses, and oxidative stress. UPEs emerge as sensitive biomarkers of physiological coherence and may mediate photonic signaling both within and between biological systems. Recent theoretical advances indicate that long-range spin-mediated coherence and photon-sucking mechanisms may contribute to our understanding of biocommunication, potentially enabling spectral- and coherence-dependent therapeutic effects.
Conclusions
In particular, Electromagnetic Therapies demonstrate clinically relevant effects in modulating inflammation, pain, and tissue repair, supported by both mechanistic insights and clinical evidence. More broadly, energy-based interventions such as BTs show promise in influencing biological regulation, supposedly through coherent photonic and electromagnetic processes. A deeper understanding of these mechanisms could strengthen the scientific foundation and clinical application of energy medicine approaches. Further experimental validation is essential to elucidate, for example, the role of BTs at both short and long distances and their potential therapeutic outcomes.

Salicru S. (2025). Emotional freedom techniques in mental health care: evidence review, gaps, and future directions. ***Academia Mental Health and Well-Being*** **2025;2.** https://doi.org/10.20935/MHealthWellB7723

Clinical Emotional Freedom Techniques (EFT) is an evidence-based, self-help, and cost-effective therapy used by millions worldwide since its development in the 1980s. It integrates energy psychology, acupressure, exposure therapy, and cognitive-behavioral elements to treat various psychological and medical conditions. Like other fourth-wave or mind–body therapies incorporating somatic components, such as eye movement desensitization and reprocessing (EMRD), EFT has gained popularity among practitioners in the last two decades for the treatment of somatic symptoms of stress, anxiety, depression, childhood trauma, and adult survivors and caregivers during natural and human-made disasters, including post-traumatic stress disorder (PTSD). Despite over 100 published studies reporting its efficacy, EFT has historically been controversial and, to date, has faced opposition to its adoption by the scientific community in clinical settings for various reasons, including concerns about its efficacy, alleged rapidity, and questioned mechanisms. This inconsistency in the literature creates gaps in conceptual, theoretical, empirical, methodological, and practical bases. This review addresses these gaps by providing a critical and balanced overview of current EFT research from a

scientist–practitioner perspective. PubMed, PsycINFO, and Google Scholar databases were used to search the literature. Findings outline EFT's emerging concepts, recent developments, and latest criticisms. Conclusions propose a potential research agenda and future practical applications of EFT within the current global mental health crisis context.

Da, M. (2024). Psychological energy: Early theorists in the analytical tradition. Int'l Journal of Transpersonal Studies – Advance Publication Archive, 96. https://digitalcommons.ciis.edu/advance-archive/96

Since the dawn of Western psychology, theorists have used variations of the term "energy" to describe the dynamic forces at work within the psyche and the soma and the psychotherapeutic processes of change. In the late 19th and early 20th centuries, terms used for psychological energy included "libido," "psychic energy," "orgone energy," "bioenergetics," and "psycho-energetics." This paper uses philosophical hermeneutics to compare the major theorists of the late nineteenth and early twentieth century: William James, Pierre Janet, Sigmund Freud, C. G. Jung, Wilhelm Reich, Alexander Lowen, and Roberto Assagioli. The analysis reveals that these theorists generally agreed that psychological energy is (a) a nonrational force that the rational mind attempts to harness, tame, or understand; (b) can be felt as part of an emotional experience, but is not, strictly speaking, the cognitive components of emotion; (c) characterized by a movement whose directionality and intensity are directly related to psychological well-being; and (d) fuel for action that can be directed by the conscious will or desire. The major point of disagreement is the nature and source of this energy. Some theorists argued that it is a physical energy as defined by the natural sciences, some contented it has a metaphysical or supernatural source, and others have placed it somewhere between the physical and metaphysical.

Feinstein, D. (2024). The real reasons energy psychology is proving to be durable: Rejoinder to "Acupressure in psychotherapy as an unsinkable rubber duck, reply to Feinstein (2023). *.Journal of Psychotherapy Integration, 34*(2), 200–211. https://doi.org/10.1037/int0000328

In a blistering critique of Feinstein (2023) and the practice of energy psychology in general, Boness et al. (this issue) address four concerns, asserting that: (a) the rationale for energy psychology is based on premises that are not supported by reliable evidence; (b) the claim that tapping on acupuncture points is an active ingredient in energy psychology is based on insufficient evidence; (c) the quality of efficacy evidence is low; and (d) the approach is not compatible with ethical practice. While acknowledging the validity of several of the commentators' points, this rejoinder provides evidence that soundly refutes each of these assertions. It concludes that Boness et al. "have provided a scholarly commentary on energy psychology as the field's evidence base arguably existed a decade ago and represent it as being current while neglecting the compelling efficacy evidence that has been published in the most recent decade."

Trivedi, M. K., Branton, A., Trivedi, D., Mondal, S., & Jana, S. (2024). The use of biofield energy therapy as complementary and alternative medicine in human health care system: A narrative review and potential mechanisms. *Journal of Complementary and Integrative*

***Medicine, 21*(4), 451-460.** https://doi.org/10.1515/jcim-2024-0027

There has been accumulating interest in the application of biofield therapy as complementary and alternative medicine (CAM) to treat various diseases. The practices include reiki, qigong, blessing, prayer, distant healing, known as biofield therapies. This paper aims to state scientific knowledge on preclinical and clinical studies to validate its potential use as an alternative medicine in the clinic. It also provides a more in-depth context for understanding the potential role of quantum entanglement in the effect of biofield energy therapy.
Content
A comprehensive literature search was performed using the different databases (PubMed, Scopus, Medline, etc.). The published English articles relevant to the scope of this review were considered. The review gathered 45 papers that were considered suitable for the purpose. Based on the results of these papers, it was concluded that biofield energy therapy was effective in treating different disease symptoms in preclinical and clinical studies.
Summary
Biofield therapies offer therapeutic benefits for different human health disorders, and can be used as alternative medicine in clinics for the medically pluralistic world due to the growing interest in CAM worldwide.
Outlook
The effects of the biofield energy therapies are observed due to the healer's quantum thinking, and transmission of the quantum energy to the subject leads to the healing that occurs spiritually through instantaneous communication at the quantum level *via* quantum entanglement.

Anālayo, B., Steffens-Dhaussy, C., Gallo, F. *et al.* (2022). Energy Practices and Mindfulness Meditation. *Mindfulness* 2022.. https://doi.org/10.1007/s12671-022-01923-6 https://link.springer.com/article/10.1007/s12671-022-01923-6#citeas

The article explores the potential impact of insight meditation and mindfulness practices on the body's energy system. Basic principles of energy psychology, whose efficacy has been corroborated in current research, are surveyed from the viewpoint of their potential to help in dealing with hypersensitivity resulting from mindfulness practices, combined with presenting a set of specific techniques relevant to hindrances in meditation.

Church, D., Baumann, O. & Stapleton, P. (2022). The future of psychology: Approaches to enhance therapeutic outcomes. *Front. Psychol., 13.* https://doi.org/10.3389/fpsyg.2022.1116204

A greater acceptance of mind-body approaches in psychology is emerging. Research indicates that supplementing established and evidence-based psychological techniques (e.g., behavioral, exposure and cognitive processing) with physiological or somatic interventions—such as acupressure, meditation, yoga and biofield therapies—enhances therapeutic outcomes.

Characterized as the "fourth wave" of psychology (Gallo, 2009), these therapies view psychological problems as interactions involving energy fields. This is the reason why they are collectively referred to as energy psychology. Energy fields have become essential tools in treatment and diagnosis, with devices such as EEGs, fMRIs, MEGs, PEMS, and TENS

machines providing medicine with a new window of understanding into the functioning of brain and body. Among the techniques that produce changes in these energy fields are meditation, the stimulation of acupoints, neurofeedback, eye movements, imagery and intention.

By 2022, more than 400 papers on these therapies had been published in peer-reviewed journals, including meta-analyses, randomized controlled trials, and outcome studies. They demonstrate the efficacy of these approaches for conditions such as anxiety, depression, PTSD, with treatment effects often an order of magnitude greater than conventional therapies. Moreover, therapies in the counseling space focused on the relationships between the mind, body, brain, and behavior are now being recognized as effective treatments by various official bodies, including the US Veterans Administration, the UKs National Institute for Clinical Excellence, and the World Health Organization.

Church, D., Kip, K., Stapleton, P. (2022). Corrigendum supports therapeutic contribution of acupoint tapping to EFT's observed effects. *J Nerv Ment Dis, 210*(2): 143-47. doi: 10.1097/NMD.0000000000001439
https://journals.lww.com/jonmd/Abstract/2022/02000/Corrigendum_Supports_Therapeutic_Contribution_of.13.aspx

We published a meta-analysis of studies that examined the various components of an evidence-based therapy called emotional freedom techniques (EFTs). EFT uses elements of conventional therapies such as exposure and cognitive processing but includes the unique ingredient of acupoint stimulation using fingertip tapping. Six studies were identified, and three of these met the quality control criteria of the American Psychological Association's Division 12 Task Force for Empirically Validated Therapies. Meta-analysis found that the acupoint component of EFT was not an inert ingredient or inactive placebo but made an active contribution to the therapeutic effects noted in a research literature that now numbers over 100 clinical trials of EFT. Subsequent to publication, errors in the original analysis were identified, primarily incorrect standard deviations. A new analysis was performed by an independent statistician and found slightly greater effects than the original investigation. The results were published as a corrigendum, which was subsequently challenged by Spielmans. Here we examine the critiques of the corrigendum and original article. We find that although they may be of academic interest, they are irrelevant to the central research question of whether the acupoint component of EFT is inert or active. We reaffirm that the evidence clearly validates the contribution made by acupoint tapping to EFT's observed clinical effects.

Feinstein, D. (2022). Integrating the manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of Psychotherapy Integration.* https://doi.org/10.1037/int0000283

The integration into psychotherapy of protocols using the stimulation of acupuncture points by tapping on them, a form of acupressure, is increasingly appearing in clinical practice. An underlying premise is that the procedure generates activating and deactivating signals which, in real time, impact brain areas aroused by a client's focus of attention. This makes it possible for a therapist to rapidly facilitate cognitive and neurological changes by shifting the wording and images that accompany the tapping. The approach has been controversial, with both enthusiastic proponents and adamant critics. A total of 309 peer-reviewed, English-language

journal articles have focused on this development. The aim of this article is to put these reports into context using a “hierarchy of evidence” model. In a hierarchy of evidence, judgments about the efficacy of a clinical approach are formed according to the relative strength of the types of studies supporting the method. The hierarchy of evidence for psychotherapies that use tapping on acupuncture points includes 28 systematic reviews or meta-analyses, 125 clinical trials, 24 case studies, 26 reports describing systematic observations, 17 mixed-method clinical trials that included a tapping component, and 88 articles addressing clinical procedures, theory, mechanisms, or related issues. Consistency in positive outcomes following the tapping of selected acupuncture points for a range of conditions was identified and weaknesses in study designs discussed. Mechanisms of action are briefly considered and suggestions for integrating acupoint tapping protocols into clinical practice are presented. The article concludes that although further research is needed, the growing evidence base documenting the effectiveness, speed, and durability of the approach appears promising.

Frost, J. H. (2022). Important aspects of the healing relationship in EFT: Bringing the unconscious into consciousness. *Energy Psychology: Theory, Research, and Treatment, 14(*2), 51–57.

Emotional Freedom Techniques (EFT) has been rapidly gaining popularity over the last several decades. It’s been a heady and exciting time for those leading the way in this cutting-edge healing field. Now EFT is coming of age with the establishment of Clinical EFT, which has been validated extensively in research studies to meet the designation of “evidence-based” practice. Extensive trainings in the methodology of Clinical EFT are being conducted all over the world, turning out fine practitioners, among them mental health clinicians, coaches, and laypeople, who perform Clinical EFT in a technically excellent way. One area that has not yet been widely attended to, however, is that of the role of the healing relationship between practitioner and client. Many studies have shown the vital importance of the healing relationship in achieving the best treatment outcomes. This article is intended to explore one of the least understood aspects of that relationship: the interplay between client transference and practitioner countertransference. Many practitioners are not aware of the dynamic process of transference and countertransference that is present in the treatment room during EFT sessions. This article particularly focuses on the recognition and use of countertransference to help practitioners take advantage of the opportunities it provides and the pitfalls that should be avoided.

Spielmans, G. & Rosen, G. (2022). Corrigendum compounds errors and again fails to support the specificity of acupoint tapping. *J Nerv Ment Dis, 210*(2): 139-42.
doi: 10.1097/NMD.0000000000001376.

In a prior article (Spielmans, Rosen, Spence-Sing*, J Nerv Ment Dis 208*:628-631, 2020), we demonstrated that Church, Stapleton, Yang, and Gallo's (*J Nerv Ment Dis 206*:783-793, 2018) meta-analytic finding that acupoint tapping had specific therapeutic benefit was highly flawed, both statistically and methodologically. Our analysis based on corrected effect sizes found no significant benefit for acupoint tapping at study endpoint. Church, Stapleton, Kip, and Gallo (J Nerv Ment Dis 208:632-635, 2020) issued a corrigendum in which they reported a new post hoc analysis using follow-up (rather than study endpoint) measures. Shifting to a post hoc outcome while pooling highly disparate follow-up endpoints is problematic; it ignored the nonsignificant

result of the a priori analysis. Here, we clarify these issues and address Church, Stapleton, Kip, and Gallo's (*J Nerv Ment Dis 208:* 632-635, 2020) often irrelevant or confusing responses to our methodological concerns. Considering this recent exchange of articles, and absent meaningful correction to the original incorrect findings, we remain concerned that emotional freedom technique proponents will continue to advance unfounded claims regarding the purported benefits of acupoint tapping.

Feinstein, D. (2021). Reply to "How do energy psychology modalities work?" by Debra Greene. *International Journal of Healing and Caring, 21*(1). No abstract.

Feinstein, D. (2021). Six empirically-supported premises about energy psychology: Mounting evidence for a controversial therapy. *Advances in Mind-Body Medicine, 35*(2), 17-32. Link.

A database of peer-reviewed journal articles exploring the emerging sub-specialty known as "energy psychology" was assessed. This paper focuses on the 245 clinical trials, meta-analyses, systematic evaluations, and theory pieces examining energy psychology protocols that include tapping on acupuncture points (acupoints), the most frequently used and investigated intervention in energy psychology. The review derives 6 premises about the method's efficacy, speed, durability, and physiologic effects that have enough empirical support (at least 6 clinical trials each) to serve in delineating and making claims about the approach. These include that acupoint tapping protocols (a) are effective in treating a range of clinical conditions, (b) are rapid compared to conventional treatments, (c) lead to durable benefits, (d) produce changes in biologic markers that corroborate the subjective assessments of clients, (e) are a critical ingredient for the demonstrated clinical effects and (f) send signals that can increase or decrease arousal in specific areas of the brain. Further consideration of the mechanisms that lead to the reported rapid, durable outcomes suggest that the approach has an unusual capacity for revising outdated mental models. Specifically, a hypothesis is developed proposing that acupoint tapping protocols are facile for producing vivid and emotionally intense experiences that contradict outdated mental models. Such mismatches between what is expected and what actually occurs, called "prediction errors," have been shown to be an essential requirement for substantially altering a maladaptive mental model and reconsolidating a revised mental model into existing neural networks. (*Adv Mind Body Med. 2021;35*(2):17-32.)

Greene, D. (2021). How do Energy Psychology modalities work? An energy-based theoretical perspective. *International Journal of Healing and Caring, 21*(1).

Energy Psychology (EP) modalities, integrative methods that strategically involve accessing human energy for therapeutic purposes, enjoy a rich and diverse evidence base. As such, many attempts have been made to explain how they work. Explanations have primarily utilized a biological basis for explicating the mechanisms by which EP may function. These contributions are extremely valuable; however, none have been able to offer a fully satisfactory understanding of the efficacy of EP. The currently accepted theoretical model is not robust enough to explain a number of EP effects, and acupoint stimulation remains a confounding factor even though research shows it is an essential component in predominant EP modalities. In many

professional EP trainings, negative emotions are said to be caused by a block in the meridian system, so energy-based theory is invoked but not well explained.

Church, D., Stapleton, P., Kip, K., & Gallo, F. (2020). Corrigendum to: Is Tapping on Acupuncture Points an Active Ingredient in Emotional Freedom Techniques: A Systematic Review and Meta-Analysis of Comparative Studies. *Journal of Nervous and Mental Disease, 208*(8), 632-35. doi: 10.1097/NMD.0000000000001222

We published a meta-analysis of component trials of emotional freedom techniques (EFT) in this journal. EFT is an evidence-based method, validated in over 100 clinical trials, that uses fingertip tapping on acupressure points in conjunction with techniques from exposure and cognitive therapy. The meta-analysis examined six studies in which an active control, such as diaphragmatic breathing or sham acupoints, was used in place of tapping on actual acupoints. The purpose of the meta-analysis was to determine whether tapping was an inert or an active ingredient in EFTs observed treatment effects. Subsequent to publication, errors in the statistical analysis were identified, primarily incorrect standard deviation values, and our methodological approach was questioned by others. We therefore had the meta-analysis rerun by an independent senior statistician who compared pre- to follow-up results to determine the sustained effects of treatment. The cumulative fixed effects Hedge's g-value was found to be 0.73 (95% confidence interval = 0.42-1.04, $p < 0.0001$). The corresponding random effects Hedge's g-value is 0.74 (95% confidence interval = 0.34-1.13, $p < 0.0001$). We also reviewed and clarified our methodology. In conclusion, despite computational errors in our original publication, the present revised analysis supports the original conclusion that the acupressure component of the EFT protocol is an active ingredient that contributes to the method's favorable health effects.

Eden, D. & Feinstein, D. (2020). Development of a healthcare approach focusing on subtle energies. *Adv Mind Body Med., 34*(3):25-36. ISSN: 1470-3556.

Eden Energy Medicine (EEM) is a hands-on healthcare approach providing assessments and interventions that focus on the body's electromagnetic and more subtle energy systems. More than 1600 certified practitioners have completed an intensive 2-year training program in the method, and these practitioners have brought the approach to hundreds of thousands of people in individual sessions and self-care classes.

In this article, the method's founders briefly trace its development and present illustrative case histories. They then address a number of questions that are pertinent for any approach to energy medicine from the perspective of their experiences advancing EEM.

Broader acceptance of energy medicine has been impeded by the field's emphasis on energies with purported properties not known in the energies that fall along the electromagnetic spectrum. Such assertions challenge conventional concepts within Western medicine. The anomalies can, however, be explained by a framework that is informed by an understanding of subtle energies as conceived in healing systems from myriad cultures dating back thousands of years.

The authors present empirical evidence that supports the validity of the subtle energy concept, propose health-related implications of such energies, and present 9 discrete energy systems emphasized by EEM. They also review the clinical efficacy of energy medicine treatments.

Finally, they describe 6 advantages of an energy-informed approach to healthcare. Among these are an ability to address biological activities at their energetic foundations; the regulation of physiological processes with speed and precision; and the promotion of healing and prevention of illness with interventions that can be economically and noninvasively applied.

Leskowitz, E. (2020). A cartography of energy medicine: From subtle anatomy to energy physiology. *EXPLORE.* PMID: 33168457 DOI: 10.1016/j.explore.2020.09.008

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.

Leskowitz, E. (2020). Phantom limb pain: The role of prana and the koshas. 18. 4. *Elements: Ayurveda Health and Nutrition 18*(1):4, 2020. https://www.researchgate.net/publication/265339050_Phantom_Limb_Pain_An_EnergyTrauma_Model

Phantom limb Pain (PLP) is a form of chronic post-amputation neuropathic pain that responds poorly to treatment interventions derived from the neuroanatomic understanding of pain and analgesia. However, several novel treatments that are based on an “energy medicine” or -*prana*-based model appear to be quite promising.
The successful use of a form of *kosha* balancing called Therapeutic Touch to treat PLP led to the formulation of the biofield hypothesis of PLP. Similarly, an intervention called Emotional Freedom Technique (EFT), based on manual stimulation of acupuncture points (in effect, the terminal points of the *nadis*) has been effective with PLP patients. EFT works by defusing the intense emotions that usually follow traumatic amputations, but which are not typically addressed in the post-surgical phase of rehabilitation. EFT is also proving to be effective in treating post-traumatic stress disorder in other settings, even in the absence of amputation or

physical injury. Finally, another energy-based therapy that is well-accepted - acupuncture - has been successful in treating PLP when the invisible phantom is needled(!).
Because of energy medicine's efficacy with PLP, a speculative trauma/energy model for the etiology of PLP is proposed. By re-conceptualizing the phantom limb experience as a disturbance in the *pranamaya kosha* rather than as a defect of neuroplasticity, the efficacy of *prana*-based interventions begins to make sense. This model helps to explain several anomalous aspects of PLP, as well as the clinical efficacy of energy therapies. This is an example of how the use of an Ayurvedic conceptual model can enhance the standard bio-medical approach to this challenging clinical problem.

Mitchell, J. & Chatzidamianos, G. (2020). Emotional Freedom Techniques—how to make it mainstream; a thematic analysis of practitioners' views. *Energy Psychology Journal, 12(*1).
doi 10.9769/EPJ.2020.12.1.JM

Background: Emotional Freedom Techniques (EFT) is proposed as an effective therapy for the treatment of common mental health problems. It has, however, been met with criticism and is not presently considered a mainstream treatment option for conditions such as anxiety or trauma. Conversely, both cognitive behavior therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) have achieved recognition in advancing into mainstream status, yet EFT is still perceived as an alternative treatment option despite evidence of effectiveness, in more than 100 clinical trials and 40 research reviews and meta-analyses.
Aims: By examining the views of trained practitioners, this project aimed to explore the barriers and the facilitators to EFT becoming a mainstream treatment option in UK's National Health Service (NHS) for common mental health problems.
Method: Semi-structured interviews were conducted (N=12) exploring views of EFT practitioners. Transcripts were then subjected to thematic analysis.
Results: Analysis of participants' views resulted in three themes: (1) research as an asset and a challenge, (2) public perceptions of EFT as a therapeutic modality, and (3) EFT training standards. These themes are perceived as interlinked in the process of EFT becoming mainstream. Findings from this study indicate the requirement of further research evidence that is more widely disseminated to enable increased awareness to the public and those within the medical profession of EFT as a potentially beneficial adjunct intervention. Importantly, training for EFT therapists needs to be improved and standardized.
Implications: Based on the results, a series of recommendations are discussed that aim to address the barriers identified.

Nairn, C. A. (2020). From the Outside In: Incorporating the use of EFT into traditional psychotherapeutic approaches and its impact on therapeutic alliance. University of Exeter, UK. http://hdl.handle.net/10871/122720.

This thesis examines the effect of the use of Emotional Freedom Techniques (EFT) on the therapeutic alliance. Sixteen therapists who had both traditional psychotherapy training and had been trained to use EFT were interviewed in an exploration of their beliefs about whether the use of EFT enhanced, threatened or had any effect on the therapeutic alliance in their work with clients. There was no existing research in this field and due to the essential nature of the therapeutic alliance in any therapeutic modality (Bordin, 1994; Horvath, 2001; 2018) the

necessity for it seemed clear, when thinking about how EFT might be incorporated into traditional psychotherapeutic work. The research arose out of an episode in the researcher's clinical work when the therapeutic alliance appeared to have been ruptured by the introduction of EFT. The methodology used for this qualitative research was Framework Analysis. This allowed the researcher to analyse the results, developing themes that emerged across all participants and simultaneously dissecting some aspects of the interviews in greater depth. The results indicate that the use of EFT appears to enhance the therapeutic alliance. However, there were also indications that the therapists participating in this study found it difficult to define the term 'therapeutic alliance' and struggled to put their conceptualisation of the phenomenon into words.

Leskowitz, E. (2019). Biofield Science: Implications for the study of human behavior. *Energy Psychology Journal, 11(*2). (Guest editorial, no abstract).

Leskowitz, E. (2019). Mesmer reconsidered: From animal magnetism to the biofield. *Explore, 15*(2), 95-97. (No abstract). https://DOI.org/10.1016/j.explore.2018.12.010

Church, D., Stapleton, P., Yang, A., Gallo, F. (2018). "Is tapping on acupuncture points an active ingredient in Emotional Freedom Techniques? A systematic review and meta-analysis of comparative studies." *Journal of Nervous and Mental Disease, 206*(10).
https://www.ncbi.nlm.nih.gov/pubmed/30273275

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.

Spielmans, G; Rosen, G.; Spence-Sing, T. (2020). Tapping away at a misleading meta-analysis. *Journal of Nervous and Mental Disease, 208*(8), 628-631. doi: 10.1097/NMD.0000000000001181

Church et al.'s meta-analysis of three studies claimed to support the specificity of acupoint tapping as a therapeutic technique in the treatment of mental health problems. However, our critical analysis found substantial methodological problems and inaccurate statistical analyses, which render their results invalid. Specifically, 1) two included studies did not include participants with documented mental health problems; 2) two included studies did not

specifically isolate the effect of acupoint tapping; 3) clear rationales for selected measures were not provided; 4) comparison groups were not bona fide therapies; 5) researcher and therapist allegiances were not controlled; and 6) selection of included studies may have been biased. Further, our attempt to replicate their results failed; we found that acupoint tapping fared no better than comparison groups: $k = 3$ studies, $d = -0.38$ (95% confidence interval, 0.10 to −0.87), $p = 0.12$. We conclude that the Church et al.'s meta-analysis actually found no specific mental health benefits for acupoint tapping.

Feinstein, D. (2019). Words to tap by: The use of language in Energy Psychology protocols. *Energy Psychology: Theory, Research, and Treatment, 11*(1), 41–56. doi:10.9769/EPJ.2019.11.1.DF

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 *attuned* 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 analyzed 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.

Wittfoth, D., Pfeiffer, A., Bohne, M., Lanfermann, H., & Wittfoth, M. (2020). Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli. *BMC neuroscience*, *21*(1), 47. https://doi.org/10.1186/s12868-020-00597-x

Background: 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.
Results: 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.
Conclusions: 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.

Feinstein, D. (2018). Energy psychology: Efficacy, speed, mechanisms. *Explore: The Journal of Science and Healing*. https://DOI.org/10.1016/j.explore.2018.11.003

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 utilize 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 utilization 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 randomized 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.

Jensen, A. M. (2018).). Emerging from the mystical: Rethinking Muscle Response Testing as an ideomotor effect. *Energy Psychology Journal, 10*(2). DOI: 10.9769/EPJ.2018.10.2.AJ

Muscle Response Testing (MRT) is an assessment tool estimated to be used by over one million people worldwide, mainly in the field of alternative health care. During a test, a practitioner applies a force on a patient's isometrically contracted muscle for the purpose of gaining information about the patient in order to guide care. The practitioner notes the patient's ability or inability to resist the force and interprets the outcome according to predetermined criteria. Though recent research supports the validity of MRT, little is known about its mechanism of action. Nevertheless, its causation is often attributed to an ideomotor effect, which can be defined as muscular activity, potentially nonconscious, and seemingly brought about by a third-party operator. Accordingly, the aim of this study is to investigate whether the ideomotor effect is a plausible explanation of action for MRT.
Methods: This is a retrospective, observational study of data extraction from a previously reported study of the diagnostic accuracy of MRT used to distinguish true from false statements. Additional analysis was carried out on the dataset of assessing for potential sources of bias—both practitioner bias and patient bias.
Results: When practitioners were blind, they achieved a mean MRT accuracy of 65.9% (95% CI 62.3–69.5), and when they were not blind, 63.2% (95% CI 58.3–68.1). No significant difference was found between these scores ($p = 0.37$). When practitioners were intermittently misled, the mean MRT accuracy decreased to 56.6% (95% CI 49.4–63.8), which proved to be significantly different from when the practitioners were blind ($p = 0.02$), yet not significantly different from then the practitioners were not blind ($p = 0.11$). In addition, no evidence of patient bias was uncovered.

Summary: The results of this study demonstrate that when comparing blind and not blind conditions, the practitioner evokes no influence, so it is unlikely that the practitioner is responsible for an ideomotor effect. Likewise, the patient has been shown to produce no significant influence either, so it is also unlikely that the patient is responsible for an ideomotor effect. The limitations of this study are those of any retrospective, observational study in that data were not collected to answer the specific research question of this study. Future research should include a study specifically designed to answer this question, for example, intentionally attempting to induce bias in the practitioner. In summary, the ideomotor explanation of MRT should be regarded as obsolete until such a time as a more plausible explanation of its mechanism of action is established.

Pfeiffer, A. (2018). Was Ist dran am klopfen? (What's up with tapping?) Eine Ubersichtsarbeit. *Psychotherapeutenjournal 3,* 235-243.

The so-called tapping techniques such as Process and Embodiment Focused Psychology (PEP) or the Emotional Freedom Technique (EFT) have long been introduced into clinical practice in Germany as well. Especially diseases with a high level of physical arousal seem to respond well to the treatment with tapping techniques. Due to the esoteric-seeming theories underlying them, many classically trained psychotherapists continue to be critical of them. But what do the scientific studies of recent years say about the effectiveness of the knocking techniques? For which diseases is an application recommended? The present review aims to provide insight into this situation, to critically analyze the individual studies and compare their results with studies of other forms of psychotherapy. On this basis further scientific hypotheses will be discussed.

Church, D. & Feinstein, D. (2017). The Manual Stimulation of Acupuncture Points in the Treatment of Post-Traumatic Stress Disorder: A Review of Clinical Emotional Freedom Techniques. *Medical Acupuncture, 29*(4): 249-253.

Background: 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). More than 40 clinical trials and four meta-analytic reviews of EFT treatments have demonstrated large effect sizes with a range of conditions, including pain, PTSD (in both civilian and military veteran populations), phobias, anxiety, and depression.
Objective: 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.
Methods: 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.
Results: 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.

Conclusions: 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.

Church, D., Stern, S., Boath, E., Stewart, A. Feinstein, D. & Clond, M. (2017). Emotional Freedom Techniques to treat Posttraumatic Stress Disorder in Veterans: Review of the evidence, survey of practitioners and proposed clinical guidelines. *Permanente Journal, 21*; 16 – 100. DOI: 10.7812/TPP/16-100. https://www.ncbi.nlm.nih.gov/pubmed/28678690

Background: High prevalence rates of posttraumatic stress disorder (PTSD) in active military and veterans present a treatment challenge. Many PTSD studies have demonstrated the efficacy and safety of Emotional Freedom Techniques (EFT).
Objectives: To develop clinical best practice guidelines for the use of EFT to treat PTSD, on the basis of the published literature, practitioner experience, and typical case histories.
Methods: We surveyed 448 EFT practitioners to gather information on their experiences with PTSD treatment. This included their demographic profiles, prior training, professional settings, use of assessments, and PTSD treatment practices. We used their responses, with the research evidence base, to formulate clinical guidelines applying the “stepped care” treatment model used by the United Kingdom’s National Institute for Health and Clinical Excellence.
Results: Most practitioners (63%) reported that even complex PTSD can be remediated in 10 or fewer EFT sessions. Some 65% of practitioners found that more than 60% of PTSD clients are fully rehabilitated, and 89% stated that less than 10% of clients make little or no progress. Practitioners combined EFT with a wide variety of other approaches, especially cognitive therapy. Practitioner responses, evidence from the literature, and the results of a meta-analysis were aggregated into a proposed clinical guideline.
Conclusion: We recommend a stepped care model, with 5 EFT therapy sessions for subclinical PTSD and 10 sessions for clinical PTSD, in addition to group therapy, online self-help resources, and social support. Clients who fail to respond should be referred for appropriate further care.

Leskowitz, E. (2017). Integrative Medicine for Military Injuries: Special Issue of Medical Acupuncture. *Medical Acupuncture, 29*(4). (No abstract). DOI: 10.1089/acu.2017.29058.1es

Mangione, L., Swengros, D. & Anderson, J.G. (2017). Mental health wellness and biofield therapies: An integrative review. *Issues in Mental Health Nursing, 38*:11, 930-944, DOI: 10.1080/01612840.2017.1364808

Biofield therapies such as Healing Touch and Reiki increase relaxation, decrease anxiety and stress, and improve mood. Understanding the efficacy of these therapies in terms of mental health wellness is important for nurses interested in complementary and integrative care. The goal of the present integrative review was to investigate the state of knowledge regarding biofield therapies and the impact on anxiety, mood, and mental health wellness. Electronic

databases were searched for articles available in English and published from 2014 to 2016. Biofield therapies show safety and promise in reducing anxiety, improving mood, and cultivating mental health and wellness.

Sebastian, B., & Nelms, J. (2017). The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis. *Explore: The Journal of Science and Healing, 13*(1), 16-25. http://dx.DOI.org/10.1016/j.explore.2016.10.001

Background: 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.
Objective: To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs.
Methods: A systematic review of databases was undertaken to identify RCTs invesigating EFT in the treatment of PTSD. The RCTs were evaluated for quality using evidence-based standards provided by the American Psychological Association Division 12 Task Force on Empirically Validated Therapies. Those meeting the criteria were assessed using a meta-analysis that synthesized the data to determine effect sizes. While uncontrolled outcome studies were excluded, they were examined for clinical implications of treatment that can extend knowledge of this condition.
Results: Seven randomized controlled trials were found to meet the criteria, and were included in the meta-analysis. A large effect was found for EFT treatment of PTSD, with a weighted Cohen's d = 2.96 (95% CI 1.96-3.97; $p < 0.001$). No treatment effect difference was found in studies comparing EFT to other evidence-based therapies such as Eye Movement Desensitization and Reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study).
Conclusion: The results show that EFT is efficacious and reliable as a treatment for PTSD in time frames ranging from four to ten sessions. EFT is safe and can be used as a self-help practice as well as a primary evidence-based treatment for PTSD.

Stapleton, P. & Chatwin, H. (2017). Determining highly desirable traits of an effective Emotional Freedom Techniques practitioner: A Delphi Study. *Energy Psychology Journal, 9*(2). DOI:10.9769/EPJ.2017.9.2.PS

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 utilized 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 training and supervision processes.

Metcalf, O., Varker, T., Forbes, D., Phelps, A., Dell, L., DiBattista, A.. & O'Donnell, M. (2016). Efficacy of Fifteen Emerging Interventions for the Treatment of Posttraumatic Stress Disorder: A Systematic Review. *Journal of Traumatic Stress,* April 2016, *29,* 1–5.
DOI: 10.1002/jts.2207.

Although there is an abundance of novel interventions for the treatment of posttraumatic stress disorder (PTSD), often their efficacy remains unknown. This systematic review assessed the evidence for 15 new or novel interventions for the treatment of PTSD. Studies that investigated changes to PTSD symptoms following the delivery of any 1 of the 15 interventions of interest were identified through systematic literature searches. There were 19 studies that met the inclusion criteria for this study. Eligible studies were assessed against methodological quality criteria and data were extracted. The majority of the 19 studies were of poor quality, hampered by methodological limitations, such as small sample sizes and lack of control group. There were 4 interventions, however, stemming from a mind–body philosophy (acupuncture, emotional freedom technique, mantra-based meditation, and yoga) that had moderate quality evidence from mostly small- to moderate-sized randomized controlled trials. The active components, however, of these promising emerging interventions and how they related to or were distinct from established treatments remain unclear. The majority of emerging interventions for the treatment of PTSD currently have an insufficient level of evidence supporting their efficacy, despite their increasing popularity. Further well-designed controlled trials of emerging interventions for PTSD are required.

Clond, M. (2016). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis*. J Nerv Ment Dis. 204*(5):388-95.
DOI: 10.1097/NMD.0000000000000483

Emotional Freedom Techniques (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 APA'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% CI: 0.82-1.64, $p < 0.001$), while the effect size for combined controls was 0.41 (0.17-0.67, p=0.001). EFT treatment demonstrated a significant decrease in anxiety scores, even when accounting for the effect size of control treatment. However, there was too little 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.

Feinstein, D. (2016). A survey of Energy Psychology practitioners: Who they are, what they do, who they help. E*nergy Psychology Journal 8*(1). DOI 10.9769/EPJ.2016.8.1.DF

An online survey of the members of the Association for Comprehensive Energy Psychology (ACEP) was completed by 294 of the organization's 1,220 members (24%) in March 2016. The majority of respondents reported using acupoint tapping protocols as a core component in the successful treatment of generalized anxiety disorder, posttrau-matic 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 with-in 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 porta-ble 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.

Rancour, P. (2016). The Emotional Freedom Technique: Finally, a unifying theory for the practice of holistic nursing, or too good to be true? *J Holist Nurs.* 2016 May 11. pii: 0898010116648456.

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

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.

Chalmers, J. S. (2015). An exploration of the experiences of Emotional Freedom Techniques (EFT) practitioners. Unpublished master's dissertation. University of Northampton, UK.

http://tinyurl.com/zfmyf4a

Emotional Freedom Techniques (EFT) is a relatively new based on stimulating acupoints on the

body while talking about a distressing situation. This qualitative study used semistructured interviews to look at the experiences of EFT practitioners. Thematic analysis was used to produce an insight of what it is like to be an EFT practitioner. The main findings are that EFT is a spiritual practice; the mind–body connection is very important in healing work; a practitioner's way of being is important; EFT usually works. The area of experiences of EFT practitioners has not been studied in this way before; this study should provide a useful addition to the literature on EFT.

Church, D., Feinstein, D., Palmer-Hoffman, J., Stein, P. and Tranguch, A. (2015). Empirically Supported Psychological Treatments: The Challenge of Evaluating Clinical Innovations. *Journal of Nervous & Mental Disease, 202*(10), 699-709. DOI: 10.1097/NMD.0000000000000188

Clear and transparent standards are required to establish whether 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, and 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 article 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.

Gilomen, S. A. & Lee, C. W. (2015). The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *J. Behavior Therapy & Experimental Psychiatry, 48* (2015) 140-148.

Background and objectives: Emotional Freedom Techniques (EFT) is a type of therapy involving the stimulation of acupuncture points while using a spoken affirmation to target a psychological issue. While some studies cite data indicating EFT is highly efficacious, findings in other studies are unconvincing. The aim of this meta-analysis was to examine the effect of EFT, particular acupoint stimulation, in the treatment of psychological distress.
Method: A systematic review of the literature identified 18 randomised control trials published in peer reviewed journals involving a total of 921 participants.
Results: A moderate effect size (Hedge's g ¼ -0.66: 95% CI: -0.99 to -0.33) and significantly high heterogeneity (I2 ¼ 80.78) across studies was found using a random effects model indicating that EFT, even after removing outliers (decreases in I2 ¼ 72.32 and Hedge's g ¼ -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.

Conclusions: 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.

White, I. C. (2015). It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in Psychotherapy for Trauma. Master's thesis. http://hdl.handle.net/10788/2054

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.

Benor, D.J., 2014. Energy psychology-practices and theories of new combinations of psychotherapy. *Curr. Res. Psychol., 5:* 1-18. http://thescipub.com/abstract/10.3844/crpsp.2014.1.18

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.

Dunnewold, A.L., 2014. Thought field therapy efficacy following large-scale traumatic events. *Curr. Res. Psychol., 5:* 34-39. http://thescipub.com/abstract/10.3844/crpsp.2014.34.39

Thought Field Therapy (TFT) has been shown to reduce symptoms of Posttraumatic Stress (PTS) with trauma survivors in four studies in Africa. In a 2006 preliminary study, orphaned Rwandan adolescents, who reported ongoing trauma symptoms since the 1994 genocide, were treated with TFT. A 2008 Randomized Controlled Trial (RCT) examined the efficacy of TFT treatments facilitated by Rwandan Community leaders in reducing PTS symptoms in adult survivors of the 1994 genocide. Results of the 2008 study were replicated in a second RCT in Rwanda in 2009. A fourth RCT in Uganda (in preparation for submission) demonstrated significant differences in a third community leader-administered TFT treatment. The studies described here suggest that one-time, community leader-facilitated TFT interventions may be beneficial with protracted PTS in genocide survivors.

Lake, J. (2014). A review of select CAM modalities for the prevention and treatment of PTSD. *Psychiatric Times.* July 25, 1-4.

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.

Mollon, P. (2014). Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behavior and experience. In *Talking Bodies* (Ed. K. White), London: Karnac.

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 centers, 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, nondistressing, and can address deeper issues than talk based therapy (when used with knowledge and skill).

Church, D. (2013). Clinical EFT (Emotional Freedom Techniques) as single session therapy: Cases, research, indications, and cautions. In *Capture the Moment: Single Session Therapy and Walk-In Service.* (Michael Hoyt & Moshe Talmon, eds). Bethel, CT: Crown House.

Clinical EFT (Emotion Freedom Techniques) is an evidence-based practice that combines elements of exposure and cognitive therapies with the manual stimulation of acupuncture points. The research literature indicates it to be efficacious for a number of psychological conditions in a variety of treatment time frames. Randomized controlled trials demonstrate that EFT effectively treats phobias and certain anxiety disorders in one session. A single session also results in a significant drop in cortisol and normalization of the EEG frequencies associated with stress. EFT has the client focus on specific traumatic memories; the emotional intensity of these memories usually diminishes rapidly during treatment. This makes EFT an efficient single-session treatment for emotional distress associated with episodic memories. For conditions such as complex co-morbid PTSD, combination treatments and longer courses are indicated, though even treatment-resistant clients often experience some relief after a single session. Psychological symptoms of PSTD, depression, and anxiety typically reduce simultaneously, along with physical symptoms such as pain and insomnia. Clinical EFT also offers a suite of techniques developed to address treatment barriers such as dissociation and overwhelming emotion. This review and case series examines the conditions for which a brief course of EFT treatment is appropriate, when it is not indicated, when it can be taught to the client as a form of self-care, and when professional administration is required. It also cautions against generalizing EFTs rapid efficacy for certain conditions; this may contribute to unreasonable expectations in therapist or client. EFT is recommended as a front line primary care intervention to improve mental health and physical symptoms.

Church, D., & Feinstein, D. (2013). The psychobiology and clinical principles of energy psychology treatments for PTSD: A review. In *Psychology of trauma*, ed. Thijs Van Leeuwen & Marieke Brouwer. Hauppage, NY: Nova Science Pub.

Energy Psychology (EP) protocols use elements of established therapies such as exposure and cognitive processing, and combines these with the stimulation of acupuncture points. EP methods such as EFT (Emotional Freedom Techniques) and TFT (Thought Field Therapy) have been extensively tested in the treatment of post-traumatic stress disorder (PTSD). Randomized controlled trials and outcome studies assessing PTSD and co-morbid conditions have demonstrated the efficacy of EP in populations ranging from war veterans to disaster survivors to institutionalized orphans. Studies investigating the neurobiological mechanisms of action of EP suggest that it quickly and permanently mediates the brain's fear response to traumatic memories and environmental cues. This review examines the published trials of EP for PTSD and the physiological underpinnings of the method, and 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.

Feinstein, D. (2013). EP Treatments Over a Distance: The Curious Phenomenon of "Surrogate Tapping." *Energy Psychology Journal, 5*(1). DOI:10.9769.EPJ.2013.5.1.DF

A psychotherapeutic approach that combines cognitive techniques with the stimulation of acupuncture points by tapping on them has been gaining increased attention among clinicians as well as among laypersons using it on a self-help basis. It is called energy psychology. Thirty-six peer-reviewed studies published or in press as of April 2012—including 18 randomized controlled trials—have found the method to be surprisingly rapid and effective for a range of disorders. More surprising are reports of "surrogate tapping." In surrogate tapping, the practitioner taps on him or herself and applies other elements of energy psychology protocols as if he or she were the person whose problem is being addressed, all the while holding the intention of helping that person. Essentially long distance healing within an energy psychology framework, successful reports of surrogate tapping have been appearing with some frequency within the energy psychology practitioner community. A search of the literature and pertinent websites, combined with a call for cases involving surrogate tapping, produced the 100 anecdotal accounts described here where an apparent effect was observed. Studies of other long-distance phenomena, such as telepathy and distant healing, are reviewed to put these reports into context. The paradigm challenges raised by reports of positive outcomes following surrogate treatments are considered, and conclusions that can and cannot be legitimately reached based on the current data are explored.

Gaffney, D. (2013). Established and emerging PTSD treatments. *Mental Health Clinician, 2*(7), 213-219. https://DOI.org/10.9740/mhc.n131766 http://mhc.cpnp.org/DOI/full/10.9740/mhc.n131766

Identifying and describing the numerous types of interventions to treat post-traumatic stress disorder (PTSD) can be a daunting task especially with the numerous therapeutic models and techniques with published case study support. This article will explore the physiology and neurobiology of PTSD. Additionally, it will discuss some of the most common categories of interventions and examples of each (e.g., prolonged exposure therapy, cognitive processing therapy, emotional freedom techniques, reprocessing therapy). Data on d-cycloserine, nabotulinumtoxin A, and methylenedioxymeth-amphetamine will also be elucidated.

Gallo, F. (2013). Energy for healing trauma: Energy Psychology and the efficient treatment of trauma and PTSD. *Energy Psychology Journal, 5*(1). DOI: 10.9769.EPJ.2013.5.1.FPG

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.

Kim, S-Y., Yin, C-S., Choi, In, W., & Kim, J-W. (2013). Trends in meridian-based psychotherapy—a review of research on Emotional Freedom Techniques (EFT). *Journal of Oriental Neuropsychiatry, 24*(1). 89-100.

Objectives: The purpose of this study is to investigate the research regarding Emotional Freedom Technique (EFT) and to understand the trends in meridian-based psychotherapy.
Methods: Every article relevant to EFT was obtained from Pubmed and Korean journal databases. Keywords used for searching included “EFT” and “Emotional freedom technique.”
Results: 1) 5 reviews, 11 randomized controlled trials, 3 controlled trials, 1 single group comparative study and 4 case studies were identified. 2) Anxiety disorders were most frequently studied. Other studies included insomnia, depression and pain symptoms. EFT interventions used many different protocols and assessed with various tools. 3) Review articles indicated that meridian-based psychotherapies, such as EFT, are based on the meridian theory of oriental medicine. They evaluate EFT positively for its effectiveness on psychiatric conditions.
Conclusions: EFT is increasingly studied and used in clinical practice in various fields. Objective evaluation tools and standardized intervention protocols are needed for the development of a new guideline for EFT.

Boath, E., Stewart, A. and Carryer, A. (2012). A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT). Staffordshire University, CPSI Monograph.

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, SPORTdiscus, Swetswise, Web of Knowledge, Web of Science and ZETOC, using the key terms EFT and energy psychology. Calls for published, unpublished and ongoing RCTs of EFT were sent to Newsletters and to the Association of Energy Psychology and the Foundation for Epigenetic Medicine. Contact was made with researchers and practitioners in the field. Conference proceedings and reference lists of retrieved articles were hand searched. Abstracts of articles were reviewed and full copies acquired if they title and/or abstract identified the paper as an RCT of EFT. Two authors independently rated and assessed the quality of each trial using the Critical Appraisal Skills Programme (CASP) for randomised controlled trials and the Jadad Scale.
Results: The search strategy identified a total of 42 published studies of EFT. Seven RCTs of EFT were included. Methodological flaws in the studies are highlighted and discussed. EFT was shown to be effective in treating Post Traumatic Stress Disorder (PTSD), Fibromyalgia, Phobias, test anxiety and athletic performance. EFT was shown to be superior to diaphragmatic breathing (DB), Progressive Muscular Relaxation (PMR), an inspirational lecture and a Support Group. Only Eye Movement, Desensitization and Reprocessing (EMDR) was superior to EFT. EFT may be an efficient and effective intervention for a range of psychological disorders. Given the methodological limitation of these RCTs, further quality research on EFT is warranted.

Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of Efficacy. *Review of General Psychology*. Advance online publication. DOI: 10.1037/a0028602

Energy psychology is a clinical and self-help modality that combines verbal and physical procedures for effecting therapeutic change. While utilizing established clinical methods such as exposure and cognitive restructuring, the approach also incorporates concepts and techniques from non-Western healing systems. Its most frequently utilized protocols combine the stimulation of acupuncture points (by tapping on, holding, or massaging them) with the mental activation of a targeted psychological issue. Energy psychology has been controversial, in part due to its reliance on explanatory mechanisms that are outside of conventional clinical frameworks and in part because of claims by its early proponents—without adequate research support—of extraordinary speed and power in attaining positive clinical outcomes. This paper revisits some of the field's early claims, as well as current practices, and assesses them in the context of existing evidence. A literature search identified 50 peer-reviewed papers that report or investigate clinical outcomes following the tapping of acupuncture points to address psychological issues. The 17 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. Neurological mechanisms that may be involved in these surprisingly strong findings are also considered.

Feinstein, D. (2012). What does energy have to do with energy psychology? *Energy Psychology Journal, 4*(2). DOI: 10.9769/EPJ.2012.4.2.DF

An obstacle to professional acceptance of the growing body of research supporting the efficacy of energy psychology is the vague use of the term "energy" in the field's name and explanatory models. This paper explores whether the concept of "energy" is useful in accounting for the observed clinical outcomes that follow "energy psychology" treatments. Several anomalies within energy psychology that confound conventional clinical models are considered. The most vexing of these is that a growing number of anecdotal accounts suggest that one person can self-apply an energy psychology protocol, with the intention of helping another person who is in a distant location, leading to the other person reporting unanticipated benefits more frequently than chance would seem to explain. The possible roles of "energy" and macrosystem quantum effects in these anomalies are examined. A working model is proposed that attempts to explain the actions of energy psychology treatments in a manner that is consistent with established scientific knowledge while accounting for the anomalies. Three premises about the role of energy are delineated in this working model, and potential strengths of the model for practitioners and researchers are discussed.

Feinstein, D., Moore, D. & Teplitz, D. (2012). Addressing emotional blocks to healing in an energy medicine practice: Ethical and clinical guidelines*. Energy Psychology Journal 4*(1). DOI: 10.9769/EPJ.2012.4.1.DF.DM.DT

As the impact of emotional factors on physical health is being increasingly recognized, energy

medicine practitioners (e.g., acupuncture, acupressure, applied kinesiology, Barbara Brennan energy healing, Eden Energy Medicine, Healing Touch, medical qi gong, Reiki, Shiatsu, Therapeutic Touch, Touch for Health, etc.) are addressing this dimension of healing in a variety of ways. One that appears particularly promising involves the stimulation of acupuncture points and other energy centers, a strategy derived from the discipline of energy psychology. Having tools that directly impact the emotional aspects of physical health and healing enhances a practitioner's effectiveness and provides an integrated approach to energy healing. This development has, however, raised important practical, ethical, and legal concerns regarding the scope of practice for energy medicine practitioners who are not trained or licensed to provide mental health services. This article addresses these issues, offering ethical and clinical guidelines for responsibly integrating tools from energy psychology into an energy medicine practice. The discussion focuses on when introducing these protocols may be appropriate, considerations for formulating such interventions, and guidelines on when a referral to a licensed mental health professional is required. Steps to ensure that these choices are made within an appropriate ethical framework are also delineated. The article concludes with a case history illustrating the effective integration of energy medicine and energy psychology protocols for a client with a serious illness, including a description of the techniques used and the clinical and ethical choices implemented by the practitioner.

Sojcher, R., Perlman, A. & Fogerite, S. (2012). Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder. *Explore: The Journal of Science and Healing, 8*(5), 271-276.

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.

Kevin, R. (2011). Energy Psychology: Time for a Second Look. *The North Carolina Psychologist, 63*(1), 8-9.

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.

Kwon, Y-J., & Cho, S-H. (2011). Oriental medical interventions for posttraumatic stress disorder: A model of Oriental Medicine for disaster mental health*. Journal of Oriental Neuropsychiatry, 22*(4), 77-86.

Objectives: Rates of assault as well as natural and human disasters are increasing. In Korea however, Oriental Medicine PTSD treatment research has been limited to motor vehicle accident survivors. Our objective is to develop a model for the application of evidence-based Oriental Medicine interventions for PTSD to a wide spectrum of traumatic disasters.
Methods: An online search was performed for Korean research in Oriental Medicine journals. International studies were sourced from Pubmed and the US Department of Veterans Affairs. We sorted studies into Randomized Controlled Trials (RCTs) and non-RCTs, and further analyzed them by the elapsed time from traumatic exposure to treatment.
Results: We confirmed that acupuncture, cognitive behavioral therapy (CBT) and progressive muscular relaxation (PMR) were effective in the acute stages immediately after a traumatic event. We further determined that Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Techniques (EFT) and relaxation therapy were efficacious in the chronic stages. Building on these findings, we propose a model of Oriental Medicine for disaster mental health.
Conclusions: An analysis of research into Oriental Medicine shows that the above evidence-based interventions are efficacious for different stages of PTSD treatment. Oriental Medicine is an appropriate mental health intervention in disasters.

Varvogli, L., & Darviri, C. (2011). Stress Management Techniques: Evidence-based procedures that reduce stress and promote health. *Health Science Journal, 5*(2), 74-89.

Purpose: According to the World Health Organization, stress is a significant problem of our times and affects both physical as well as the mental health of people. Stress is defined as a situation where the organism‘s homeostasis is threatened or the organism perceives a situation as threatening. Stress coping methods are the cognitive, behavioral and psychological efforts to deal with stress.
Method: After a thorough literature review in major databases (MEDLINE, Scopus, Science Direct) the following techniques were identified and are presented and briefly discussed here: progressive muscle relaxation, autogenic training, relaxation response, biofeedback, guided imagery, diaphragmatic breathing, transcendental meditation, cognitive behavioral therapy, mindfulness-based stress reduction and emotional freedom technique.
Conclusion: These are all evidence-based techniques, easy to learn and practice, with good results in individuals with good health or with a disease.

Church, D. (2010). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti Aging Medical Therapeutics,* October 2010.

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 acetylization. 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.

Pasahow, R. (2010). Methodological and Theoretical Problems in the Waite and Holder (2003) Study on Fears and EFT. *Energy Psychology Journal, 2*(2). DOI: 10.9769/EPJ.2010.2.2.RP

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.

Baker, A.H., Carrington, P., Putilin, D. (2009). Theoretical and Methodological Problems in Research on Emotional Freedom Techniques (EFT) and Other Meridian Based Therapies. *Psychology: Theory, Research & Treatment, 6*(2), 34-46.

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.

Feinstein, D. (2009). Controversies in Energy Psychology. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 45-56.

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 ad- equate 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.

Gallo, Fred. (2009). Energy Psychology in Rehabilitation: Origins, Clinical Applications, and Theory. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 57-72.

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 behaviorism, spearheaded by Pavlov, Watson, and Skinner, which emphasized environmental stimuli and conditioning—its techniques including respondent and operant conditioning, exposure, desensitization, schedules of reinforcement, modeling, and more. The third force involved humanistic and transpersonal approaches that attend to values and choice, including client-centered therapy, gestalt therapy, phenomenology, and cognitive therapy, some of the principal leaders being Rogers, Maslow, Perls, Rollo May, Binswanger, and Ellis. Recently the new paradigm of energy psychology has emerged, which may be considered psychology's fourth force. The earliest pioneers included Goodheart, Diamond, and Callahan. This theoretical and practice approach offers the field some unique findings, as it views psychological problems as body–mind interactions and bioenergy fields, providing treatments that directly and efficiently address these substrates. Some of energy psychology's techniques include stimulating acupoints and chakras, specific body postures, affirmations, imagery, manual muscle testing, and an emphasis on intention. This review covers energy psychology's historical development and experimental evidence base. Case illustrations and treatment protocols are discussed for the treatment of psychological trauma

and physical pain, two of the most important and ubiquitous aspects common to rehabilitation conditions. Additionally, the research on energy psychology is highlighted, and the distinction between global treatments and causal energy diagnostic-treatment approaches to treatment is addressed.

Feinstein, D. (2008). Energy psychology: a review of the preliminary evidence. *Psychotherapy: Theory, Research, Practice, Training. 45*(2), 199-213.

Energy psychology utilizes 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 randomized clinical trials. Although the evidence is still preliminary, energy psychology has reached the minimum threshold for being designated as an evidence-based treatment, with one form having met the APA Division 12 criteria as a “probably efficacious treatment” for specific phobias; another for maintaining weight loss. The limited scientific evidence, combined with extensive clinical reports, suggests that energy psychology holds promise as a rapid and potent treatment for a range of psychological conditions.

Pignotti, M., & Thayer, B. (2009). Some comments on “Energy psychology: A review of the evidence.” Premature conclusions based on incomplete evidence? *Psychotherapy: Theory, Research, Practice, Training, 46*(2), 257-261. DOI: 10-1037/a0016027

A review of the evidence on energy psychology (EP) was published in this journal. Although the author’s stated intention of reviewing the evidence is one we support, we note that important EP studies were omitted from the review that did not confirm claims being made by EP proponents. We also identify other problems with the review, such as the lack of specific inclusion and exclusion criteria, misportrayal of criticism of EP, incorrectly characterizing one of the studies as a randomized clinical trial, and lack of disclosure regarding an EP-related business. We note that in the APA, decisions on classification of therapies as empirically supported are most rightfully the function of Division 12-appointed committees of psychologists. It is not enough for any one individual or group of proponents of a particular approach to make such a determination.

Mollon, P. (2007). Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the Body. *Primary Care and Community Psychiatry, 12*[3-4], 123-127.

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.

Pignotti, M. (2005). Thought Field Therapy Voice Technology vs. Random Meridian Point Sequences: A Single-blind Controlled Experiment. *Scientific Review of Mental Health Practice:, 4*(1), 2005, 38-47.

The Thought Field Therapy Voice Technology (TFT VT) is a proprietary procedure, claimed by proponents to have a 97-98% success rate in curing psychological problems. VT practitioners can allegedly "diagnose" over the telephone precise, individualized codes of acupressure points, which the individual is then instructed to tap on. This single-blind controlled study quasi-randomly assigned 66 participants to either TFT VT treatment (n=33) or to a control group (n=33), which received a randomly selected sequence of treatment points. For each group, 97% of the participants reported a complete elimination of all subjective emotional distress. A 2×2 two-way mixed ANOVA revealed no significant differences between the two groups. Possible explanations for the 97% self-reported "success" rate are discussed and the wisdom and ethics of having mental-health treatments that are proprietary trade secrets is questioned.

Ruden, R. A. (2005). A neurological basis for the observed peripheral sensory modulation of emotional responses. *Traumatology, 11*, 145-158. DOI: 10.1177/153476560501100301

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

Rubik B. (2002). The biofield hypothesis: Its biophysical basis and role in medicine *Journal of Alternative and Complementary Medicine, 8:*703-717.

This paper provides a scientific foundation for the biofield: the complex, extremely weak electromagnetic field of the organism hypothesized to involve electromagnetic bioinformation for regulating homeodynamics. The biofield is a useful construct consistent with bioelectromagnetics and the physics of nonlinear, dynamical, nonequilibrium living systems. It offers a unifying hypothesis to explain the interaction of objects or fields with the organism, and is especially useful toward understanding the scientific basis of energy medicine, including acupuncture, biofield therapies, bioelectromagnetic therapies, and homeopathy. The rapid signal propagation of electromagnetic fields comprising the biofield as well as its holistic properties may account for the rapid, holistic effects of certain alternative and complementary medical interventions.

Work and the Workplace

Bifano, S., Szeglin, C., Garbers, S. & Gold, M. (2024). Emotional Freedom Techniques (EFT) Tapping for Pediatric Emergency Department Staff During the COVID-19 Pandemic: Evaluation of a Pilot Intervention. *Medical Acupuncture, 36*(2). http://doi.org/10.1089/acu.2023.0099

Objective: Emergency-department (ED) staff may experience psychologic distress due to the stressful nature of their work. The COVID-19 pandemic exacerbated this distress. Emotional Freedom Techniques (EFT) tapping, a somatic psychophysiologic intervention combining vibratory acupressure with elements of cognitive–behavioral and exposure therapies, can reduce psychologic distress. This study tested the short-term effect of 10-minute EFT tapping on the psychologic distress of pediatric ED staff responding to COVID-19.
Materials and Methods: During the COVID-19 pandemic, diverse staff in the pediatric ED of a New York City teaching hospital participated in this single-group study. A licensed creative arts therapist led participants in 10-minute EFT tapping sessions. A self-report questionnaire with 7 items based on the Trauma Exposure Response framework was administered immediately pre- and postintervention. Standardized mean differences between both timepoints were calculated.
Results: There were statistically significant reductions for 6 of the 7 items studied, including stress (3.32–2.14), obsessive and intrusive thoughts (2.50–1.85), feelings of pressure (3.20–2.17), loneliness (1.84–1.44), and emotional and physical pain (2.28–1.70); all $P<0.001$. No significant changes in professional satisfaction were reported following the intervention.
Conclusions: Despite the limitations of a single-arm study design, a 10-minute brief EFT tapping session was a promising way to reduce short-term psychologic distress in pediatric ED health care workers. Future studies, including rigorous randomized controlled trials, are needed to evaluate the effectiveness of brief EFT tapping interventions in other settings.

Shahzadi, S., Mahar, S., Mahar, A. Q., & Ali, L. (2024). The efficacy of Emotional Freedom Technique in reducing workplace stress among healthcare professionals: A quasi-experimental study. *International Journal of Social Sciences Bulletin*, *2*(4), 390-399.

This study explored the relationship between Emotional Freedom Technique (EFT) and workplace stress (WPS) among healthcare professionals. Using a quasi-experimental design, 46 participants (23 males and 23 females) were selected via convenience sampling from twin cities, Rawalpindi and Islamabad. The findings revealed a negative correlation between EFT

and WPS, suggesting that individuals experiencing higher levels of stress are more likely to engage in EFT sessions. Paired sample t-tests and ANOVA analyses further demonstrated significant reductions in workplace stress after EFT interventions, with p-values < 0.001 and moderate to large effect sizes (Cohen's d = 0.359 to 0.843). Across subgroups with different initial stress levels, a consistent decline in mean WPS scores was observed (from M = 26.58 to M = 21.17), reinforcing the effectiveness of EFT in reducing workplace stress across diverse healthcare professionals. The study highlights EFT as a promising tool for managing stress in healthcare settings and its potential for general application in reducing stress among professionals from varying backgrounds.

Church, D. and David, I. (2019). Borrowing Benefits: Clinical EFT (Emotional Freedom Techniques) as an immediatestress reduction skill in the Workplace. *Psychology*, 10, 941-952

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.

Freger, M. (2019). Use of Over Energy Correction (OEC) for intervention therapists at a center-based treatment facility for Autism Spectrum Disorders (ASD). *International Journal of Healing and Caring, 19*(2).

Caregivers and therapists can often experience high stress levels or burnout when working in intensive environments with children who are diagnosed with Autism Spectrum Disorders (ASDs). It was hypothesized that a single breathing exercise , [ALT practiced several times per day over an extended period of time, may assist in decreasing stress levels and burnout and assist in developing resiliency. Specifically, a breathing exercise designed to integrate left and right hemispheric activity was used . The breathing exercise appeared to be effective with respect to the subjects perceived ratings. Specifically subjects reported being able to gain a deeper understanding of their mind body awareness to anticipate using self-talk on the job to decrease distractibility and to increase focus. Subjects also reported greater resiliency across settings other than the workplace, decreased stress levels, and increased energy levels.

Reynolds, A. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques? A controlled trial of treacher burnout. *Energy Psychology Journal, 7*(1).
DOI:10.9769/EPJ.2015.05.1.AR

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.

Scott, J. (2008). Emotional freedom technique: Energy psychology integration in the workplace setting. *Counselling at Work, 9*, 9-12.

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.

If you have any additions or corrections, please contact research_committee@energypsych.org.