

QUICK FACTS

The Science Behind Energy Psychology



155+ Studies Document Energy Psychology's Effectiveness

- 80+ randomized controlled trials
- 75+ clinical outcome studies
- Randomized controlled trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 3 fMRI studies document neurological changes after energy psychology interventions

Plus

- 5 meta-analyses show effective treatment for depression, anxiety and PTSD
- Studies show 86% of veterans no longer had PTSD symptoms after energy psychology treatment. It's 2x as effective and 2x faster than prolonged exposure therapy.
- 9 systematic reviews of EP modalities
- 15 comparative reviews - comparing EP & other therapies. All reviews document EP effectiveness.
- 8 studies comparing cognitive behavior therapy (CBT) and energy psychology (EP) show that energy psychology is either equivalent to or more effective than CBT. And in several studies, EP achieved results in significantly less time.

In total, 350+ review articles, research studies and meta-analyses have been published in professional, peer-reviewed journals.

Multiple research studies show that EP is an effective treatment for:

- Pain
- Anxiety
- Depression
- Food cravings
- Trauma and PTSD
- Peak athletic performance

There are over 600 identified forms of psychotherapy, many of which have little or no research to validate them.

Energy psychology is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities.

The Evidence Base for Energy Psychology Continues to Grow - in Quantity and Quality (methodological rigor)

- 2000 - 2012 18 randomized controlled trials
- As of 2016 45 randomized controlled trials
- 2014 - 2018 5 meta-analyses document efficacy for EP methods
- 2017 - 2018 2 randomized controlled trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019 - 2022 3 fMRI study documents neural changes after EFT
2 studies show significant drops in cortisol with EFT
Research documents physiological & immunological changes and gene expression with EP methods
Randomized controlled trials now total 80+

Continuing Validation for EP Methods

- In 2016, TFT (Thought Field Therapy) was validated by NREPP (the National Repertory of Evidence Based Practices and Procedures, a division of SAMHSA in the U.S.) as an evidence-based treatment. Unfortunately, NREPP has been defunded and no longer exists. However, you can read more about it [on our blog](#).
- ACEP and AAMET (EFT International) made a joint submission of the research evidence for EFT and TFT as treatments for PTSD to NICE (the National Institute for Health and Care Excellence) in the UK. NICE has created a specific category for EFT, TFT and Somatic Experiencing called "[CSACTS](#)" (Combined Somatic and Cognitive Therapies), and acknowledged that they are "worthy of further research."
- In 2017, the U.S. Veterans Administration added EFT to List 2, approving it as a "generally safe therapy." Next is getting added to List 1, which is a list of approved treatments.
- In 2019, EFT (Emotional Freedom Techniques) was approved for use within the South Korean medical system.

Explore a comprehensive list of studies energypsych.org/research

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Updated September 2022

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