



EFT

International

*Emotional Freedom Techniques
Efficacy and Scientific Research Summary
2022*

Introduction

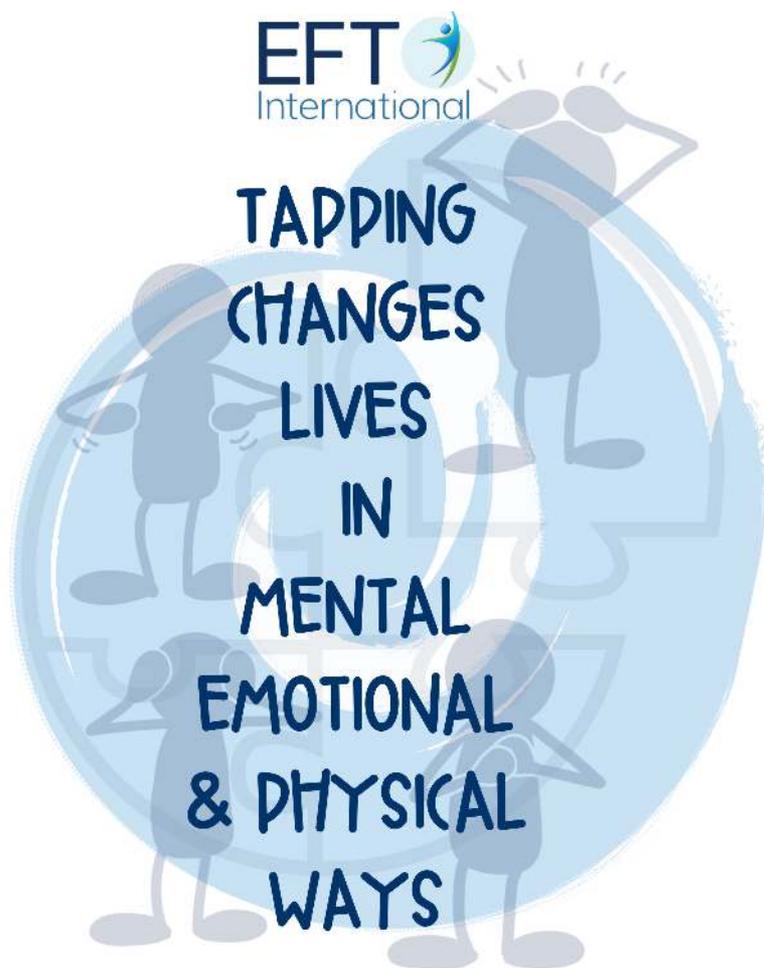
This document sets out to give an overview of Emotional Freedom Techniques and the clinical and academic research that supports its use and efficacy.

All research papers mentioned here can be found in summary on EFT International's website in our searchable database:

<https://eftinternational.org/discover-eft-tapping/eft-science-research/>

EFT International™ (Formerly AAMET), is a unique, not-for-profit global association (UK registered charity number 1176538) of dedicated EFT (Emotional Freedom Techniques) practitioners, trainers and students. We hold our members to the highest standards of EFT practice, and all must engage in annual professional development activities, undergo mentoring, and uphold a comprehensive [code of conduct and ethics](#) for the public benefit.

Our mission: EFT International™ is committed to advancing and upholding the highest standards for education, training, professional development and promotion of the skilful, creative and ethical application of [EFT \(Emotional Freedom Techniques\)](#) for global public benefit.



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Tapping Changes Lives

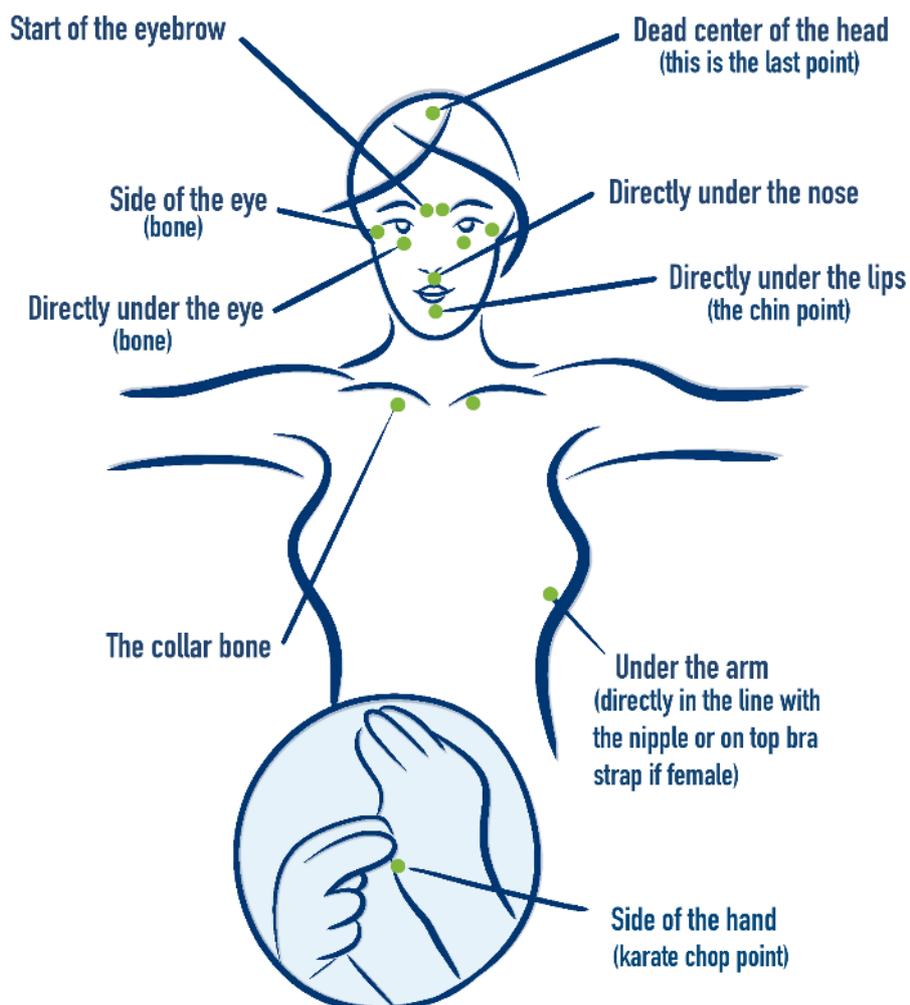
A large, light blue circular graphic with a white center, containing several stylized human figures in various tapping poses. The figures are rendered in a simple, rounded style with blue and grey tones. The text is centered over this graphic.

**TAPPING
CHANGES
LIVES
IN
MENTAL
EMOTIONAL
& PHYSICAL
WAYS**

What is Emotional Freedom Techniques?

Emotional Freedom Techniques (EFT) or tapping, has a wide range of uses. It is both an easy-to-learn self-help technique and an exciting and sophisticated tool that is changing the face of therapy.

It involves tapping with two fingers on points on the face and body while focussing on a troubling physical or emotional issue and repeating words that both arouse the relevant emotions and keep the tapper focussed on them.



EFT has been used successfully with a range of conditions including post traumatic stress disorder (PTSD), depression, anxiety, phobias, obsessive compulsive disorder, addictions, pain management, immune response, sporting performance, and physical and mental functioning.

Its efficacy is confirmed by an impressive and on-going body of gold standard research. There have now been hundreds of studies showing its effectiveness. Some of the most impressive of these are detailed below.

Who developed EFT Tapping?

EFT has been described as emotional acupuncture without needles.

This early explanation of the relevance of the tapping points as their location on the body's meridian system was appropriate since it grew out of American psychologist Dr Roger Callahan's study of oriental healing traditions. His results with his patients inspired his invention of Thought Field Therapy (TFT), the precursor to EFT.

Dr Callahan had become fascinated with the approach's potential after getting a client to tap on an acupuncture endpoint for a seemingly intractable fear of water. After 2 minutes of tapping on this endpoint, her fear disappeared and she was able to go to the swimming pool which only a few minutes earlier had been source of complete terror for her.

EFT founder, Gary Craig studied TFT and adapted its series of specific algorithms for particular issues such as for example, anxiety or phobias, to a more easily accessible one-size fits-all protocol. Its popularity as a self-help tool expanded exponentially, both because of its impressive and speedy results and because it was so easy to learn.

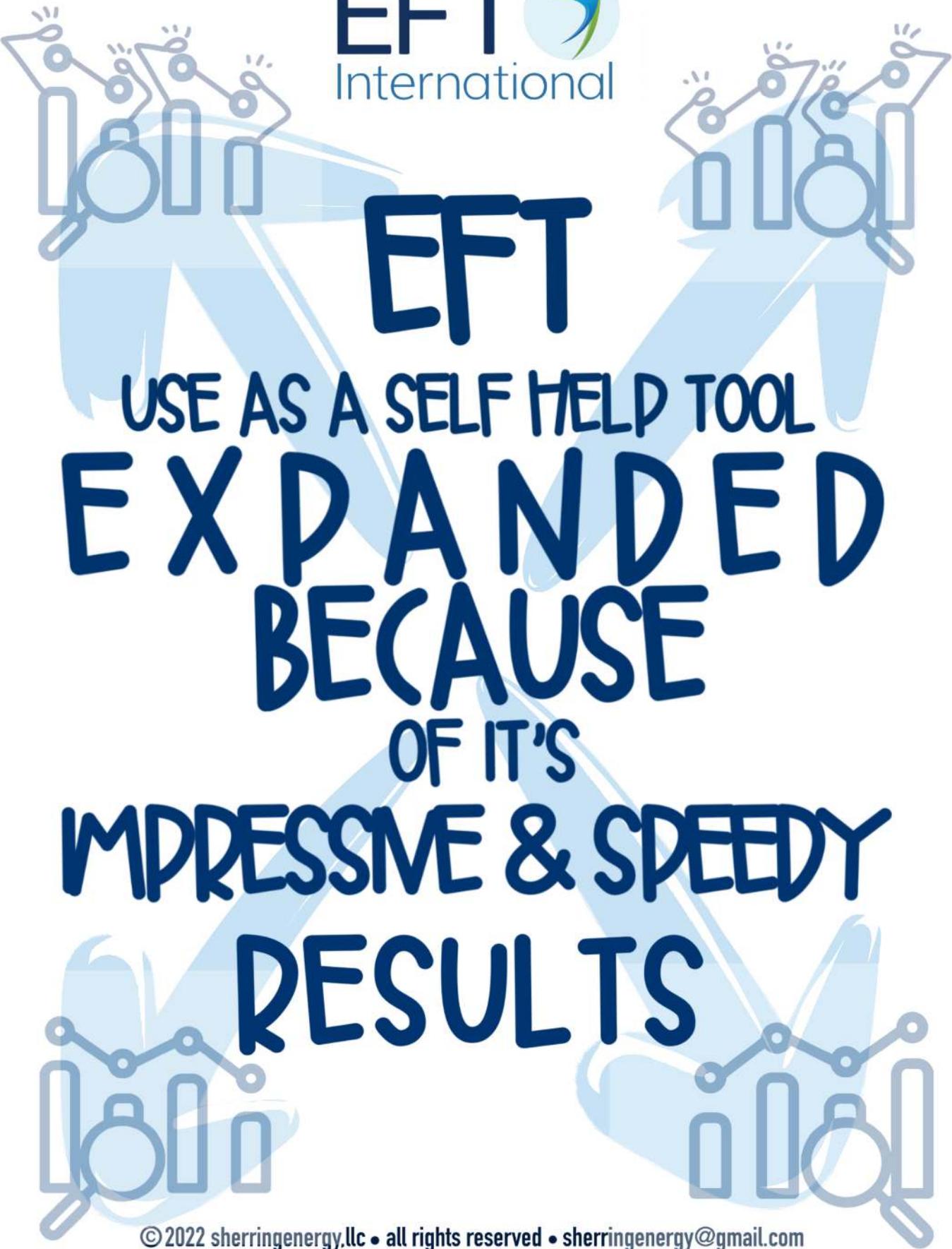
And we now have more nuanced understandings of its effects.



EFT use as a self help tool expanded because of it's impressive and speedy results



EFT
International



EFT

USE AS A SELF HELP TOOL

EXPANDED

BECAUSE

OF IT'S

IMPRESSIVE & SPEEDY

RESULTS

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EFT use as a self help tool expanded because of it's impressive and speedy results



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EFT tapping crosses oceans to make a difference

Tapping on these specific points sends activating or deactivating signals to specific areas of the brain. This can, for example, diminish the brain's threat response which in turn enables more rational assessment and response of perceived threat.

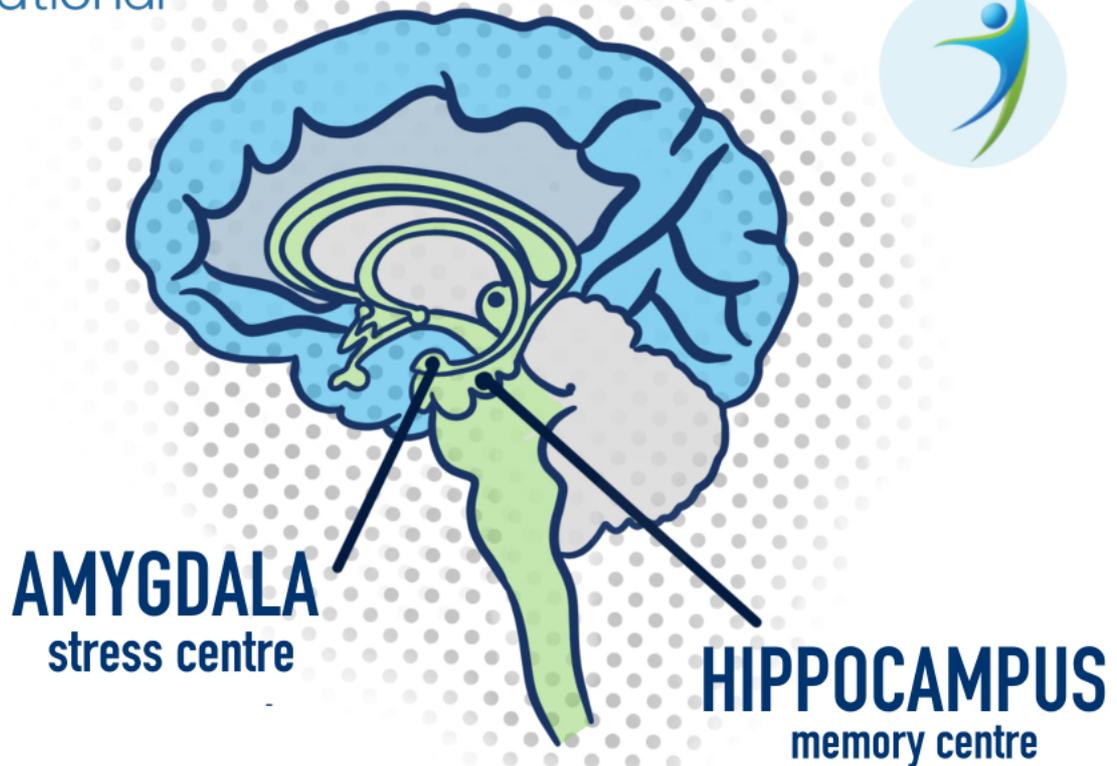


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EFT tapping crosses generations to make a difference



AMYGDALA-HIPPOCAMPUS



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Amygdala(stress centre) Hippocampus(memory centre)

It seems that EFT affects the amygdala, the stress centre in the brain, and the hippocampus, the memory centre. Stimulation of the tapping points is thought to send a signal to the limbic or emotion centre and to reduce its arousal.



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A pilot study has found that an hour of tapping positively influenced Gene Expression in 72 genes

EFT research has produced impressive effect sizes in trials that compared it with treatment as usual, waitlist and other therapies. Outcome measures used have shown, not only the reduction or elimination of psychological symptoms, but also a reduction in levels of the stress hormone, cortisol. Brain scans have shown significant changes in neurological responses to arousal triggers before and after tapping.

A pilot study has even found that an hour of tapping positively influenced gene expression in 72 genes. In general, genes implicated in immunity were up-regulated while inflammation genes were down-regulated.

Some of the main studies to look out for...

In this document we outline just a few of the impressive findings in research studies, and show you where you can go to read more.

The evidence for EFT's efficacy has already reached such a level that the National Institute for Health and Care in the UK (formerly NICE) which evaluates available treatments, has recommended it as worthy of further research for Post-Traumatic Stress Disorder. The US Veterans Administration (VA) has also given its approval to EFT as safe for veterans with PTSD. As with all novel treatment methods, more research is always needed. Since the first research paper to mention EFT back in 2002, there have been more than 290 papers looking at EFT and related topics in the field of 'Combined Somatic and Cognitive Therapies' to which EFT belongs.

Since 2017 there have been in excess of 70 Random Controlled Trial research papers, (RCTs) 5 meta-analyses in the field, most of which relate to EFT directly (ref ACEP <https://www.energypsych.org/researchdb8c71b7#ResearchQuickFacts>)

What follows is a series of summaries of some of the most exciting and important studies into the use of EFT. The areas we will focus on are:-

- **EFT Changes Your Brain:** fMRI studies show visual changes in the brain after using EFT to treat food cravings in overweight adults. An 18% reduction in cravings and relative deactivation in the superior temporal gyrus and lateral orbito-frontal cortex of the brain – areas associated with cravings
- **EFT has positive effects in reducing stress :** EFT causes measurable reductions in salivary cortisol after use and also in key markers for self-reported anxiety, depression and other stress symptoms. Cortisol in the EFT group dropped significantly (-24.39%, $p = 2.62$) compared to 'Psycho-education' and 'No Treatment' groups ($p < 0.01$).
- **EFT has positive effects on your genes :** Tantalising work that shows that EFT positively impacts 72 genes many of which improve immune responses and decrease inflammatory responses
- **EFT supports anxiety reduction :** A meta-analysis that shows the positive effects on anxiety using EFT. 14 studies ($n = 658$) met inclusion criteria. The pre-post effect size for the EFT treatment group was 1.23 whereas the effect size for combined controls was 0.41 (*an effect size close to one is large and close to 0 is small*)
- **EFT treats depression :** A meta-analysis of 20 studies using EFT as a treatment for depression, saw a 41% reduction in symptoms using EFT
- **EFT is an effective treatment for PTSD -:** A stand-out meta-analysis of 7 RCT studies showed a large Cohen's effect size of $d = 2.96$. (*Cohen's d is a popular measure in psychology to determine effect size. Generally, $d = 0.2$ is considered as a small, 0.5 as a medium, and 0.8 as a large effect size.*)



EFT CHANGES YOUR BRAIN



**EFT HAS POSITIVE EFFECTS IN REDUCING
STRESS**



**EFT HAS POSITIVE EFFECTS ON YOUR
GENES**



EFT SUPPORTS ANXIETY REDUCTION



EFT TREATS DEPRESSION



**EFT IS AN EFFECTIVE TREATMENT
FOR PTSD**

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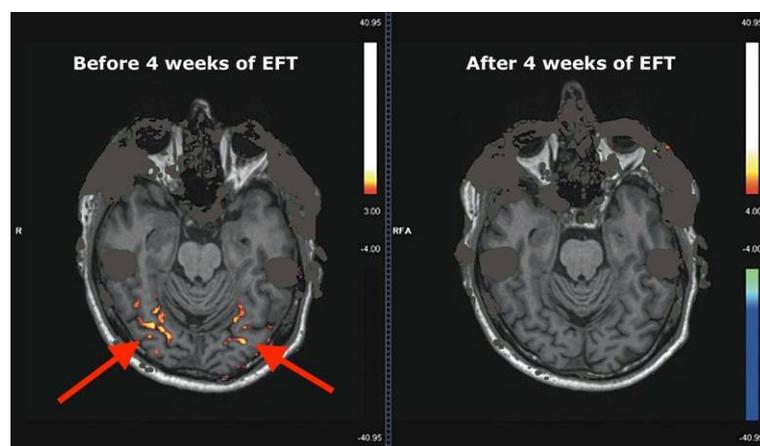
The most exciting and important studies into the use of EFT

EFT Changes Your Brain

An Initial Investigation of Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques

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 (fMRI). EFT is a brief stress reduction technique which involves stating a cognitive statement with stimulation of acupuncture points with a tapping technique. A group of 15 obese/overweight individuals had their brain activity mapped in an fMRI, paying particular attention to areas of the brain previously shown in studies to be activated when being shown images of tempting high calorie foods. 10 of them then received 8 sessions of EFT for their cravings. Then all 15 again had their brains scanned being presented with the same delectable, craving inducing images. The group who had engaged in the EFT treatment showed significant deactivation of areas in the brain critical to dealing with food cravings. This open access paper gives us some of the fMRI images to be able to visually examine pre and post changes.

- 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.
- These findings indicate that EFT may decrease limbic region brain activity and reduce food related symptoms in overweight/obese individuals. This study also illuminates the neurological mechanisms at work behind the many successful outcome studies of EFT for weight loss. Recommendations for more comprehensive trials are discussed.
- All the pre-scans showed a relative activation in both the superior temporal gyrus (associated with cognition) and lateral orbito-frontal cortex (associated with reward). The EFT group demonstrated a marked reduction in the cortical activation after their treatment in both these regions, whereas the control group remained the same with no reduced activation. In addition, the food craving difference scores over time decreased significantly for the EFT group when compared to the controls.



Brain Scans

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

[An initial investigation of neural changes in overweight adults with food cravings after emotional freedom techniques — Bond University Research Portal](#)

EFT CHANGES YOUR BRAIN

- ✓ functional magnetic resonance imaging
- ✓ Clinical Emotional Freedom Technique
- ✓ 15 participants
- ✓ 2 hour sessions
- ✓ 4 weeks

18% reduction in food craving with EFT group
10

only 5% with control group
5

EFT International

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The infographic features a blue and white color scheme with a dark blue border. It includes icons of people, a clock, a calculator, a lightbulb, and a target symbol. The results are presented in two overlapping circles, with the EFT group result on the left and the control group result on the right.

EFT changes your brain

EFT has positive effects in reducing stress

A Randomized Controlled Trial looking at the Effect of EFT on Stress Biochemistry

In this study, subjects were treated with either EFT, psychotherapy or had no treatment. Assessment of their salivary cortisol levels was carried out. Self-reported clinical scores for depression, anxiety, and symptom severity and breadth were gathered using an SA-45 instrument.

- . 83 non-clinical subjects were randomly assigned to either an EFT group, a psychotherapy group or no treatment group.
- . Salivary cortisol assays were used 30 minutes before and 30 minutes after a single one-hour long intervention
- . The EFT group showed clinically and statistically significant improvements (reductions in symptoms) in anxiety (-58.34%, $p < 0.05$), depression (-49.33%, $p < 0.002$), the overall severity of symptoms, (-50.5%, $p < 0.001$), and symptom breadth across conditions (-41.93%, $p < 0.001$). Using the SA-45 instrument for scoring.
- . There were no significant changes in cortisol levels in the two other groups (psychotherapy and no treatment)
- . Cortisol in the EFT group dropped significantly (-24.39%, SE 2.62) compared to Psychotherapy and no treatment ($p < 0.01$).
- . The reduced cortisol levels in the EFT group correlated with decreased severity in psychological symptoms as measured by the SA-45.
- . The results show EFT significantly improves both cortisol-related stress levels and self-reported psychological symptoms after a single treatment session.



Reduced cortisol levels in the EFT group correlated with decreased severity in psychological symptoms as measured by SA-45

EFT HAS POSITIVE EFFECTS IN REDUCING STRESS

- ✓ 83 non-clinical subjects
- ✓ salivary cortisol assay
- ✓ 30 mins before & 30 mins after
- ✓ single hour intervention
- ✓ EFT vs psychotherapy vs no treatment

EFT
International

2012



Effects of EFT

on anxiety, depression,
overall severity of symptoms
and symptom breadth

**-24.39%
REDUCED
CORTISOL
LEVELS**

PSYCHOTHERAPY

NO TREATMENT

**REDUCED
CORTISOL
LEVELS**

no significant changes

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Effects of EFT on anxiety, depression, overall severity of symptoms and symptom breadth

Reference: 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)

[The effect of emotional freedom techniques on stress biochemistry: a randomized controlled trial - PubMed \(nih.gov\)](#)

This study was replicated in 2020 with corroborating outcomes.

EFT HAS POSITIVE EFFECTS IN REDUCING STRESS

- ✓ 53 participants
- ✓ salivary cortisol assays
- ✓ 30 mins pre & 30 mins post intervention
- ✓ 60-min group intervention
- ✓ SA-45 assess psychological distress symptoms
- ✓ EFT vs psychoeducation vs no treatment

EFT
International

2020



EFT
efficient & effective
for reducing
biological markers of stress

-43.23%
SIGNIFICANT
DECREASE
CORTISOL
LEVELS

PSYCHOEDUCATION

NO TREATMENT

-19.67%

REDUCED
CORTISOL
LEVELS

2.02%

no significant changes

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Reduction in cortisol greater than original study
EFT (-43%) vs. Psych Education (-19.67%) vs. (-2.02%) No treatment group

Re-examining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial

- In a direct replication of Church, Yount, and Brooks (2012), this study examined changes in stress biochemistry and psychological distress symptoms in 53 participants.
- Participants were randomly allocated to one of three 60-min group interventions: Emotional Freedom Techniques (EFT), psychoeducation (PE), and no treatment (NT).
- (SA-45) was used to assess psychological distress symptoms.
- Salivary cortisol assays were administered 30 min pre and post-intervention to test cortisol levels.
- Results indicated the EFT group experienced a significant decrease in cortisol greater than the original study (-43.24%, $p < .05$.)
- The EFT group reduction in cortisol was significantly different from that of the PE group (-19.67%), and as expected, the post-treatment cortisol level detected among the EFT group was lower than that of the NT group (2.02%);
- There were no significant improvements in cortisol reduction among the NT and PE groups.
- These findings of a -43% average reduction in cortisol levels for the EFT group, support the original study indicating EFT to be an efficient and effective brief treatment for reducing biological markers of stress.

Reference: Stapleton P., Crighton G., Sabot D., O'Neill H.M. (2020) *Re-examining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial* *Psychological Trauma* 2020 Nov;12(8):869-877 DOI: 10.1037/tra0000563

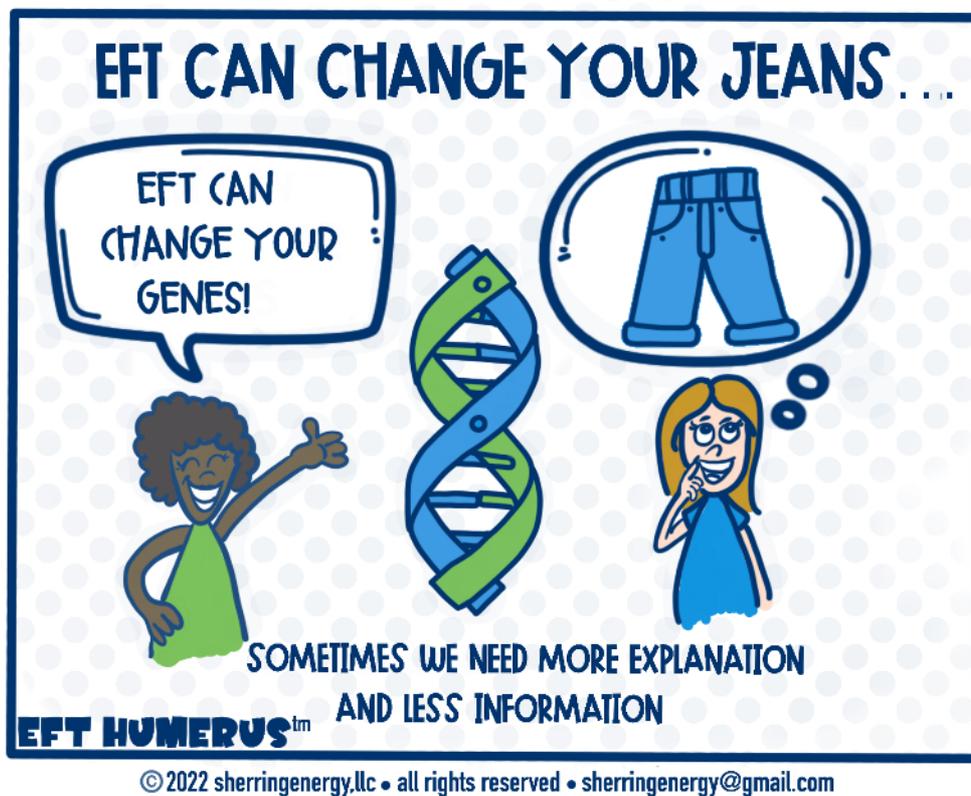
[Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial - PubMed \(nih.gov\)](#)



The EFTi Tappers

EFT has positive effects on your genes

Differential Gene Expression after Emotional Freedom Techniques (EFT) Treatment: A Novel Pilot Protocol for Salivary mRNA Assessment: A Pilot Study



EFT can change your jeans

Biopsychology is a rapidly expanding field of study since the completion of the Human Genome Project in 2003. This study compared messenger ribonucleic acid (mRNA) and gene expression before and after psychotherapy and a control condition. 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. The control treatment was non-therapeutic social interaction

- . Differential expression between EFT and control was found in numerous genes implicated in overall health ($p < 0.05$).
- . 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. The data show promise for the future use of salivary samples to determine the effects of therapy.

References: Maharaj, M.(2016)Differential Gene Expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA assessment. Energy Psychology Journal: Theory, Research and Treatment, 8(1), 17-32.doi: 10.9769/EPJ.2016.8.1.MM

[Differential Gene Expression after Emotional Freedom Techniques \(EFT\) Treatment: A Novel Pilot Protocol for Salivary mRNA Assessment | Energy Psychology Journal](#)

EFT HAS POSITIVE EFFECTS ON YOUR GENES

- ✓ STUDY PILOTTED A NOVEL METHODOLOGY
- ✓ 50 MINUTES OF EFT VS NON-THERAPEUTIC CONVERSATION
- ✓ USING SALIVA TO MEASURE mRNA & GENE EXPRESSION
- ✓ 4 NON-CLINICAL PARTICIPANTS
- ✓ GENOME-WIDE ANALYSIS WAS PERFORMED DETECTING DIFFERENTIAL GENE EXPRESSION FROM SALIVA SAMPLES
- ✓ SAMPLES COLLECTED BEFORE EFT, IMMEDIATELY AFTER AND 24 HOURS AFTER INTERVENTION
- ✓ 72 GENES WERE FOUND DIFFERENTLY EXPRESSED IMMEDIATELY AFTER EFT
- ✓ 25 GENES WERE FOUND DIFFERENTLY EXPRESSED 24 HOURS AFTER EFT
- ✓ MANY DIFFERENTLY EXPRESSED GENES ARE SHOWN TO BE LINKED TO IMMUNITY, PRO-OR ANTI-INFLAMMATORY,AND NEURONAL PROCESSES IN THE BRAIN AND BODY



CONTROL TREATMENT



EFT TREATMENT

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Many differently expressed genes are shown to be linked to immunity, pro-or anti-inflammatory ,and neuronal processes in the brain and body

Church, Dawson et al.(2018) *Epigenetic effects of PTSD remediation in veterans using Clinical Emotional Freedom Techniques: A randomized controlled pilot study*. American Journal of Health Promotion 32, no. 1 (2018): 112–122. doi:10.1177/0890117116661154.

[Epigenetic Effects of PTSD Remediation in Veterans Using Clinical Emotional Freedom Techniques: A Randomized Controlled Pilot Study - PubMed \(nih.gov\)](#)

EFT 
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EFT
HAS
POSITIVE
EFFECTS
ON
YOUR
GENES

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EFT has positive effects on your genes



**GENES EXPRESSION
CHANGES
LINKED TO IMPROVED
IMMUNITY & REDUCED
INFLAMMATORY
RESPONSES**

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Genes expression changes linked to improved immunity and reduced inflammatory responses



NOVEL METHODOLOGY

PRELIMINARY TEST OF
INTERLEUKIN-8 (IL-8) GENE IN
BOTH BLOOD IN SALIVA WAS
PERFORMED IN ORDER TO
DETERMINE EQUIVALENCY IN
TO BIOFLUIDS

A central graphic featuring a caduceus (a staff with two snakes and wings) in the center. To the left and right are icons of test tubes with magnifying glasses over them. Below these are two large, dark blue arrows pointing towards each other, meeting at the center.

CONVERGENT
VALIDITY
WAS
FOUND

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Novel Methodology



**EFT
TREATMENT EFFECT
SIZE 1.23 AGAINST
ONLY 0.41 FOR THE
COMBINED
CONTROL GROUPS**

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EFT supports anxiety reduction

EFT supports anxiety reduction

This compelling meta-analysis review is of the effect of EFT (Emotional Freedom Techniques) treatment for anxiety.

Randomized controlled trials retrieved by literature search were assessed for quality using the criteria developed by the American Psychological Association's Division 12 Task Force on Empirically Validated Treatments.

- Emotional Freedom Techniques treatment demonstrated a significant decrease in anxiety scores, even when accounting for the effect size of control treatment. However, there were too few data available comparing EFT to standard-of-care treatments such as Cognitive Behavioural Therapy (CBT), and further research is needed to establish the relative efficacy of EFT to established protocols.
- 14 studies (n = 658) met inclusion criteria. Results were analysed using an inverse variance weighted meta-analysis. The pre-post effect size for the EFT treatment group was 1.23 (95% confidence interval, 0.82-1.64; p < 0.001), whereas the effect size for combined controls was 0.41 (95% confidence interval, 0.17-0.67; p = 0.001).
- EFT is associated with a significant treatment effect when the treated patients are compared with pre-treatment levels and/or control conditions.
- The review did not find sufficient evidence to support equivalence nor superiority of EFT over traditional psychotherapeutic interventions such as CBT. However, the effect size for EFT compared with inactive treatment is higher than those reported in meta-analyses of CBT versus inactive treatment for anxiety.
- The study participants were wide ranging, including children, adolescents, university students and adults with demonstrates generalizability while simultaneously making the studies highly heterogenous or dissimilar in both population and with regards to anxiety related issues as the studies evaluated included a variety of issues including test anxiety, specific phobias and post-traumatic stress syndrome. As a result, the authors recommended the need for further studies to explore the effectiveness of EFT for conditions such as generalized anxiety disorder, social phobias and obsessive-compulsive disorder.
- The authors highlighted some of the advantages of EFT as it demonstrated a reduced treatment time required with fewer sessions needed to achieve significant results, that EFT can be self-administered effectively as a self-help modality and may not always require a licensed professional as it can be easily self-administered.
- As a result of this study, the authors state "Emotional Freedom Techniques may present a very effective, low-risk, and economic adjunct to current practice... Although there are many limitations to this analysis, the large effect sizes of the treatment groups imply that investigation should be continued."

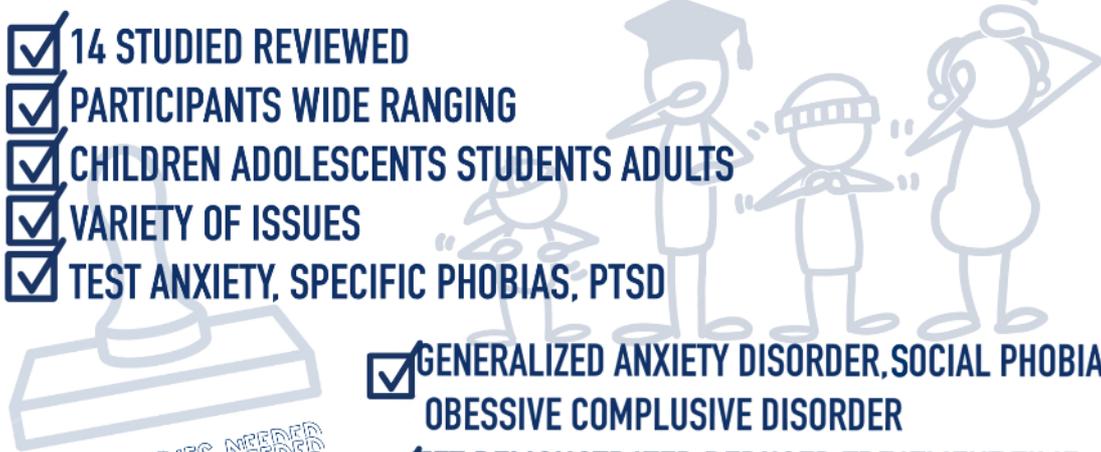
Clond, M. (2016). *Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis*. *Journal of Nervous and Mental Disease*, 204(5), 388–395. doi:10.1097/

NMD.0000000000000483

[Emotional Freedom Techniques for Anxiety: A Systematic Review With Meta-analysis - PubMed \(nih.gov\)](#)

EFT SUPPORTS ANXIETY REDUCTION

- ✓ 14 STUDIES REVIEWED
- ✓ PARTICIPANTS WIDE RANGING
- ✓ CHILDREN ADOLESCENTS STUDENTS ADULTS
- ✓ VARIETY OF ISSUES
- ✓ TEST ANXIETY, SPECIFIC PHOBIAS, PTSD



MADE MORE STUDIES
MADE MORE STUDIES
MADE MORE STUDIES
NEEDED MORE STUDIES
NEEDED MORE STUDIES
NEEDED MORE STUDIES

- ✓ GENERALIZED ANXIETY DISORDER, SOCIAL PHOBIAS
OBSSIVE COMPLUSIVE DISORDER
- ✓ EFT DEMONSTRATED REDUCED TREATMENT TIME
- ✓ FEWER SESSIONS
- ✓ SELF-ADMINISTERED EFFECTIVELY AS SELF-HELP
MAY NOT REQUIRE A LICENCED PROFESSIONAL

EFT IS ASSOCIATED WITH A SIGNIFICANT TREATMENT EFFECT WHEN THE TREATED PATIENTS ARE COMPARED WITH PRE-TREATMENT LEVELS AND/OR CONTROL CONDITIONS

EFT TREATMENT EFFECT SIZE 1.23 AGAINST ONLY 0.41 FOR THE COMBINED CONTROL GROUPS

META-ANALYSIS

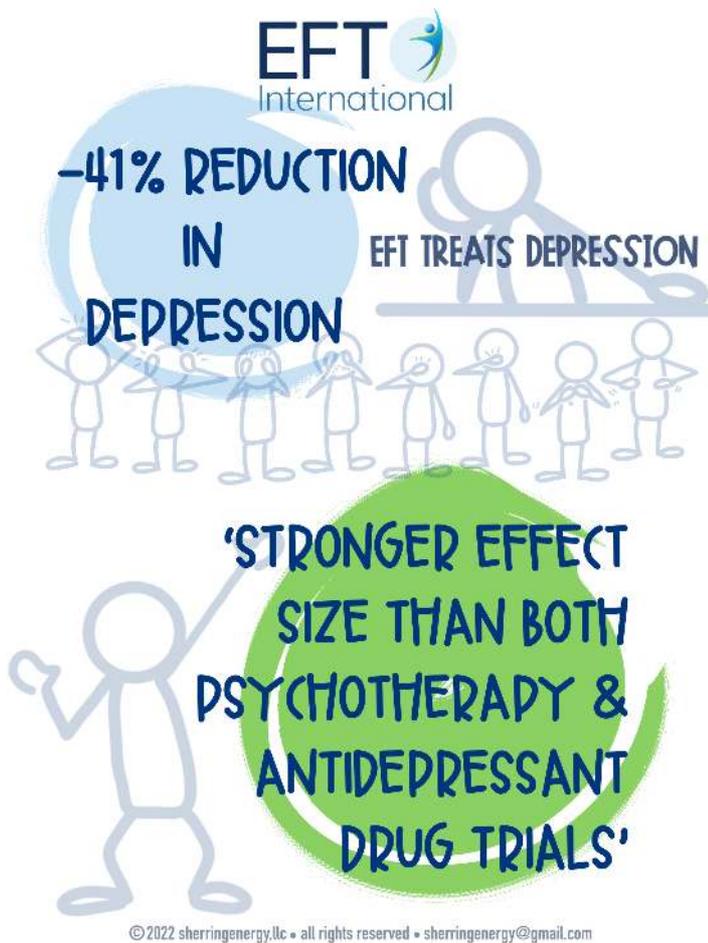
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EFT is associated with a significant treatment effect when the treated patients are compared with pre-treatment levels and/or control conditions

EFT treats depression

A Meta-Analysis of 20 EFT Studies on Depressive Symptoms Found a -41% Mean Symptom Reduction in Depression and Showed a Stronger Effect Size than Both Psychotherapy Studies and Antidepressant Drug Trials. These Results were Maintained over Time.



Stronger effect size than both psychotherapy & Antidepressant drug trials

- 20 studies, both RCTs and outcome studies, evaluated EFT's efficacy in treating depression.
 - This meta-analysis measured effect sizes at three time points including posttest, follow-ups less than 90 days, and follow-ups more than 90 days.
 - Participants were N=461 from outcome studies and N=398 for RCTs.
 - EFT was compared to diaphragmatic breathing, supportive interview, sleep hygiene education and EMDR.
 - At post test, Cohen's d for RCTs was 1.85 and for outcome studies was 0.70.
 - Follow-up effect sizes at less than 90 days were 1.21, and for more than 90 days were 1.11.
 - The post test effect size for EFT ($d = 1.31$) was larger than that measured in meta-analyses of antidepressant drug trials and psychotherapy studies.
- Large treatment effects were shown whether EFT was delivered in either a group or individual format
 - Participants maintained their gains over time.
 - The mean of symptom reductions across all studies was -41%.
 - These results provide evidence that Clinical EFT was highly effective in reducing depressive symptoms in diverse settings and populations.

EFT TREATS DEPRESSION

- ✓ 20 STUDIES
- ✓ 461 participants in outcome studies
- ✓ 398 participants randomized control trials
- ✓ EFT compared to diaphragmatic breathing
- ✓ EFT compared to supportive interviews
- ✓ EFT compared to sleep hygiene education
- ✓ EFT compared to EMDR

**A META-ANALYSIS of 20 EFT STUDIES ON
DEPRESSIVE SYMPTOMS FOUND
-41% MEAN REDUCTION IN DEPRESSION
AND SHOWED STRONGER EFFECT
SIZE THAN BOTH
PSYCHOTHERAPY & ANTIDEPRESSANT
DRUG TRIALS'**

MEIA-ANALYSIS

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International

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EFT treats depression

- Reference:

Nelms, J. and Castel, D. *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 (2016): 416-426. doi:10.1016/j.explore.2016.08.001.

[A Systematic Review and Meta-Analysis of Randomized and Nonrandomized Trials of Clinical Emotional Freedom Techniques \(EFT\) for the Treatment of Depression - PubMed \(nih.gov\)](#)

EFT is an effective treatment for PTSD

Following a Meta-Analysis of 7 Randomised Controlled Trials (RCTs) researchers concluded that EFT is a safe and efficacious treatment for PTSD resulting in large treatment effect and lasting benefit.

Only studies meeting the criteria for evidence-based standards published by the *American Psychological Association Division 12 Task Force on Empirically Validated Therapies* were included in this Meta-Analysis.

- Researchers Brenda Sebastian and Jerrod Nelms found a large treatment effect with a weighted Cohen's $d = 2.96$ for the five studies that compared EFT to usual care or a waitlist. Cohen's d is a popular measure in psychology to determine effect size. Generally, $d = 0.2$ is considered as a small, 0.5 as a medium, and 0.8 as a large effect size.
- Two studies comparing EFT to other evidence-based therapies such as eye movement desensitization and reprocessing (EMDR) and cognitive behaviour therapy (CBT) respectively, found no difference in treatment effect between the compared interventions.
- Participants included patients at a hospital in the UK's National Health System (NHS), victims of sexual violence in the Congo, and US veterans with high levels of PTSD. Treatments varied between 4 sessions in the NHS study to 10 sessions for US veterans. Victims of sexual violence in the Congo received group sessions.
- The studies reported no adverse effects from EFT interventions.
- The researchers concluded that EFT and can be used both on a self-help basis and as a primary evidence-based treatment for PTSD.

Reference:

Sebastian, B., & Nelms, J. (2016). *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. doi:10.1016/j.explore.2016.10.001

[The Effectiveness of Emotional Freedom Techniques in the Treatment of Posttraumatic Stress Disorder: A Meta-Analysis - PubMed \(nih.gov\)](#)



The EFTi Tappers

EFT EFFECTIVE TREATMENT FOR PTSD

- ✓ 7 randomized control trials
- ✓ EFT vs CBT
- ✓ EFT vs EMDR
- ✓ 4 sessions NHS patients
- ✓ 10 sessions US veterans
- ✓ group sessions Congo sexual violence victims

EFT
IS
SAFE & EFFICACIOUS
FOR
PTSD

EFT
can be used
as self-help basis
& as primary
evidence-based
treatment
for PTSD

META-ANALYSIS

EFT
International

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EFT is safe & efficacious for PTSD

THE PROMISING NEW AREAS OF RESEARCH IN EFT

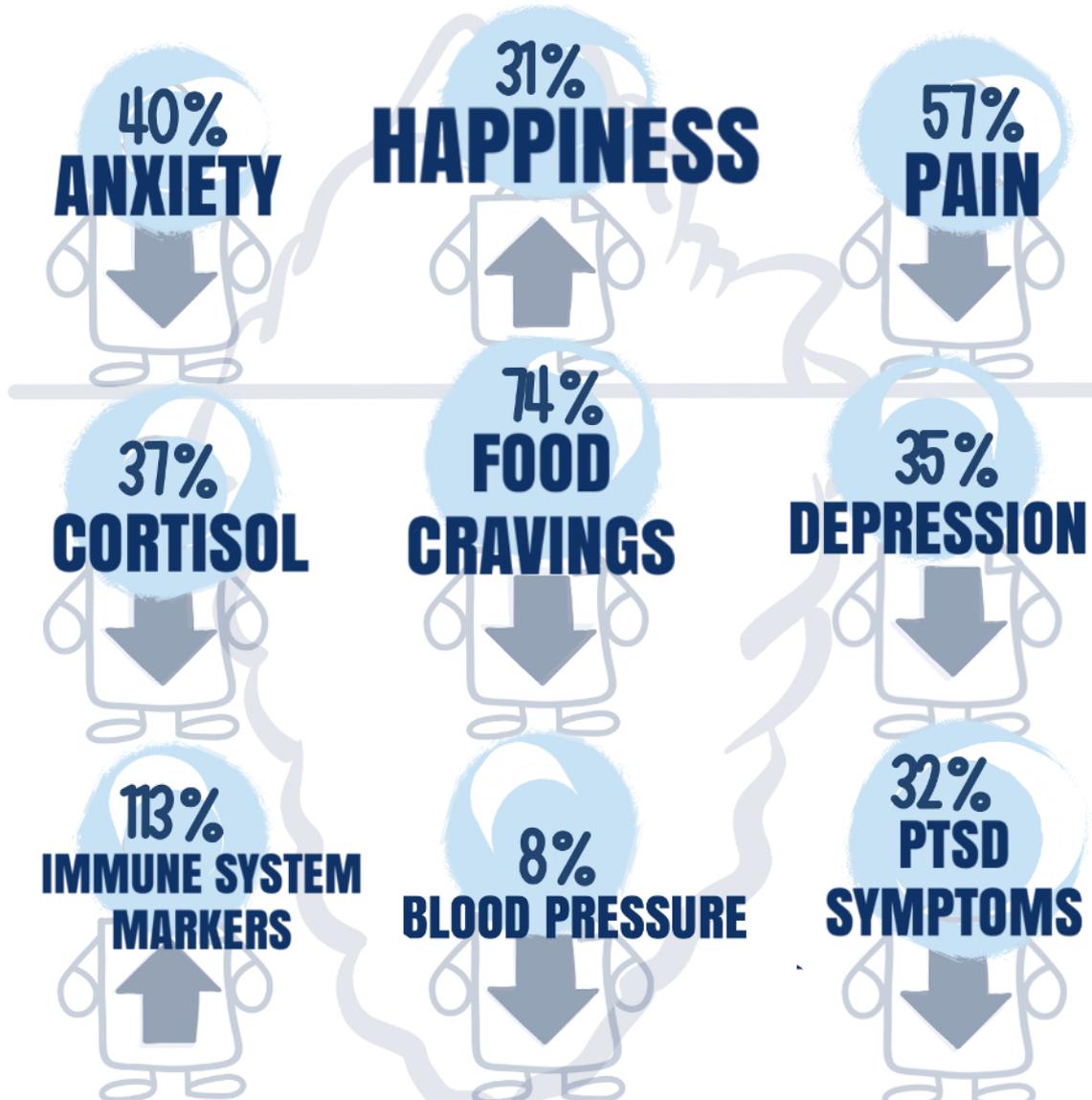
- Stress reduction
- Addiction
- Pain management
- Supportive cancer treatments
- Physical conditions
- Supporting those who have experienced Adverse Childhood Events(ACE's)
- Eating disorders
- Obesity
- Student exam anxiety
- Academic performance
- Sports performance

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Promising new areas of research in EFT

CLINICAL EFT IMPROVES MULTIPLE PHYSIOLOGICAL MARKERS OF HEALTH



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Clinical EFT improves multiple physiological markers of health

PROMISING NEW AREAS OF EFT RESEARCH

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 ACE's  OBESITY

ADVERSE CHILDHOOD
EXPERIENCES

 STRESS
REDUCTION

 SUPPORTING CANCER
TREATMENT

 ACADEMIC
PERFORMANCE  STUDENT EXAM
ANXIETY

 ADDICTION

 PAIN
MANAGEMENT

 PHYSICAL
CONDITIONS

 TINNITUS
 PSORIASIS

 CASE
STUDIES
NEEDED

 CASE
STUDIES
NEEDED

 EATING
DISORDERS

 ANXIETY

 STRESS

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Promising new areas of EFT research



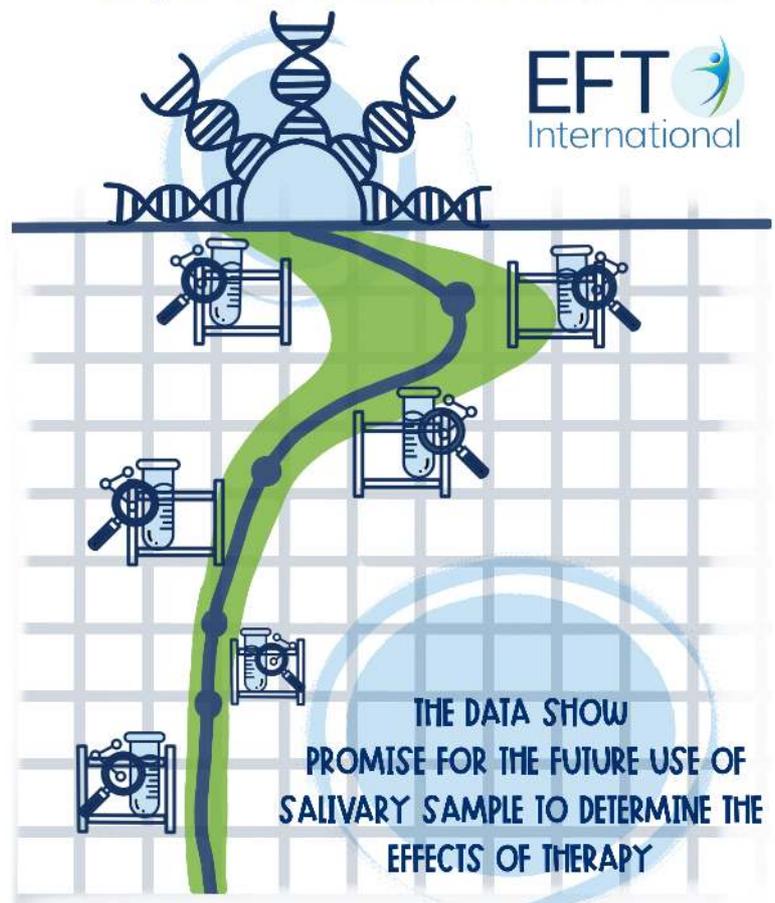
EFTi Needs YOU...Case Studies

In addition to the areas of research outlined in this document, with over 290 papers in the field of Combined Somatic and Cognitive Therapies, there are a range of exciting new developments in the use of EFT. Some of these are already well demonstrated and some have case studies and pilot studies which show enormous promise.

These promising new areas of research in EFT including student exam anxiety and academic performance, obesity, stress reduction, addiction, supporting cancer treatment, pain management, sports performance supporting those who have experienced adverse childhood experiences (ACE's), eating disorders, and the treatment of many physical conditions including psoriasis and tinnitus.

There are already studies in the areas above, and these can be found on our website in the searchable database at <https://eftinternational.org/discover-eft-tapping/eft-science-research/>

THE FUTURE FOR EFT



The data show promise for the future use of salivary sample to determine the effects of therapy

We are actively encouraging case study research from new contributors in the field of EFT, let us know here if you have an area you're looking at. EFTi offers guidance and support for those wishing to contribute high quality case studies and other academic research.

Get the overview from a pioneer in the field David Feinstein

Want more of an overview of Combined Somatic and Cognitive Psychologies including EFT? Take a look at David Feinstein's brilliant articles hosted on our website.

<https://eftinternational.org/discover-eft-tapping/eft-science-research/dr-david-feinstein-energy-psychology-eft-series/>

How can I find out more?

Contact info for EFTi

<https://eftinternational.org>



The EFTi Tappers

MORE STUDIES NEEDED



ANXIETY



PTSD

DEPRESSION



OBESITY

CORTISOL



PAIN



ADDICTION



HAPPINESS



BLOOD

PRESSURE



IMMUNITY

EFT

International



PHOBIAS



CANCER

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Curating Research and setting the standards for the highest quality training in EFT



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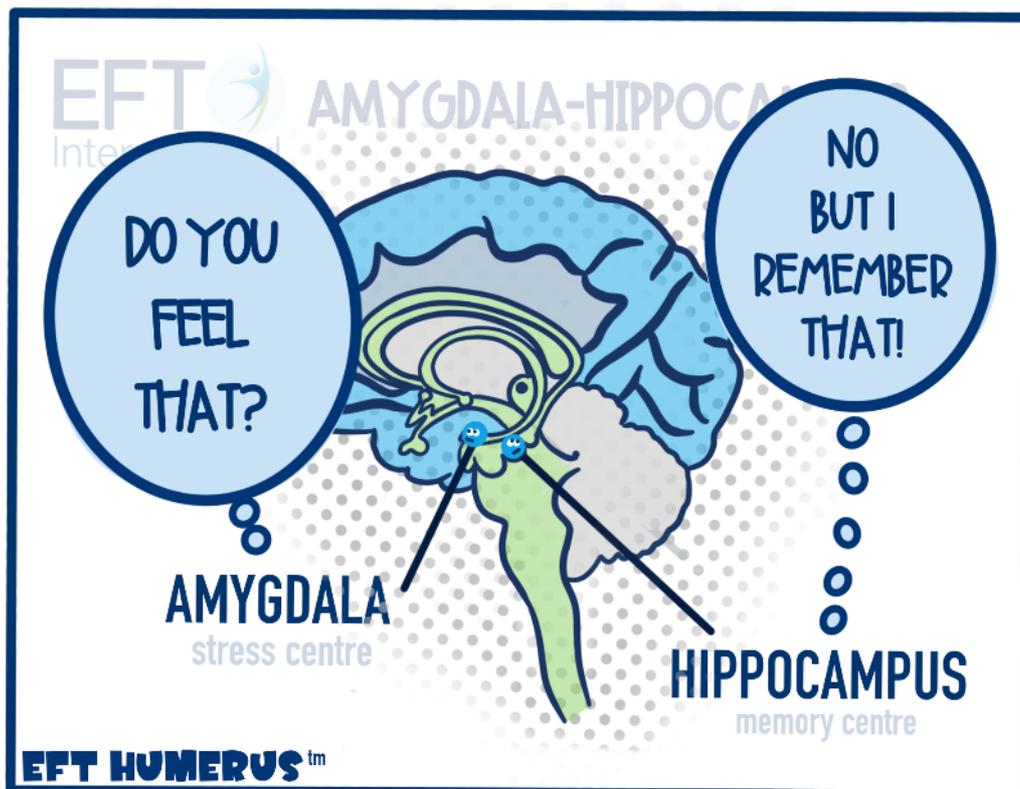
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Amygdala Hippocampus Talk



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