

RESEARCH SUMMARY

The Science Behind Energy Psychology



125+ Studies Document Energy Psychology's Effectiveness

- 70+ randomized controlled trials
- 55+ clinical outcome studies
- 2 randomized control trials using biologic or genetic outcome measures document positive outcomes for EP methods
- fMRI study documents neural changes after using energy psychology

Plus

- 5 meta-analyses show effective treatment for depression, anxiety and PTSD
- Studies show 86% of veterans no longer had PTSD when treated with energy psychology. It's 2x as effective and 2x faster compared to prolonged exposure therapy.
- 5 systematic reviews of EP modalities
- 12 comparative reviews (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 a number of those studies, EP achieved results in significantly less time.

In total, 275+ 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 400 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 Quality and Quantity (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 control trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019 - 2021 First 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 control trials now total 70

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.

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