

Clinical EFT (Emotional Freedom Techniques) Research Facts



300+ Energy Psychology Research Studies in peer reviewed journals, researched by 200+ investigators in 12+ countries

Research

- 103 randomized controlled trials
- 95 pre-post clinical outcome studies
- 99% of these studies show EP to be effective
- Randomized controlled trials document positive physiological outcomes for EFT: gene expression, immunological changes and stress biochemistry.
- 5 fMRI studies document neurological changes after EFT

Plus:

- 6 meta-analyses show effectiveness for depression, anxiety and PTSD
- Research documented 86% of veterans no longer had PTSD symptoms after energy psychology treatment.
- 11 systematic reviews of EP modalities
- 27 comparative reviews.

All reviews document EP effectiveness.

- 8 studies comparing cognitive behavior therapy (CBT) and EFT show that it is either equivalent to or more effective than CBT. However, EFT achieves these similar results in significantly less time.

Over 120 clinical trials of SEFT (Spiritual Emotional Freedom Techniques) published in regional and non-English journals

EFT is the most researched energy psychology modality

Multiple research studies show that EFT 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.

Validation and Acceptance

2016:

- The Slovenian Ministry of Education funds 75% EFT training for all teachers and educational workers in Slovenia kindergarten, primary and secondary schools
- Haute Autorité de Santé (High Authority for Health, France) recommend EFT as a form of psychological care for patients with Syringomyelia (cysts in the spinal cord)

2017:

- The U.S. Veterans Administration added EFT to List 2, approving it as a “generally safe therapy.”

2018:

- ACEP and 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.”

2019:

- EFT (Emotional Freedom Techniques) was approved for use in the South Korean medical system.
- Blue Knot Foundation for (trauma) includes EFT in PTSD clinical guidelines in Australia

2020:

- Australian Psychological Society features EFT during National Psychology Week as emerging approach for pain
- APA journal (USA) published EFT cortisol replication study
- A major review of psychological treatments for PTSD – Energy psychology (combined somatic/cognitive therapies) was the 2nd most effective at reducing PTSD symptoms at the end of treatment to waitlist (after EMDR which was found to be most effective). Further, energy psychology had the greatest cost savings over no treatment, followed by EMDR, trauma-focused CBT and then other treatments
- Australian Government Department of Veteran’s Affairs. Reviewed the effectiveness of emerging interventions (including EFT) for the treatment of adults with a diagnosis of PTSD. EFT received a “promising” ranking for interventions for physical health and health conditions, interventions for mental health and interventions to improve social engagement.
- Current Care Guidelines by the Finnish Medical Society Duodecim recommend EFT as an experimental drug-free intervention for traumatic stress disorder.

2021:

- UNESCO recommends using acupoint tapping as a psychological intervention for children and parents during and following disasters.
- The New York State Worker’s Compensation Board found that EFT produced “significant clinical improvement in PTSD symptoms with only a slightly higher degree of improvement in EMDR at 3 month follow up.”
- NHS Resolution from the UK Government. They specifically recommend emotional freedom techniques as a support measure for staff and managers’ mental health and wellbeing.

- The American College of Occupational and Environmental Medicine's recommends EFT for working with depression.

2022:

- The Department of Juvenile Justice of the Commonwealth of Virginia recommends EFT to manage stress, anxiety, and depression.
- Commonwealth of Virginia (USA) Department of Juvenile Justice, promote using EFT to manage stress and improve anxiety. They also promote consulting an EFT practitioner for depression/more complex issues.

2023:

- NHS also speak about an internal program from January 2023 called 'Time for Me in 2023', where they ran workshops on emotional freedom techniques to remind staff to focus on their wellbeing

2024:

- Kaiser Permanente, the largest US healthcare provider, offers EFT sessions as well as self-help EFT instruction on its patient websites.
- In the UK, the National Health Service does the same.
- NHS include trainings for staff on EFT (Peter and Tamara Donn)

International hospitals using EFT:

- Christie Hospital Manchester
- Forth Valley NHS
- Beechwood Cancer Support Centre
- Central Lancashire NHS
- Lincoln NHS
- Pembroke & Tavistock NHS
- EFT Training in University Hospital Beachwood, Ohio
- Mater Dei Hospital in Malta funds training in EFT for Midwives
- College of Nursing, University of Colorado, Center for Midwifery, Longmont – disseminating Dr Peta's EFT manuals and worksheets to students

Australian Hospitals using EFT:

- Spendlove Hospital
- Palm Beach Currumbin Private Hospital
- Lavender House
- Gold Coast University Hospital, QLD Health teaching for staff wellbeing/burnout
- John Flynn Medical Centre – Pain Clinic
- Gold Coast Primary Health Network (GCPHN) Persistent Pain program
- Vital Projex – federally funded school programs uses EFT with virtual reality
- QUT, Brisbane – Dr Peta's EFT guide is being given to students for well-being
- Southern Cross University analyses systematic review Church et al (2022) in their final Honours subject *Psychological Assessment and Intervention Across Settings: Practice, Research and Evaluation*

For the most up-to-date research on EFT, please visit:
<https://www.evidencebasedeft.com/research>