

Selected Research: Emotional Freedom Techniques

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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. doi: 10.1037/a0021171

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.

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. doi: <http://dx.doi.org/10.1016/j.explore.2016.10.001>

Gilomen, S., Lee, C. (2015) The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *Journal of Behavior Therapy and Experimental Psychiatry*, 48, 140-148. doi: 10.1016/j.jbtep.2015.03.012

Nelms, J. A., & Castel, L. (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), 416-426. doi: 10.1016/j.explore.2016.08.001

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