



The Science Behind Energy Psychology

Quick Facts

Over 200 studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.

This includes:

- Over 50 randomized controlled trials
- Over 50 pre-post outcome studies
 - 99% of the above 100+ studies document EP effectiveness
- 7 meta-analyses
- 12 systematic reviews

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 – 2016 3 meta-analyses show energy psychology effective for depression and anxiety
- 2017 – 2018 Meta-analysis shows EFT effective for PTSD
 - 2 randomized control trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019
 - First fMRI study documents neural changes after EFT
 - 2 studies documented physiological & immunological changes and genetic (microRNA) expression with EFT



And multiple research studies have found that energy psychology methods can effectively treat:

- Anxiety
- Depression
- Food cravings
- Pain
- Trauma and PTSD

Here is more good news

- 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. You can read more about it [on our blog](#).
- ACEP and AAMET 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.
- 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.

Visit energypsych.org/research to view and access a comprehensive list of studies.

We'd love to welcome you into our family of professionals who are dedicated to using energy healing methods with their clients. [Learn more](#) about the Association for Comprehensive Energy Psychology (ACEP) at energypsych.org.

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