Abstracts of my research articles

Nicosia, G., Minewiser, L, & Freger, A. (2019). World Trade Center: A longitudinal case study for treating Post Traumatic Stress Disorder with Emotional Freedom Technique and Eye Movement. Work, 63(2), 199-204. DOI: 10.3233/WOR-192921. Background: Emotional Freedom Techniques (EFT) and Eye Movement Desensitization and Reprocessing (EMDR) have been empirically validated as effective psychotherapeutic interventions for treating Post Traumatic Stress Disorder (PTSD). This single subject design case study is of a survivor of the Twin Towers collapse who was treated for prolonged PTSD complicated by dissociated memories. Objective: EMDR and EFT’s effectiveness in treating PTSD were evaluated. Method: Multiple assessments using Trauma Symptom Inventory (TSI) and Personality combination with EMDR were conducted. Results: Effects of a single session of EFT assessed immediately after treatment demonstrated an elimination of clinically significant scores on both the TSI and PAI. The participant concluded treatment with nearly complete symptom remediation and a return to work. Conclusion: The combination of treatment methods appears to be highly effective and allowed this subject to return to work after many years of disability.

Minewiser, L. (2017). Six Sessions of Emotional Freedom Techniques Remediate One Veteran's Combat-Related Post-Traumatic Stress Disorder. Medical Acupuncture, 29(4): 249-253.

Background: Reports show high rates of post-traumatic stress disorder (PTSD) in Veterans who served in the Gulf Wars. Emotional Freedom Techniques (EFT) comprises an evidence-based practice that is highly effective at reducing symptom severity in Veterans with PTSD. The case report here is of one of the Veterans who participated in a replication study of the first Veteran Stress Research Study conducted by Church et al. Results of that study demonstrated that EFT was highly effective at treating the psychological symptoms of PTSD. Similar results have been found in the replication study conducted by Geronilla et al. Case: RM is a young Marine Reservist who served in Iraq and returned with PTSD. He participated in the Veteran Stress Project replication study wherein he received 6 sessions of EFT. EFT is explained and a sample treatment session is described. A discussion of some of the changes EP Clinical Case Studies | Association for Comprehensive Energy Psychology Energypsych.org 2 that have occurred for RM is included. Results: The patient’s PTSD scores dropped from a high clinical score of 60 before treatment to 40 after 6 sessions and to a clinical score of 22 at 6 months follow-up. His insomnia, which had been at a clinical level, reduced as did his pain and measures of psychologic distress, as measured in the Symptom Assessment–45 instrument. Conclusion: Six sessions of EFT reduced PTSD scores dramatically and improved RM’s life. He continues to use EFT to manage stress in his life.

Geronilla, L., Minewiser, L., Mollon, P., McWilliams, M., & Clond, M. (2016). EFT (Emotional Freedom Techniques) Remediates PTSD and Psychological Symptoms in Veterans: A Randomized Controlled Replication Trial. Energy Psychology Journal, 8(2). DOI:10.9769/EPJ.2016.8.2.LG

Abstract Posttraumatic stress disorder (PTSD) is a common condition among veterans and is often regarded as treatment-resistant. Emotional Freedom Techniques (EFT) combines brief exposure therapy with acupressure and has demonstrated efficacy for PTSD in other trials and meta-analyses. This study recruited 58 veterans who scored 50 or greater on the military PTSD checklist (PCL-M), indicating clinical symptom levels. Participants were randomized into a Treatment As Usual (TAU) wait-list group (n = 26) and an experimental group (n = 32), which received six one-hour EFT sessions in addition to TAU. The mean pretreatment PCL-M score of participants was 66 ± 7.4, with no significant difference between groups. The EFT group demonstrated a significant reduction in PCL-M score from 65 ± 8.1 to 34 ± 10.3 (p < 0.001), while subjects in the TAU group showed no significant change. The TAU group was then treated with EFT and groups were combined for analysis using linear mixed effects modeling. In the combined EFT group, posttreatment PCL-M scores declined to a mean of 34 (–52%, p < 0.001). Participant gains were maintained at three and six-month follow-up, with mean six-month PCL-M scores of 34 (p < 0.001). Psychological conditions such as anxiety and depression also declined significantly, as did physiological markers of insomnia and pain. An effect size of Cohen’s d = 3.44 indicates a large treatment effect. These results replicate those obtained in an earlier investigation, and indicate that EFT is an evidence-based practice that is highly effective at reducing symptom severity in veterans with PTSD. Keywords: veterans, PTSD, memories, resiliency, trauma, EFT, Emotional Freedom Techniques