

Energy Psychology: A Hierarchy of Evidence

Updated October 2025



In addition to the papers in this database published in peer-reviewed journals, more than 175 clinical trials reporting investigations of energy psychology have been published in foreign language journals. They report encouraging outcomes with a wide range of issues, such as anxiety disorders, aggression, drug addiction, dementia, depression, post-traumatic symptoms, post-operative pain, and controlling insulin levels in diabetes. These studies were not included in this database because only the abstracts had been translated, and so they could not be reviewed for methodological rigor. Also not included are English-language publications for which ACEP was unable to verify the legitimacy of the journal. In this era of predatory journals, we are not inflating our count of legitimate energy psychology studies. These papers are presented in reverse chronological order. See the document “EP Studies Published in Non-English Journals” on the website.

Meta-Analyses of Energy Psychology (EP) Studies

Chen W., Chao T., Huang W. et al. (2025). Effectiveness of Emotional Freedom Techniques in Alleviating Symptoms Associated with Posttraumatic Stress Disorder: A Systematic Review and

Meta-analysis. *Eur Arch Psychiatry Clin Neurosci*. 2025 Apr 30. doi: 10.1007/s00406-025-02000-4. <https://pubmed.ncbi.nlm.nih.gov/40301160/>

Zhang, Y., Liu, Y., Li, X., Wang, Y., & Chen, Y. (2024). The effectiveness of emotional freedom techniques for depressive symptoms: A meta-analysis. *Frontiers in Psychiatry*, 15, Article 11547174. <https://doi.org/10.3389/fpsyt.2024.11547174>

Zheng D, Lin X, Gao X, Wang L, Zhu M. (2025). The impact of emotional freedom techniques on anxiety, depression, and anticipatory grief in people with cancer: A meta-analysis and systematic review. *Journal of Psychosomatic Research* 2025;112088.

Zhou, J., Zhu, Z., Li, R., Guo, X., & Li, D. (2025). Comparative efficacy of non-pharmacological interventions on fear of childbirth for pregnant women: a systematic review and network meta-analysis. *Frontiers in Psychology*, 16, 1530311. <https://doi.org/10.3389/fpsyg.2025.1530311>

Seok, J. W., & Kim, J. U. (2024). The Effectiveness of Emotional Freedom Techniques for Depressive Symptoms: A Meta-Analysis. *J. Clin. Med.* 2024, 13(21), 6481. <https://doi.org/10.3390/jcm13216481>

Wright S., Karyotaki E., Cuijpers P., et al. (2024). EMDR v. other psychological therapies for PTSD: a systematic review and individual participant data meta-analysis. *Psychological Medicine*. 54(8):1580-1588. doi:10.1017/S0033291723003446

Stapleton, P., Kip, K., Church, D., Toussaint, L., Footman, J., Ballantyne, P., and O'Keefe, T. (2023). Emotional freedom techniques for treating post traumatic stress disorder: An updated systematic review and meta-analysis. *Frontiers in Psychology*, 14, 2023. <https://doi.org/10.3389/fpsyg.2023.1195286> <https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1195286/full>

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: A systematic review and meta-analysis. *Bulletin of the World Health Organization*, 99(7). Article ID: BLT.20.269050 <https://www.who.int/publications/journals/bulletin/online-first>

Church, D., Stapleton, P., Yang, A., Gallo, F. (2018). Is tapping on acupuncture points an active ingredient in Emotional Freedom Techniques? A systematic review and meta-analysis of comparative studies. *Journal of Nervous and Mental Disease*, 206(10). <https://www.ncbi.nlm.nih.gov/pubmed/30273275>

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

Clond, M. (2016). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis. *J Nerv Ment Dis*. 2016 May; 204(5):388-95. doi: 10.1097/NMD.0000000000000483

Nelms, J. & Castel, D. (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), 416-26. <http://dx.doi.org/10.1016/j.explore.2016.08.001>

Gilomen, S. A. & Lee, C. W. (2015). The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *Journal Behavior Therapy & Experimental Psychiatry*, 48 (2015) 140-148.

Systematic Reviews of Energy Psychology Studies

Chen W., Chao T., Huang W. et al. (2025). Effectiveness of Emotional Freedom Techniques in Alleviating Symptoms Associated with Posttraumatic Stress Disorder: A Systematic Review and Meta-analysis. *Eur Arch Psychiatry Clin Neurosci*. 2025 Apr 30. doi: 10.1007/s00406-025-02000-4. <https://pubmed.ncbi.nlm.nih.gov/40301160/>

Choi, S. H., Sung, S.-H., & Lee, G. (2025). Emotional Freedom Techniques for Anxiety Disorders: A Systematic Review. *Healthcare*, 13(17), 2180. <https://doi.org/10.3390/healthcare13172180>

Hasibuan, S.H., Said, F.M., Rashid, N.A., Huda, A., & Mulyani, S. (2025). The Effectiveness of Emotional Freedom Technique (EFT) in Improving the Mental Health of Breast Cancer Patients: Systematic Literature Review. *African Journal of Biomedical Research*. DOI:10.53555/ajbr.v28i1s.6175

Kwon, C. Y., & Lee, B. (2025). Effectiveness of psychotherapy for Hwa-Byung: A systematic review of interventional studies. *Medicine*, 104(6), e41315. <https://doi.org/10.1097/MD.00000000000041315>

Rizzo, A., Laachi, s., Ali, D.A., Khabbache, H., et al. (2025). The efficacy of emotional freedom techniques and tapping in reducing job stress and burnout: A review of research. *Mental Health and Social Inclusion* 2025; <https://doi.org/10.1108/MHSI-02-2025-0078>

Zheng D, Lin X, Gao X, Wang L, Zhu M. (2025). The impact of emotional freedom techniques on anxiety, depression, and anticipatory grief in people with cancer: A meta-analysis and systematic review. *Journal of Psychosomatic Research* 2025;112088.

Zhou, J., Zhu, Z., Li, R., Guo, X., & Li, D. (2025). Comparative efficacy of non-pharmacological interventions on fear of childbirth for pregnant women: a systematic review and network meta-analysis. *Frontiers in Psychology*, 16, 1530311. <https://doi.org/10.3389/fpsyg.2025.1530311>

Hamidah, H., Rauf, S., Arifuddin, S., Musba, A. M. T., Prihantono, P., Pelupessy, N. U., ... & Permatasari, T. A. E. (2024). The effect of spiritual emotional freedom technique impact to pain in cervical cancer post-chemoradiation: a review article. *Healthcare in Low-resource Settings*.

Trivedi, M. K., Branton, A., Trivedi, D., Mondal, S., & Jana, S. (2024). The use of biofield energy therapy as complementary and alternative medicine in human health care system: A narrative review and potential mechanisms. *Journal of Complementary and Integrative Medicine*, 21(4), 451-460. <https://doi.org/10.1515/jcim-2024-0027>

Wong K.W., Wu X., Dong Y. (2024). Interventions to reduce burnout and improve the mental health of nurses during the COVID-19 pandemic: A systematic review of randomised controlled trials with meta-analysis. *Int J Ment Health Nurs*, 33(2):324-43. <https://doi.org/10.1111/inm.13251>

Feinstein, D. (2023). Integrating the manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of Psychotherapy Integration*, 33(1), 47–67. <https://doi.org/10.1037/int0000283>

Church, D., Stapleton, P. Vasudevan, A. & O'Keefe, T. (2022). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions: A systematic review. *Front. Psychol.*, 13. | <https://doi.org/10.3389/fpsyg.2022.951451> <https://www.frontiersin.org/articles/10.3389/fpsyg.2022.951451/full>

Wati, N. L., Sansuwito, T. B., Riyanto, D., Sustiyono, A., & Musfirowati, F. (2022). The effectiveness of Emotional Freedom Technique on public speaking anxiety in university students: An integrated review. *Open Access Macedonian Journal of Medical Sciences*, 10(F), 263–268. <https://doi.org/10.3889/oamjms.2022.7919>

Lee, S. H., Jeong, B. E., Chae, H., & Lim, J. H. (2021). Emotional Freedom Techniques (EFT) for Students' Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry*, 32(1); 165-181. <https://kiss.kstudy.com/thesis/thesis-view.asp?key=3547835>

Feinstein, D. (2018). Energy psychology: Efficacy, speed, mechanisms. *Explore: The Journal of Science and Healing*. <https://doi.org/10.1016/j.explore.2018.11.003>

Han, C., Seung, H., Bo, E.J., Jung, H.L. (2017). Emotional Freedom Techniques (EFT) for Students Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry* 2017;28(3):165-82.

Kalla, M. (2014). The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: a systematic review protocol. *JBI Database of Systemic Reviews & Implementation Reports*, 12(2). <http://joannabriggslibrary.org/index.php/jbisrir/article/view/1153/1861>

Boath, E., Stewart, A. and Carryer, A. (2012). A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT). Staffordshire University, CPSI Monograph.

Feinstein, D. (2012). Acupoint Stimulation in Treating Psychological Disorders: Evidence of Efficacy. *Review of General Psychology*, 16(4), 364-380. doi:10.1037/a0028602

Comparative Reviews: Comparing EP Methods with Other Therapies

Wong K., Wu X., Dong Y. (2024). Interventions to reduce burnout and improve the mental health of nurses during the COVID-19 pandemic: A systematic review of randomised controlled trials with meta-analysis. *Int J Ment Health Nurs*, 33(2):324-43.

Wright S., Karyotaki E., Cuijpers P., et al. (2024). EMDR v. other psychological therapies for PTSD: a systematic review and individual participant data meta-analysis. *Psychological Medicine*. 54(8):1580-1588. doi:10.1017/S0033291723003446

Zani, A. Y. P., & Shari, W. W. (2024). Complementary therapies to reduce levels of stress, anxiety and depression: A literature review. *Ganesha International Proceeding of Multidisciplinary*, 1(1). <https://prosiding.stieganesha.ac.id/index.php/gipm/article/view/>

Catapano P, Cipolla S, Sampogna G, Perris F, Luciano M, Catapano F, et al. (2023). Organizational and Individual Interventions for Managing Work-Related Stress in Healthcare Professionals: A Systematic Review. *Medicina* (Kaunas) 2023 Oct 20;59(10).

Kaur Khaira, M., Gopal, R., Suriati, M., & Isa, Z. (2023). Interventional Strategies to Reduce Test Anxiety among Nursing Students: A Systematic Review. *International Journal of Environmental Research and Public Health*, 20(2), 1233. Retrieved from <http://dx.doi.org/10.3390/ijerph20021233>
<https://www.mdpi.com/1660-4601/20/2/1233>

Köse, S., & Murat, M. (2022). Interventional studies on nurses' mental health in the COVID-19 pandemic: A systematic review. *Psych*, 4(3), 525–536. <https://doi.org/10.3390/psych4030040>

López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023). Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. Open Access. *Journal of Clinical Nursing*. <https://doi.org/10.1111/jocn.16634>

Lee, E., Faber, J. & Bowles, K. (2022). A Review of Trauma Specific Treatments (TSTs) for Post-Traumatic Stress Disorder (PTSD). *Clin Soc Work J* 50, 147–159. <https://doi.org/10.1007/s10615-021-00816-w>

McGreevy, S. & Boland, P. (2022). Touch: An integrative review of a somatosensory approach to the treatment of adults with symptoms of post-traumatic stress disorder. *European Journal of Integrative Medicine*, 54, 2022, 102168, ISSN 1876-3820,
<https://doi.org/10.1016/j.eujim.2022.102168>.
<https://www.sciencedirect.com/science/article/pii/S1876382022000695>

Park, J. H., Jung, S. E., Ha, D. J., Lee, B., Kim, M. S., Sim, K. L., Choi, Y. H., & Kwon, C. Y. (2022). The effectiveness of e-healthcare interventions for mental health of nurses: A PRISMA-compliant systematic review of randomized controlled trials. *Medicine*, 101(25), e29125. <https://doi.org/10.1097/MD.00000000000029125>

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization*, 99(7). Article ID: BLT.20.269050
<https://www.who.int/publications/journals/bulletin/online-first>

Doherty, A., Benedetto, V., Harris, C. et al. (2021). The effectiveness of psychological support interventions for those exposed to mass infectious disease outbreaks: a systematic review. *BMC Psychiatry* 21, 592 (2021). <https://doi.org/10.1186/s12888-021-03602-7>

Farzad, M., MacDermid, J., Ring, D., & Shafiee, E. (2021). A scoping review of the evidence regarding assessment and management of psychological features of shoulder pain. *Rehabilitation Research and Practice*, vol. 2021, Article ID 7211201. <https://doi.org/10.1155/2021/7211201>

Uzzi, C. et al. (2021). The effect of Covid-19 on the mental health of healthcare workers: A systematic review. *Journal of Advances in Medicine and Medical Research*, 33(21), 183-194. Article no.JAMMR.76595 ISSN: 2456-8899. <http://libraryaplos.com/xmlui/handle/123456789/6845>

van Ginneken, N. et al. (2021). Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. *Cochrane Database of Systematic Reviews* 2021, Issue 8. Art. No.: CD009149. DOI: 10.1002/14651858.CD009149.pub3.

Mavranetzouli, I., Megnin-Viggars, O., Daly, C., Dias, S., Stockton, S., Meiser-Stedman, R., Trickey, D., & Pilling, S. (2020). Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: a network meta-analysis. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 61(1), 18–29. <https://doi.org/10.1111/jcpp.13094>

Mavranetzouli, I., Megnin-Viggars, O., Grey, N., Bhutani, G., Leach, J., Daly, C., ... & Pilling, S. (2020). Cost-effectiveness of psychological treatments for post-traumatic stress disorder in adults. *PloS one*, 15(4), e0232245.

Bangpan, M., Felix, L., & Dickson, K. (2019). Mental health and psychosocial support programmes for adults in humanitarian emergencies: A systematic review and meta-analysis in low and middle-income countries. *BMJ Global Health*, 4(5), e001484. <https://doi.org/10.1136/bmjgh-2019-001484>

Rometsch-Ogioun El Sount, C., Windthorst, P., Denking, J., Ziser, K., Nikendei, C., Kindermann, D., Ringwald, J., Renner, V., Zipfel, S., Junne, F. (2019). Chronic pain in refugees with posttraumatic stress disorder (PTSD): A systematic review on patients' characteristics and specific interventions. *Journal of Psychosomatic Research*, (118), 83-97. <https://doi.org/10.1016/j.jpsychores.2018.07.014>

Tarsha, M.S., Park, S., & Tortora, S. (2019). Body-Centered Interventions for Psychopathological Conditions: A Review. *Frontiers in Psychology*, 10.

Xiong, T., Wozney, L., Olthuis, J., Rathore, S., & McGrath, P. (2019). A scoping review of the role and training of paraprofessionals delivering psychological interventions for adults with post-traumatic stress disorder. *Journal of Depression & Anxiety*, 8(3).

Purgato M, Gastaldon C, Papola D, van Ommeren M, Barbui C, Tol WA. (2018). Psychological therapies for the treatment of mental disorders in low- and middle-income countries affected by humanitarian crises. *Cochrane Database Syst Rev.*, 7:CD011849. doi: 10.1002/14651858.CD011849.pub2.

Brown, R.C., Witt, A., Fegert, J.M., Keller, F., Rassenhofer, M. & Plener, P. (2017). Psychosocial interventions for children and adolescents after man-made and natural disasters: a meta-analysis and systematic review. *Psychological Medicine*, 47, 1893–1905. doi:10.1017/S0033291717000496

Gutermann, J., Schwartzkopff, L. & Steil, R. (2017). Meta-analysis of the Long-Term Treatment Effects of Psychological Interventions in Youth with PTSD Symptoms. *Clin Child Fam Psychol Rev* 20, 422–434. <https://doi.org/10.1007/s10567-017-0242-5>

Mangione, L., Swengros, D. & Anderson, J.G. (2017). Mental health wellness and biofield therapies: An integrative review. *Issues in Mental Health Nursing*, 38:11, 930-944, doi: 10.1080/01612840.2017.1364808

Morina N., Malek M., Nickerson A., Bryant R.A. (2017). Meta-analysis of interventions for post-traumatic stress disorder and depression in adult survivors of mass violence in low- and middle-income countries. *Depress Anxiety*, 34, 679–691. <https://doi.org/10.1002/da.22618>.

Metcalfe, O., Varker, T., Forbes, D., Phelps, A., Dell, L., DiBattista, A., Ralph, N. & O'Donnell, M. (2016). Efficacy of fifteen emerging interventions for the treatment of posttraumatic stress disorder: A systematic review. *Journal of Traumatic Stress*, 29: 88-92. doi:10.1002/jts.22070

Beatty L, Lambert S. (2013). A systematic review of internet-based self-help therapeutic interventions to improve distress and disease-control among adults with chronic health conditions. In: Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]. York (UK): Centre for Reviews and Dissemination (UK); 1995-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK133505/>

Dietrich, A. M., Baranowsky, A. B., Devich-Navarro, M., Gentry, J. E., Harris, C. J., & Figley, C. R. (2000). A review of alternative approaches to the treatment of post traumatic sequelae. *Traumatology*, 6(4), 251–271. <https://doi.org/10.1177/153476560000600402>

Randomized Controlled Trials with Potentially Strong Generalizability

Kaplan, M., & Çelik, H. (2025). The effect of the Emotional Freedom Technique (EFT) on pain and depression in cancer patients: A randomized controlled trial. *Supportive Care in Cancer*, 33(8), 749. <https://doi.org/10.1007/s00520-025-09814-x>

Morikawa, A., Fujimoto, M., Kawagishi, Y., & Fukagawa, T. (2025). Thought field therapy intervention to improve mental health during the COVID-19 pandemic: A randomized controlled trial. *Explore (NY)*, 21(2), 1-8. . <https://doi.org/10.1016/j.explore.2025.103117>

Özcan, H., Meşedüzü, M., Gülen, E., & Çopur, B. (2025). Investigation of the effect of emotional

freedom technique (EFT) on sleep quality and fatigue in young people with sleep problems: Randomized controlled study. *Explore (New York, N.Y.)*, 21(3), 103162. <https://doi.org/10.1016/j.explore.2025.103162>

Özşahin, Z., Santur, S. G., Ay, Ç. K., & Derya, Y. A. (2025). Does Emotional Freedom Techniques affect premenstrual syndrome? A randomized controlled study. *International Journal of Gynecology & Obstetrics*. <https://doi.org/10.1002/ijgo.16115>

Stapleton, P., Le Sech, K., Toussaint, L. L., & Hsieh, H. K. (2025). Effectiveness of a single emotional freedom techniques session on facilitating forgiveness and mental health: a randomized clinical trial. *Cogent Psychology*, 12(1). <https://doi.org/10.1080/23311908.2025.2538740>

Stapleton, P., Wilson, C., Uechtritz, N., Stewart, M., McCosker, M., O'Keefe, T., & Blanchard, M. (2025). A randomized clinical trial of emotional freedom techniques for chronic pain: Live versus self-paced delivery with 6-month follow-up. *European Journal of Pain*, 29(3), e4740. <https://doi.org/10.1002/ejp.4740>

Zhou, X., Zhang, G., Chen, D., Yao, H., & Wang, Q. (2025). The efficacy of auricular acupressure combined with Emotional Freedom Techniques on the postoperative pain and anxiety state of patients with lower limb fractures: A randomized clinical controlled trial. *Medicine*, 104(5), e41401. DOI: 10.1097/MD.00000000000041401

Azzizadeh F., Taebi, M., Samarehfecri, A., & Rashidipour, N. (2024). The effect of emotional freedom techniques on test anxiety in Iranian Paramedical students: A randomized controlled trial study. *Annals of medicine and surgery (2012)*, 86(5), 2745–2751. <https://doi.org/10.1097/MS9.0000000000002023>

Brown, G., Batra, K., Dorin, E., Han, A., Palermini, A., Sottile, R., & Khanbijian, S. (2024). Six-Month Follow-Up Comparing AIT and EFT in the Reduction of Negative Emotions Associated with a Past Memory. *Psychology*, 15, 1886- 1897. <https://doi.org/10.4236/psych.2024.1512109>

Emadi, S., Hekmat, K., Abedi, P. & Maraghi, E. (2024). Effect of emotional freedom technique on the fear of childbirth in Iranian primiparous women: a randomized controlled trial. *Front. Psychol., Sec. Psychology for Clinical Settings*. Volume 14. I <https://doi.org/10.3389/fpsyg.2023.1145229>

Güven Santur, S., & Özşahin, Z. (2024). The Effects of Emotional Freedom Techniques Implemented During Early Pregnancy on Nausea-Vomiting Severity and Anxiety: A Randomized Controlled Trial. *Journal of integrative and complementary medicine*. <https://doi.org/10.1089/jicm.2023.0586>

Shahzadi,S. & Ali, J. (2024). Efficacy of Emotional Freedom Technique in reducing depression and improving quality of life among stroke survivors in Pakistan: A randomized controlled trial. *International Journal of Social Sciences Bulletin* 2(2). Zenodo. <https://doi.org/10.5281/zenodo.17255690>

Trivedi, M. K., Branton, A., Trivedi, D., Mondal, S., & Jana, S. (2024). Effects of distant biofield energy healing on adults associated with psychological and mental health-related symptoms: a

randomized, placebo-controlled, double-blind study. *Health psychology research*, 12, 122225. <https://doi.org/10.52965/001c.122225>

Akbari, M., Aghdasi, A., Panah Ali, A., Azemodeh, M., & Naghdi Sadeh, R. (2023). Comparison of efficacy of eye movement desensitization and reprocessing of emotional freedom technique and cognitive-behavioral therapy in PTSD in Covid-19. *Journal of Modern Psychological Researches*, 18(69). (Pre & Posttest design study with control group). 10.22034/jmpr.2023.16246 https://psychologyj.tabrizu.ac.ir/article_16246.html?lang=en

Brown, G., Batra, K. et al. (2023). Comparing AIT and EFT in reduction of negative emotions associated with a past memory: A randomized controlled study. *Psychology*, 14, 1868-1887. DOI: 10.4236/psych.2023.1412111

Güdücü, N., & Özcan, N. K. (2023). The effect of emotional freedom techniques (EFT) on postpartum depression: A randomized controlled trial. *EXPLORE*, 18(6), 842-50. <https://doi.org/10.1016/j.explore.2023.04.012>

Menevse, S. & Yavla, A. (2023). Effect of Emotional Freedom Technique applied to patients before laparoscopic cholecystectomy on surgical fear and anxiety: A randomized controlled trial. *Journal of PeriAnesthesia Nursing*, 6 October 2023. <https://doi.org/10.1016/j.jopan.2023.07.006>

Okyay, E. & Ucar, T. (2023). The effect of Emotional Freedom Technique and music applied to pregnant women who experienced prenatal loss on psychological growth, well-being, and cortisol level: A randomized controlled trial. *Archives of Psychiatric Nursing*. <https://doi.org/10.1016/j.apnu.2023.04.027>.
<https://www.sciencedirect.com/science/article/pii/S088394172300064X>

Tang, X., Wang, L., Ni, S., Wu, M., Hu, S., & Zhang, L. (2023). Feasibility and effect of emotional freedom therapy on sleep quality in patients with end-stage renal disease receiving maintenance hemodialysis: A pilot study. *Geriatric Nursing*, 51, 112-120. <https://doi.org/10.1016/j.gerinurse.2023.02.021>

Okut, G., Alpar, Ş. E., & Dönmez, E. (2022). The effect of the emotional freedom technique on coronavirus disease 2019 (COVID-19) fear and anxiety levels of nurses working in the emergency department: A randomized controlled study. *Journal of Psychiatric Nursing*, 13(4).

Souilm, N., Elsakhy, N. M., Alotaibi, Y. A., & Ali, S. (2022). Effectiveness of emotional freedom techniques (EFT) vs sleep hygiene education group therapy (SHE) in management of sleep disorders among elderly. *Scientific reports*, 12(1), 6521. <https://doi.org/10.1038/s41598-022-10456-w>

Amal S Al Awdah., et al. (2021). The effect of Thought Field Therapy on dental fear among Saudi women during restorative treatment. *EC Dental Science* 20.5 (2021): 78-85. <https://www.econicon.com/ecde/ECDE-20-01660.php>

Dincer, B. & Inangil, D. (2021). The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial, *EXPLORE*, 17(2), 109-114. <https://doi.org/10.1016/j.explore.2020.11.012>. <https://www.sciencedirect.com/science/article/pii/S1550830720303839>

Tack, L., Lefebvre, T., Lycke, M., Langenaeken, C., Fontaine, C., Borms, M., Hanssens, M., Knops, C., Meryck, K., Boterberg, T., Pottel, H., Schofield, P., & Debruyne, P. R. (2021). A randomised wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment in cancer survivors (EMOTICON). *EClinicalMedicine*, 39, 101081. No follow-up. <https://doi.org/10.1016/j.eclinm.2021.101081>

Alamdard, B., Mohammadtehrani, H., Behbodi, M. Kiamanesh, A.R. (2020). Comparison of effectiveness of Eye Movement Desensitization and Reprocessing, Cognitive Behavioral Therapy, and Emotional Freedom Technique in reducing anxiety in patients with post-traumatic stress disorder. *Quarterly of Applied Psychology*, 13(4), 625-650.
<https://www.sid.ir/en/Journal/ViewPaper.aspx?ID=709138>

Dincer, B., Ozcelik, S.K., Ozer, Z. & Bahcecik, N. (2020). Breathing therapy and emotional freedom techniques on public speaking anxiety in Turkish nursing students: A randomized controlled study. *EXPLORE*, 2020, ISSN 1550-8307. <https://doi.org/10.1016/j.explore.2020.11.006>.
<https://www.sciencedirect.com/science/article/pii/S1550830720303761>

Stapleton, P., Crighton, G., Sabot, D., & O'Neill, H. M. (2020). Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(8), 869–877. <https://doi.org/10.1037/tra0000563>

Stapleton, P. B. & Stewart, M. (2020). Comparison of the Effectiveness of Two Modalities of Group Delivery of Emotional Freedom Technique (EFT) Intervention for Food Cravings: Online versus In-Person. *Open Journal of Social Sciences*. 8(2), 158-181.

Inangil, D., Vural, P., Dogan, S., & Korpe, G. (2019). Effectiveness of music therapy and Emotional Freedom Technique on test anxiety in Turkish nursing students: A randomised controlled trial.
European Journal of Integrative Medicine, 33; 101041. doi: 10.1016/j.eujim.2019.101041

König, N., Steber, S., Seebacher, J., von Prittwitz, Q., Bliem, H. R., & Rossi, S. (2019). How Therapeutic Tapping Can Alter Neural Correlates of Emotional Prosody Processing in Anxiety. *Brain Sciences*, 9(8), 206. <https://doi.org/10.3390/brainsci9080206>

Stapleton P, Buchan C, Mitchell I, McGrath Y, Gorton P, Carter B. (2019). An initial investigation of neural changes in overweight adults with food cravings after Emotional Freedom Techniques. *OBM Integrative and Complementary Medicine* 2019;4(1):14; doi:10.21926/obm.icm.1901010.
<https://bit.ly/2UaSX8H>

Stapleton, P., Lilley-Hale, E., Mackintosh, G., & Sparenburg, E. (2019). Online delivery of Emotional Freedom Techniques for food cravings and weight management: 2-Year follow-up. *Journal of Alternative and Complementary Medicine, in press. Journal of Alternative and Complementary Medicine*, 26(2). <http://doi.org/10.1089/acm.2019.0309>

Stapleton P., Roos T., Mackintosh G., Sparenburg E., Sabot D., & Carter B. (2019). Online delivery of Emotional Freedom Techniques in the treatment of food cravings and weight

management: A randomised controlled trial. *OBM Integrative and Complementary Medicine* 4(4):31; doi:10.21926/obm.icm.1904065.

Vural, P. I., & Aslan, E. (2019). Emotional freedom techniques and breathing awareness to reduce childbirth fear: A randomized controlled study. *Complementary Therapy in Clinical Practice*, 35, 224-231. doi: 10.1016/j.ctcp.2019.02.011. Epub 2019 Feb 15.

Yount, G., Church, D., Rachlin, K., Blickheuser, K., Ippolito, C. (2019). Do noncoding RNAs mediate the efficacy of energy psychology? *Global Advances in Health and Medicine*, 8(1-8). doi: 10.1177/2164956119832500

Stapleton P., Chatwin H. (2018). Emotional Freedom Techniques for Food Cravings in Overweight Adults: A Comparison of Treatment Length. *OBM Integrative and Complementary Medicine*, 3(3):013; doi:10.21926/obm.icm.1803013.

Gaesser, A. H. and Karan, O. C. (2017). A randomized controlled comparison of Emotional Freedom Technique and Cognitive-Behavioral Therapy to reduce adolescent anxiety: A pilot study. *J Alt Comp Medicine* 23(2), 102-08. doi:10.1089/acm.2015.0316.

Irgens, A. et al. (2017). Thought Field Therapy Compared to Cognitive Behavioral Therapy and Wait-List for Agoraphobia: A Randomized, Controlled Study with 12-Month Follow-up. *Front. Psychol.*, <https://doi.org/10.3389/fpsyg.2017.01027>

Stapleton, P., Bannatyne, A., Chatwin, H., Urzi, K-C, Porter, B. & Sheldon, T. (2017). Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings. *Complementary Therapies in Clinical Practice*, 28, 136-45. <https://doi.org/10.1016/j.ctcp.2017.06.004>

Thomas, R., Cutinho, S. & Aranha, D. (2017). Emotional Freedom Techniques (EFT) reduces anxiety among women undergoing surgery. *Energy Psychology Journal*, 9(1). doi:10.9769/EPJ.2017.9.1.RT

Church, D., & Nelms, J. (2016). Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT (Emotional Freedom Techniques). *Archives of Scientific Psychology*, 4(1), 38-48. doi:10.1037/arc0000028

Church, D., Sparks, T., Clond, M. (2016). EFT (Emotional Freedom Techniques) and resiliency in veterans at risk for PTSD: A randomized controlled trial. *Explore: The Journal of Science and Healing*, 12(5), 355-365. <http://dx.doi.org/10.1016/j.explore.2016.06.012>

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2016). Epigenetic effects of PTSD remediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion*, 2016 Aug 12. doi: 10.1177/0890117116661154

Robson, R., Robson, P., Ludwig, R., Mitabu, C. & Phillips, C. (2016). Effectiveness of Thought Field Therapy Provided by Newly Instructed Community Workers to a Traumatized Population in Uganda: A Randomized Trial. *Current Research in Psychology*, 7(1), 1-11.

doi: 10.3844/crsp.2016.1.11.

Stapleton, P., Bannatyne, A., Porter, B., Urzi, K.C., & Sheldon, T. (2016). Food for thought: A randomised controlled trial of emotional freedom techniques and cognitive behavioural therapy in the treatment of food cravings. *Applied Psychology: Health and Well-Being*, 8(2), 232–257. doi:10.1111/aphw.12070

Stapleton, P., Chatwin, H., William, M., Hutton, A. Pain, A., Porter, B. & Sheldon, T. (2016). Emotional Freedom Techniques in the treatment of unhealthy eating behaviors and related psychological constructs in adolescents: A randomized controlled pilot trial. *Explore*, 12:113-122.

Al-Hadethe, et al. (2015). Randomised controlled study comparing two psychological therapies for posttraumatic stress disorder (PTSD): Emotional Freedom Techniques (EFT) vs. Narrative Exposure Therapy (NET). *J Trauma Stress Disor Treatment*, 4(4). <http://dx.doi.org/10.4172/2324-8947.1000145>

Babamahmoodi, et al. (2015). Emotional freedom technique (EFT) effects on psychoimmunological factors of chemically pulmonary injured veterans. *Iran Journal of Allergy, Asthma, and Immunological Disorders* 14(1), 37-47.

Lee, J.W., Chung, S.Y. & Kim, J.W. (2015). A comparison of Emotional Freedom Techniques (EFT-I) and Sleep Hygiene Education (SHE) in a geriatric population: A randomized controlled trial. *Energy Psychology Journal*, 7(1). doi 10.9769/EPJ.2015.05.1.JL

Nemiro, A., Papworth, S., & Palmer-Hoffman, J. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 7(2).

Rogers, R. & Sears, S. (2015). Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study. *Energy Psychology Journal*, 7(2). doi 10.9769/EPJ.2015.11.1.RR

Church, D. (2014). Reductions in Pain, Depression, and Anxiety Symptoms After PTSD Remediation in Veterans. *Explore: The Journal of Science and Healing*, 10(3), 162-69.

Hajloo, M., Ahadi, H., Rezabakhsh, H. & Mojembari, A. (2014). Investigation on Emotional Freedom Technique effectiveness in diabetic patients' blood sugar control. *Mediterranean Journal of Social Sciences* 5 (27), 1280. doi:10.5901/mjss.2014.v5n27p1280 <http://www.mcser.org/journal/index.php/mjss/article/viewFile/5207/5024>

Stapleton, P., Devine, S., Chatwin, H., Porter, B. and Sheldon, T. 2014. A feasibility study: emotional freedom techniques for depression in Australian adults. *Curr. Res. Psychol.*, 5: 9-33. <http://thescripab.com/abstract/10.3844/crsp.2014.19.33>

Bougea A, Spandideas N, Thomaides T, Stamboulis E, Kararizou E, Kapaki E, et al. (2013). Chronic tension-type headache management with the emotional freedom technique. *Journal of Neurology* 2013; 260:S210.

Bougea, A., Spandideas, N., Alexopoulos, E. et al. (2013). Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension-Type Headache Sufferers: A Randomized Controlled Trial. *Explore*, 9(2), 91–99. <http://dx.doi.org/10.1016/j.explore.2012.12.005>,

Church, D., Hawk, C, Brooks, A., Toukolehto, O., Wren, M., Dinter, I., Stein, P. (2013). Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. *Journal of Nervous & Mental Disease*, 201(2), 153–160.

Connolly, S.M., Roe-Sepowitz, D., Sakai, C., & Edwards, J. (2013). Utilizing Community Resources to Treat PTSD: A Randomized Controlled Study Using Thought Field Therapy. *African Journal of Traumatic Studies*, 3(1), 24-32.

Stapleton, P., Church, D., Sheldon, T., Porter, B., & Carlopio, C. (2013). Depression symptoms improve after successful weight loss with emotional freedom techniques. *ISRN Psychiatry*, article ID 573532. <http://dx.doi.org/10.1155/2013/573532>

Church, D., De Asis, M., Brooks, A. (2012) Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial. *Depression Research & Treatment*, 2012. doi:10.1155/2012/257172

Connolly, S.M., & Sakai, C.E. (2012). Brief trauma symptom intervention with Rwandan genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 13 (3), 161-172.

Elder, C.R., Gullion, C.M., DeBar, L.L. et al. Randomized trial of Tapas Acupressure Technique for weight loss maintenance. *BMC Complement Altern Med* 12, 19. <https://doi.org/10.1186/1472-6882-12-19>

Irgens A, Dammen T, Nysæter TE, Hoffart A. (2012). Thought Field Therapy (TFT) as a treatment for anxiety symptoms: A randomized controlled trial. *Explore*, 8, 331-8. doi: 10.1016/j.explore.2012.08.002.

Stapleton, P., Sheldon, T., & Porter, B. (2012). Clinical benefits of Emotional Freedom Techniques on food cravings at 12-months follow-up: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(1), 13-24. doi: 10.9769/EPJ.2012.4.1.PS <http://thescpub.com/abstract/10.3844/crpsp.2014.19.33>

Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents after EFT: A randomized controlled pilot study. *Traumatology*. doi:10.1177/1534765611426788

Church, D., Yount, G. & Brooks, A. (2011). The effect of Emotional Freedom Technique (EFT) on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 200(10), 891–896.

Jones, S., Thornton, J. & Andrews, H. (2011). Efficacy of EFT in reducing public speaking anxiety: A randomized controlled trial. *Energy Psychology: Theory, Research, Treatment*, 3(1).

Karatzias, T., Power, K., Brown, K., McGoldrick, T., Begum, M., Young, J....& Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for posttraumatic stress disorder: Eye Movement Desensitization and Reprocessing vs. Emotional Freedom Techniques. *Journal of Nervous & Mental Disease*, 199(6), 372-378. doi: 10.1097/NMD.0b013e31821cd262

Salas, M., Brooks, A., & Rowe, J. (2011). The immediate effect of a brief energy psychology intervention (Emotional Freedom Techniques) on specific phobias: A pilot study. *Explore*, 7, 155-161.

Stein, P. & Brooks, A. (2011). Efficacy of EFT provided by coaches versus licensed therapists in veterans with PTSD. *Energy Psychology Journal: Theory, Research, & Treatment*, 3(1).

Baker, A. H., & Siegel, L. S. (2010). Emotional Freedom Techniques (EFT) reduces intense fears: A partial replication and extension of Wells et al. *Energy Psychology: Theory, Research, & Treatment*, 2(2), p 13-30. doi: 10.9769/EPJ.2010.2.2.AHB.LSS

Schoninger, B. & Hartung, J. (2010). Changes on self-report measures of public speaking anxiety following treatment with Thought Field Therapy. *Energy Psychology: Theory, Practice, Research*, 2(1).

Stapleton, P., Sheldon, T., Porter, B., & Whitty, J. (2010). A randomized clinical trial of a meridian-based intervention for food cravings with six-month follow-up. *Behaviour Change*, 28(1), 1-16.

Church, D. (2009). The Effect of EFT (Emotional Freedom Techniques) on athletic performance: A randomized controlled blind trial. *The Open Sports Sciences Journal*, 9, 94-99.

Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*, August/September 2008.

Elder, C., Ritenbaugh, C. et al. (2007). Randomized trial of two mind-body interventions for weight loss maintenance. *Journal of Complementary and Alternative Medicine*, 13(1), 67-78.

Wells, S., Polglase, K., Andrews, H. B., Carrington, P. & Baker, A. H. (2003). Evaluation of a meridian-based intervention, emotional freedom techniques (EFT), for reducing specific phobias of small animals. *Journal of Clinical Psychology*, 59(9) 943-966.

Randomized Controlled Trials with Limited Generalizability

Lazarov, A., Church, D., Shidlo, N., & Benyamini, Y. (2025). The effectiveness of group and individual training in emotional freedom techniques for patients in remission from melanoma: A randomized controlled trial. *Healthcare*, 13(12), 1-27. <https://doi.org/10.3390/healthcare13121420>

- Zhou, X., Zhang, G., Chen, D., Yao, H., & Wang, Q. (2025). The efficacy of auricular acupressure combined with emotional freedom techniques on the postoperative pain and anxiety state of patients with lower limb fractures: A randomized clinical controlled trial. *Medicine*, 104(5), e41401. DOI: 10.1097/MD.00000000000041401
- Özşahin, Z., Santur, S. G., Ay, Ç. K., & Derya, Y. A. (2025). Does emotional freedom techniques affect premenstrual syndrome? A randomized controlled study. *International Journal of Gynecology & Obstetrics*. <https://doi.org/10.1002/ijgo.16115>
- Forouzi, M. A., Taebi, M., Samarehfecri, A., & Rashidipour, N. (2024). The effect of emotional freedom techniques on test anxiety in Iranian Paramedical students: a randomized controlled trial study. *Annals of Medicine and Surgery*. <https://doi.org/10.1097/ms9.0000000000002023>
- Qi, W., Xinyi, Y., Yuhan, W., Wenwen, Y., & Yan, S. (2024). The effect of emotional freedom techniques on anxiety depression and sleep in older people living with HIV: a randomized controlled trial. *AIDS Research and Therapy*, 21(1), 94. <https://doi.org/10.1186/s12981-024-00679-4>
- Torabi M, Kheirkhah M, Haghani S, Khashavy Z. (2024). The Effect of Emotional Freedom Technique on Stress and Resilience of Infertile Women. *Iran Journal of Nursing*, 37 (149) :226-241. <http://ijn.iums.ac.ir/article-1-3807-en.html>
- Wang, J., Yan, T. L., & Zhaoyu, D., (2024). The Effect of Emotional Freedom Technique (EFT) on Psychosomatic Health: A Traditional Chinese Medicine (TCM) Pilot Study. *J CAM Res Progress*, 3(1): 116. <https://doi.org/10.33790/jcrp1100116>
- Abedi, P., Mehdipour, A., Ansari, S. & Dastoorpoor, M. (2023). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: A randomized controlled trial. *Maturitas*, 173, p71. ISSN 0378-5122. <https://doi.org/10.1016/j.maturitas.2023.04.019>
- Church, D. (2023). Measuring the Effect of Clinical Emotional Freedom Techniques (EFT) Treatment for Depression Using a Seed Bioassay: A Randomized Controlled Trial. *Psychology*, 14(11), 1687-1697. DOI: 10.4236/psych.2023.1411098
- Güdücü, N., & Özcan, N. K. (2023). The effect of emotional freedom techniques (EFT) on postpartum depression: A randomized controlled trial. *EXPLORE*. <https://doi.org/10.1016/j.explore.2023.04.012>
- Bakır, N., Irmak Vural, P., & Körpe, G. (2021). The Effects of Emotional Freedom Techniques on coping with premenstrual syndrome: A randomized controlled trial. *Perspectives in Psychiatric Care*, 1– 10. <https://doi.org/10.1111/ppc.12957>
- Cici, R., & Özkan, M. (2021). Effects on Anxiety and Vital Signs of the Emotional Freedom Technique and Music Before Surgery for Lumbar Disc Hernia. *Alternative therapies in health and medicine*, AT6442. Advance online publication. <https://pubmed.ncbi.nlm.nih.gov/34097649/> No Follow-up.
- Dwivedi, S., Sekhon, A., & Chauhan, B. (2021). Effect of Emotional Freedom Technique (EFT) on heart rate, blood pressure and performance in national level shooters. *International Journal*

of Sport and Exercise Psychology, 19, pp. S230-S231. <https://www.indiansportspsyche.com/post/research-abstract>

Ghaderi, Z., Nazari, F., & Shaygannejad, V. (2021). The Effect of Emotional Freedom Technique on Fatigue among Women with Multiple Sclerosis: A Randomized Controlled Trial. *Iranian Journal of Nursing and Midwifery Research*, 26(6), 531–536. https://doi.org/10.4103/ijnmr.IJNMR_188_19

Jasubhai, S. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults. *Journal of Clinical Psychology and Mental Health Care*, 2(4). <https://doi.org/03.2021/1.10025>. <https://tinyurl.com/4h2n4tkz>

Kalroozi, F., Moradi, M., Ghaedi-Heidari, F., Marzban, M., & Raeisi-Ardali, S. (2022). Comparing the effect of emotional freedom technique on sleep quality and happiness of women undergoing breast cancer surgery in military and non-military families: A quasi-experimental multicenter study. *Perspectives in Psychiatric Care*, 58(4), 2986-97. <https://doi.org/10.1111/ppc.13150>

Shilpa, J. (2021). Efficacy of Emotional Freedom Technique and Cognitive Behavioural Therapy on stress, anxiety, depression, short-term memory, psychophysiological coherence and heart rate in Indian adults”. *Clinical Psychology and Mental Health Care*, 2(4). <https://doi.org/03.2021/1.10025>. <https://tinyurl.com/zm8zayjb>

Mehdipour, A., Abedi, P., Ansari, S. and Dastoorpoor, M. (2021). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Journal of Complementary and Integrative Medicine*, May 2021. <https://doi.org/10.1515/jcim-2020-0245>

Morikawa, A., Takayama, M. & Yoshizawa, E. (2021). The efficacy of thought field therapy and its impact on heart rate variability in student counseling: A randomized controlled trial. *EXPLORE*, 2021, ISSN 1550-8307. <https://doi.org/10.1016/j.explore.2021.09.005>. (<https://www.sciencedirect.com/science/article/pii/S1550830721001907>)

Yunita Sari, R., Muhith, A., Rohmawati, R., Soleha, U. ., Faizah, I., Afiyah, R. K., & Suryadi Rahman, F. (2021). Spiritual Emotional Freedom Technique against Anxiety and Psychological Well-being of Type 2 DM Patients during the COVID-19 Pandemic. *Open Access Macedonian Journal of Medical Sciences*, 9(G), 260–265. <https://doi.org/10.3889/oamjms.2021.7217> <https://oamjms.eu/index.php/mjms/article/view/7217>

Stapleton, P., Clark, A., Sabot, D., Carter, B., & Leech, K. (2020). Portion perfection and Emotional Freedom Techniques to assist bariatric patients post-surgery: A randomised controlled trial. *Heliyon*, 6(6). <https://doi.org/10.1016/j.heliyon.2020.e04058>

Fitch, J., Kimmel, K., Fairchild, J. & DiGirolamo, J. (2019). Dismantling an Energy Psychology technique for communication apprehension: A randomized mixed methods trial. *Energy Psychology Journal*, 11(2). doi: 10.9769/EPJ.2019.11.2.JF

Konig, N., Stever, S., Seebacher, J., von Prittwitz, Q., Bliem, H. & Rossi, S. (2019). How therapeutic tapping can alter neural correlates of emotional prosody processing in anxiety. *Brain*

Science, 9, 206; doi:10.3390/brainsci9080206.

Kwak, H-Y, Choi, E-J, Kim, J-W, Suh, H-W, & Chung, S-Y. (2019). Effect of the Emotional Freedom Techniques on anger symptoms in Hwabyung patients: A comparison with the progressive muscle relaxation technique in a pilot randomized controlled trial. *Explore*, in press. <https://doi.org/10.1016/j.explore.2019.08.006>

Vural, P. I., & Aslan, E. (2019). Emotional freedom techniques and breathing awareness to reduce childbirth fear: A randomized controlled study. *Complementary Therapy in Clinical Practice*, 35, 224-231. doi: 10.1016/j.ctcp.2019.02.011. Epub 2019 Feb 15.

Jasubhai, S. & Mukundan, C. R. (2018). Cognitive Behavioural Therapy and Emotional Freedom Technique in reducing anxiety and depression in Indian adults. *Int J Emerg Ment Health*, 20(2): 403. doi: 10.4172/1522-4821.1000403

Chatwin, H., Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2016). The Effectiveness of Cognitive-Behavioural Therapy and Emotional Freedom Techniques in Reducing Depression and Anxiety among Adults: A Pilot Trial. *Integrative Medicine*, 15(2), 27-34.

Suh, Jin & Chung, Sun & Kim, Sang & Lee, Jung & Kim, Jong. (2015). Anxiety and Anger Symptoms in Hwabyung Patients Improved More following 4 Weeks of the Emotional Freedom Technique Program Compared to the Progressive Muscle Relaxation Program: A Randomized Controlled Trial. *Evidence-based complementary and alternative medicine*. 203612. 10.1155/2015/203612.

Fox, L. (2013). Is Acupoint Tapping an Active Ingredient or an Inert Placebo in Emotional Freedom Techniques (EFT)? A Randomized Controlled Dismantling Study. *Energy Psychology: Theory, Research, and Treatment*, 5(2), 15-26.

Church, D., De Asis, M., & Brooks, A. J. (2012). Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial. *Depression Research & Treatment*, 2012. doi:10.1155/2012/257172

Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(2), 13-24. doi:10.9769/EPJ.2012.4.2.SJ

Llewellyn-Edwards, T., & Llewellyn-Edwards, M. (2012). The effect of EFT (emotional freedom techniques) on soccer performance. *Fidelity: Journal for the National Council of Psychotherapy*, 47, 14 – 19.

Fitch, J., Di Girolamo, J. A., & Schmuldt, L.M. (2011). The Efficacy of Primordial Energy Activation and Transcendence (PEAT) for Public Speaking Anxiety. *Energy Psychology Journal*, 4(1). doi: 10.9769/EPJ.2011.3.2.JF

Moritz, S., Aravena, S.C., Guczka, S. Schilling, L., Eichenberg, C., Raubart G., Seebeck, A., & Jelinek, L. (2011). Knock and it will be opened to you? An examination of meridian-tapping in obsessive compulsive disorder (OCD). *J. Behav. Ther. & Exp.Psychiat.* 42, 81-88.

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2009). Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for treatment of test anxiety in university students. *Explore*, 5(6).

Sezgin, N., Ozcan, B., Church, D., (2009). The effect of two psychophysiological techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on test anxiety in high school students: A randomized blind controlled study. *International Journal of Healing and Caring*, 9(1).

Pignotti, M. (2005). Thought Field Therapy Voice Technology vs. Random Meridian Point Sequences: A Single-blind Controlled Experiment. *Scientific Review of Mental Health Practice*, 4(1), 2005, 38-47.

Andrade, J. & Feinstein, D. (2004). Preliminary report of the first large-scale study of energy psychology. *Energy Psychology Interactive: Rapid Interventions for Lasting Change*. Ashland, OR: Innersource.

Waite, L. W. & Holder, M.D. (2003). Assessment of the Emotional Freedom Technique: An alternative treatment for fear. *The Scientific Review of Mental Health Practice*, 2 (1) 20-26.

Non-Randomized Pre-Post Outcome Studies with a Control or Comparison Group

Çuvadar A, Günes A, Çuvadar Bas YÃ, Kehaya S. (2025). Determining the Effects of Emotional Freedom Techniques on Sexual Dysfunction and Self-Care Management in Women Diagnosed With Multiple Sclerosis. *Brain Behav* 2025 Jun;15(6):e70635. <https://doi.org/10.1002/brb3.70635>

Lin, A., Liu, Z., Zhang, T., Zhao, Y., Yang, C., & Wan, H. (2025). Effect of emotional freedom techniques in mitigating pain catastrophizing following total knee arthroplasty. *Complementary Therapies in Medicine*, 93. <https://doi.org/10.1016/j.ctim.2025.103213>

Emilia E. (2024). The Effect of Spiritual Emotional Freedom Technique (SEFT) Therapy on Reducing Labor Avida. *Archives of The Medicine and Case Reports*, 5:597-600.

Lin, A., Liu, Z., Zhang, T., Zhao, Y., Yang, C., & Wan, H. (2025). Effect of emotional freedom techniques in mitigating pain catastrophizing following total knee arthroplasty. *Complementary Therapies in Medicine*, 93. <https://doi.org/10.1016/j.ctim.2025.103213>

Marzban, A., Akbari, M., Moradi, M., & Fanian, N. (2024). The effect of emotional freedom techniques (EFT) on anxiety and caregiver burden of family caregivers of patients with heart failure: A quasi- experimental study. *Journal of Education and Health Promotion*, 13, 128. https://doi.org/10.4103/jehp.jehp_609_23

Mirhoseyni, F., Demehri, F., & Azizi, M. (2024). The effectiveness of Emotional Freedom Technique on menstrual pain and emotional regulation in female students. *Journal of Child Mental Health*, 11(3), 68–81. <https://doi.org/10.52547/jcmh.11.3.6>
<http://childmentalhealth.ir/article-1-1418-en.html> 10.61186/jcmh.11.3.6

Shahzadi, S., Mahar, S., Mahar, A. Q., & Ali, L. (2024). The efficacy of Emotional Freedom Technique in reducing workplace stress among healthcare professionals: A quasi-experimental study. *International Journal of Social Sciences Bulletin*, 2(4), 390-399. <https://define.pk/document.php?id=115120&type=article&jid=572>

Church, D., Vasudevan, A., De Foe, A., & Lovegrove, R. (2023). Money Attitudes After Clinical Emotional Freedom Techniques: Psychological Change in a Virtual vs In-Person Group. *Advances in Mind-Body Medicine*, 37(3), 4–14. <https://pubmed.ncbi.nlm.nih.gov/38345770/>

Cribbs, J. (2023). Single-session reductions in emotional distress in an addiction clinic after Thought Field Therapy treatment. *Energy Psychology: Theory, Research, and Treatment*, 15(1), 23–30. doi 10.9769/EPJ.2023.15.1.JC

Ghoreishi S., Pourhadi S., Hosseini S., & Hamidia A. (2023). The Effect of Emotional Freedom Techniques on sleep quality, sleepiness and quality of life of older adults in adult day-care center. *Iran J Psychiatry Behav Sci.*; 17(4):e126985. <https://doi.org/10.5812/ijpbs-126985>.

Moradi M., Fanian N., Akbari M., Marzban A., Ardali S. R. (2023). The Effect of Emotional Freedom Technique (EFT) on Anxiety and Caregiver Burden of Family Caregivers of Patients with Heart Failure: A Quasi-Experimental Study. *J Clin Images Med Case Rep* 2023;4(5):2430-7.
DOI:10.52768/2766-7820/2430 [https://www.semanticscholar.org/paper/The-effect-of-emotional-freedom-technique-\(EFT\)-on-Moradi/18ad5ab1c9bb94ba5fac6f658d67e9b78303f6d5](https://www.semanticscholar.org/paper/The-effect-of-emotional-freedom-technique-(EFT)-on-Moradi/18ad5ab1c9bb94ba5fac6f658d67e9b78303f6d5)

Sampoornam, W. (2023). Potency of emotional freedom technique on post partum blues and parenting stress among post caesarean section mothers in selected hospitals at Erode-Partially randomized patient preference study. *International Journal of Advances in Nursing Management*, 11(1), 78-80. DOI: 10.52711/2454-2652.2023.00017

Bustamante-Paster A. (2022). The Efficacy of EFT on the Symptoms of Depression, Anxiety and Stress among College Students' during the COVID-19 Pandemic: Basis for the Development of Psychological Acupuncture Intervention. *International Journal of Multidisciplinary Research and Analysis*;5(7):1626-41.

Ghorbani, S., & Solimanifar, S. (2022). The Effectiveness of Emotional Freedom Technique on Improving Alexithymia and Negative Mood in Women with Trait-State Anxiety. *Journal of Research in Behavioural Sciences*, 20(3), 447-458.

Krishnamurthy, D., & Sharma, A. K. (2021). Effectiveness of Add-on Emotional Freedom Technique on Reduction of Depression: A Quasi-experimental Study. *Journal of Clinical & Diagnostic Research*, 15(8), 1-5. <https://tinyurl.com/2p8t4xse>

Rostami, K., Tiznobaik, A., Maleki, L., Mirzaei, M., & Taheri, N. K. (2020). Investigating the effect of teaching EFT technique on reducing anxiety of nurses during corona outbreak. *International Journal of Psychosocial Rehabilitation*, 14335-14341.

Church, D., & Clond, M. (2019). Is online treatment as effective as in-person treatment? Psychological change in two relationship skills groups. *Journal of Nervous & Mental Disease*

207(5):315-319. doi: 10.1097/NMD.0000000000000975

Reynolds, A. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques? A controlled trial of teacher burnout. *Energy Psychology Journal*, 7(1). doi 10.9769/EPJ.2015.05.1.AR

Aremu, A. O., & Taiwo, A. K. (2014). Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and emotional freedom techniques: Moderating effect of mathematics efficacy. *African Journal for the Psychological Studies of Social Issues*, 17(1), 113–129.

Hajloo, M., Ahadi, H., Rezabakhsh, H., Mojembari, A.K. (2014). Investigation on Emotional Freedom Technique Effectiveness in Diabetic Patients' Blood Sugar Control. *Mediterranean Journal of Social Sciences*, 5(27),1280. doi:10.5901/mjss.2014.v5n27p1280.

Stapleton, P., Devine, S., Chatwin, H., Porter, B. and Sheldon, T. (2014). A feasibility study: Emotional freedom techniques for depression in Australian adults. *Curr. Res. Psychol.*, 5:19-33. <http://thescpub.com/abstract/10.3844/crpsp.2014.19.33>

Hartung, J. & Stein, P. (2012). Telephone delivery of EFT (emotional freedom techniques) remediates PTSD symptoms in veterans. *Energy Psychology Journal*, 4(1), 33-40.

Single Group Pre-Post Outcome Studies

Hamidah, H., Rauf, S., Arifuddin, S., Musba, A. M., Prihantono, P., Pelupessy, N. U.,...& Hidayati, E. (2025). Comparison of pain, cortisol, and IL6 levels pre and post SEFT in Stage III B cervical cancer patients. *Asian Pacific Journal of Cancer Prevention*, 26(2), 625-630. <https://doi.org/10.31557/apjcp.2025.26.2.625>

Mohamed, A.F., Hamed, A.E.M., Mohamed, S.S.A. *et al.* (2025). Effect of nursing application of emotion freedom technique on perceived stress, resilience and sexual satisfaction among women after mastectomy. *BMC Nurs* 24, 428. <https://doi.org/10.1186/s12912-025-02977-2>

Bifano, S., Szeglin, C., Garbers, S. & Gold, M. (2024). Emotional Freedom Techniques (EFT) Tapping for Pediatric Emergency Department Staff During the COVID-19 Pandemic: Evaluation of a Pilot Intervention. *Medical Acupuncture*, 36(2). <http://doi.org/10.1089/acu.2023.0099>

Choi, Y., Kim, Y., Kwon, D.-H., Choi, S., Choi, Y.-E., Ahn, E. K., Cho, S.-H., & Kim, H. (2024). Feasibility of Emotional Freedom Techniques in Patients with Posttraumatic Stress Disorder: A pilot study. *Journal of Pharmacopuncture*, 27(1), 27–37. <https://doi.org/10.3831/KPI.2024.27.1.27>

Gaddy, D., Baum, B., et al. (2023). The Use of Holographic Memory Resolution to Improve the physical and biopsychosocial symptoms of chronic pain: A feasibility, mixed methods study. *Psychiatric Research and Clinical Practice*. 19 Sept 2023. <https://doi.org/10.1176/appi.prcp.20230028>

Hamne, G., Sandstrom, U. & Stapleton, P. (2023). Novel Ideas: Evaluation of a Brief Trauma Tapping Training and Single Session Application. *Int J Healing & Caring*, 23(3). <https://doi.org/10.1089/ijhc.2023.0003>

doi.10.78717/ijhc.202323322

Jameela, S., & Thapa, K. S. (2024). A study to assess the effectiveness of emotional freedom techniques on anxiety among wives of alcoholics. *Journal of Pharmacy and Bioallied Sciences*, 16(3). https://doi.org/10.4103/jpbs.jpbs_551_24

Robbins, N., Harvey, K., & Moller, M. (2023). Emotional Freedom Techniques for Postpartum Depression, Perceived Stress, and Anxiety. *Nursing for Women's Health*. <https://doi.org/10.1016/j.nwh.2023.09.005>

Stapleton, P., Kang, Y., Schwarz, R., & Freedom, J. (2023). The impact of adverse childhood experiences and posttraumatic stress symptoms on chronic pain. *Frontiers in Psychology*, 14, 1243570. <https://doi.org/10.3389/fpsyg.2023.1243570>

Church, D., Stapleton, P., Gosatti, D. & O'Keefe, T. (2022). Effect of virtual group EcoMeditation on psychological conditions and flow states. *Front. Psychol., Sec. Psychology for Clinical Settings*, 13. <https://doi.org/10.3389/fpsyg.2022.907846>

Church, D., Stapleton, P. & Raynor, D. (2022). Skinny Genes' six-week, online, Clinical Emotional Freedom Techniques program: Durable weight loss and improved psychological symptoms. *Advances in Mind-Body Medicine*. 36. 13-21. <https://tinyurl.com/2nzwkyhp>

Diepold, J. & Schwartz, G. (2022). Clinical effectiveness of an integrative psychotherapy technique for the treatment of trauma: A phase I investigation of Heart Assisted Therapy, *EXPLORE*, 18(6); 698-705, <https://doi.org/10.1016/j.explore.2022.07.002> <https://www.sciencedirect.com/science/article/pii/S1550830722001148>

Harner, D., Miller, S., Manek, N., Reed, C. & Tiller, W. (2022). The Effects of Intention-Broadcasting on Subjects Diagnosed with Autism Spectrum Disorder: Part I—A proof of concept study. *International J of Healing & Caring*, 22(4).

Lee, S. H., Han, S. Y., Lee, S. J., Chae, H., & Lim, J. H. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuropsychiatry*, 33(1), 33–48. <https://doi.org/10.7231/JON.2022.33.1.033>

Stapleton, P., Oliver, B., O'Keefe, T. & Bhuta, S. (2022). Neural changes after Emotional Freedom Techniques treatment for chronic pain sufferers. *Complementary Therapies in Clinical Practice*, 49, 101653, ISSN 1744-3881. <https://doi.org/10.1016/j.ctcp.2022.101653>. <https://www.sciencedirect.com/science/article/pii/S1744388122001219>

Wittfoth, D., Beise, J., Manuel, J. Bohne, M. & Wittfoth, M. (2022). Bifocal emotion regulation through acupoint tapping in fear of flying. *NeuroImage: Clinical*, 34, 102996. <https://doi.org/10.1016/j.nicl.2022.102996>. <https://www.sciencedirect.com/science/article/pii/S2213158222000614>

Barraza-Alvarez, F.V. (2021). Callahan's thought field therapy in the management of emotions associated with stress. *World Journal of Biology Pharmacy and Health Sciences*, 7(2), 060-068. <https://doi.org/10.30574/wjbphs.2021.7.2.0085>

Patel, V. & Pandey, N. (2021). Effectiveness of EFT on suicidal ideation among young adults. *International Journal of Indian Psychology* 9(3). ISSN 2348-5396.DIP: 18.01.192.20210903, DOI: 10.25215/0903.192. <https://tinyurl.com/hkd37fah>

Balha, S., Abo-Baker, O. & Mahmoud, S. (2020). Effect of Emotional Freedom Techniques on psychological symptoms and cravings among patients with substance related disorders. *International Journal of Novel Research in Healthcare and Nursing*, 7(2), 30 – 45.

Bilazarian, R. & Hux, M. (2020). Rapid group treatment of pain and upsets with the Brief Energy Correction. *International Journal of Healing and Caring*, 20(3). <https://www.ijhc.org/september-2020>.

Church, D., Stapleton, P., Sabot, D. (2020). App-based delivery of Clinical Emotional Freedom Techniques: Cross-sectional study of app user self-ratings. *JMIR Mhealth Uhealth*, 8(10):e18545. doi: 10.2196/18545

Yavari Kermani, M., Razavi, S., Shabani, M. (2020). The Effectiveness of Emotional Freedom Technique on Anxiety and Post Traumatic Stress Syndrome in Women with Spontaneous Abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi: 10.22034/aftj.2021.266082.1050

Taylor, E., Kalla, M., Freedom, J. & Crowley, K. (2020). The use of Emotional Freedom Techniques (EFT) in women with panic disorder: A pilot study. *Energy Psychology Journal*, 12(2). doi 10.9769/EPJ.2020.12.2.ET

Wittfoth, D., Pfeiffer, A., Bohne, M., Lanfermann, H., & Wittfoth, M. (2020). Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli. *BMC neuroscience*, 21(1), 47. <https://doi.org/10.1186/s12868-020-00597-x>

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine* 24.

Church, D. and David, I. (2019). Borrowing Benefits: Clinical EFT (Emotional Freedom Techniques) as an Immediate Stress Reduction Skill in the Workplace. *Psychology*, 10, 941-952.

Ledger, K.E. 2019. A Feasibility Study of Emotional Freedom Technique Taught in the Curriculum for Secondary School Students, to Reduce Stress and Test Anxiety and Enhance Coping Skills. *The International Journal of Healing and Caring*, 19(3).

Church, D. & House, D. (2018). Borrowing Benefits: Group treatment with Clinical Emotional Freedom Techniques is associated with simultaneous reductions in posttraumatic stress disorder, anxiety and depression symptoms. *Journal of Evidence-Based Integrative Medicine*, 23: 1-4. doi: 10.1177/2156587218756510

Church, D., Stapleton, P., Sheppard, L., & Carter, B. (2018). Naturally Thin You: Weight Loss and Psychological Symptoms After a Six-Week Online Clinical EFT (Emotional Freedom Techniques) Course. *Explore*, 14(2), 131-136. doi: 10.1016/j.explore.2017.10.009

Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). The Interrelated Physiological and Psychological Effects of EcoMeditation: A Pilot Study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 23.

Stapleton P, Sandstrom U, Hamne G. (2018). Evaluating a 3-week model for reducing symptoms of stress in traumatised youth using the Trauma Tapping Technique (TTT) for self-help: A pilot trial. *OBM Integrative and Complementary Medicine*, 3(4); 36. doi:10.21926/obm.icm.1804036.

Tedtman, S., Massie, B., Smith-Goodwin, E. (2018). Investigating the efficacy of Emotional Freedom Technique on perceived stress in athletic training students. *Journal of Sports Medicine and Allied Health Sciences: Official Journal of the Ohio Athletic Trainers Association*, 4(1). doi: 10.25035/jsmahs.04.01.19

Boath, E., Good, R., Tsaroucha, A., Stewart, A., Pitch, S. & Boughey, A. (2017). Tapping your way to success: using Emotional Freedom Techniques (EFT) to reduce anxiety and improve communication skills in social work students. *Journal of Social Work Education*, 36(6). <http://dx.doi.org/10.1080/02615479.2017.1297394>

Church, D., Stapleton, P., & Banton, S. (2017). Naturally Thin You: Weight Loss and Psychological Symptoms after a Six Week Online Clinical EFT (Emotional Freedom Techniques) Course. *EXPLORE, The Journal of Science and Healing*. DOI:10.1016/j.explore.2017.10.009.

Hope, Terrie. (2017) The effects of Access Bars on anxiety and depression: A pilot study. *Energy Psychology Journal*, 9(2). doi 10.9769/EPJ.2017.9.2.TH

Saleh, B., Tiscione, M., & Freedom, J. (2017). The effect of Emotional Freedom Techniques on patients with dental anxiety: A pilot study. *Energy Psychology Journal*, 9(1). doi: 10.9769/EPJ.2017.9.1.BS.

Stapleton, P.B., Mackay, E., Chatwin, H., Murphy, D., Porter, B., Thibault, S., Sheldon, T. & Pidgeon, A.M. (2017). Effectiveness of a school-based Emotional Freedom Techniques intervention for promoting student wellbeing. *Adolescent Psychiatry*, 7(2), 112-26. doi: <https://doi.org/10.2174/2210676607666171101165425>.

de Wit, E. E., Bunders-Aelen, J. G. F., & Regeer, B. J. (2016). Reducing Stress in Youth: A Pilot-Study on the Effects of a University-Based Intervention Program for University Students in Pune, India. *Journal of Educational and Developmental Psychology*, 6(2). <https://doi.org/10.5539/jedp.v6n2p53>

Maharaj, M. E. (2016). Differential gene expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA assessment. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 17–32. doi:10.9769/EPJ.2016.8.1.MM

Patterson, S. (2016). The effect of emotional freedom technique on stress and anxiety in nursing students: A pilot study. *Nurse Education Today*, 40, 104-110. <http://dx.doi.org/10.1016/j.nedt.2016.02.003>

Pfrommer, et al., (2015). Heart Assisted Therapy-Self-Regulation (HAT-SR) for caregivers of persons with dementia. *Gerontol Geriatr Res* 2015, S4:005. <http://dx.doi.org/10.4172/2167-7182.S4-005>

Baker, B. Hoffman, C. (2014). Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation. *European Journal of Integrative Medicine*, 7(2), 136-42.

Boath, E., Stewart, A. & Rolling, C. (2014). The impact of EFT and matrix reimplenting on the civilian survivors of war in Bosnia: A pilot study. *Curr. Res. Psychol.*, 5: 64-72. <http://thescipub.com/abstract/10.3844/crpsp.2014.64.72>

Church, D., & Palmer-Hoffman, J. (2014). TBI symptoms improve after PTSD remediation with Emotional Freedom Techniques. *Traumatology*, 20(3), 172-181.

Ortner, N., Palmer-Hoffman, J., Clond, M. (2014). Effects of Emotional Freedom Techniques (EFT) on the Reduction of Chronic Pain in Adults: A Pilot Study. *Energy Psychology Journal*, 6(2).
doi 10.9769/EPJ.2014.11.2.NO.JH.MC

Boath, E. Stewart, A. Carryer, A. (2013). Is Emotional Freedom Techniques (EFT) Generalizable? Comparing Effects in Sport Science Students Versus Complementary Therapy Students. *Energy Psychology Journal*, 5(2). doi 10.9769/EPJ.2013.5.2.EB.AC.AS.SU

Boath, E., Stewart, A., Carryer, A. (2013). Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in university students. *Innovative Practice in Higher Education*, 1(3).

Church, D., & Brooks, A. J. (2013). The Effect of EFT (Emotional Freedom Techniques) on psychological symptoms in addiction treatment: A pilot study. *International Journal of Scientific Research and Reports*, 2(2).

Stewart A., Boath E., Carryer A., Walton I., & Hill L. (2013). Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell. *Journal of Psychological Therapies in Primary Care* 2:71-84.

Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D. & Dawson, K. (2013). Can Matrix Reimplenting using EFT be effective in the treatment of emotional conditions? *Energy Psychology: Theory, Research, & Treatment*, 5(1), 13-18.

Boath, E., Stewart, A. & Carryer, A. (2012). Tapping for PEAS: Emotional Freedom Technique (EFT) in reducing Presentation Expression Anxiety Syndrome (PEAS) in university students. *Innovative Practice in Higher Education*, 1(2).

Church, D., & Downs, D. (2012). Sports confidence and critical incident intensity after a brief application of Emotional Freedom Techniques: A pilot study. *The Sport Journal*, 15.

Darby, D. & Hartung, J. (2012). Thought field therapy for blood-injection-injury phobia: A pilot study. *Energy Psychology Journal*, 4(1), 25-32.

Gurrett, J-M., Caufour, C., Palmer-Hoffman, J., & Church, D. (2012). Post-Earthquake Rehabilitation of Clinical PTSD in Haitian Seminarians. *Energy Psychology: Theory, Research, and Treatment*, 4(2), 33-40.

Hodge, P. & Jurgens, C. (2011). A Pilot Study of the Effects of Emotional Freedom Techniques in Psoriasis. *Energy Psychology: Theory, Research & Treatment*, 3(2).

Palmer-Hoffman, J. & Brooks, A. (2011). Psychological symptom change after group application of Emotional Freedom Techniques. *Energy Psychology: Theory, Research, & Treatment*, 3(1), 57-72.

Temple, G., & Mollon, P. (2011). Reducing anxiety in dental patients using EFT: A pilot study. *Energy Psychology: Theory, Research & Treatment*, 3(2).

Church, D. & Brooks, A. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, Oct/Nov 2010.

Hammond, M. & Boltman, M. (2010). The Energy of Reading Project. Unpublished uncontrolled outcome study. www.energyoflearning.com.

Sakai, C., Connolly, S., Oas, P. (2010). Treatment of PTSD in Rwandan child genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 12(1), 41-50.

Church, D. (2009). The treatment of combat trauma in veterans using EFT: A pilot protocol. *Traumatology*, 15(1), 45-55.

Church, D., & Geronilla, L. (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study. *International Journal of Healing and Caring*, 9:1.

Lambrou, P., Pratt, G., & Chevalier, G. (2005). Physiological and psychological effects of a mind/body therapy on claustrophobia. *Journal of Subtle Energies and Energy Medicine* 14(3), 239-251.

Rowe, J. (2005). The effects of EFT on long-term psychological symptoms. *Counseling and Clinical Psychology Journal*, 2(3):104.

Swingle, P., Pulos, L., & Swingle, M. K. (2005). Neurophysiological indicators of EFT treatment of post-traumatic stress. *Journal of Subtle Energies & Energy Medicine*. 15, 75-86.

Folkes, C. (2002). Thought field therapy and trauma recovery. *International Journal of Emergency Mental Health*, 4, 99-103.

Sakai, C. S., Paperny, D., Mathews, M., Tanida, G., Boyd, G., & Simons, A. (2001). Thought field therapy clinical application: Utilization in an HMO in behavioral medicine and behavioral health services. *Journal of Clinical Psychology*, 57, 1215-1227. doi: 10.1002/jclp.1088.

Carbonell, J. & Figley, C. (1999). A systematic clinical demonstration project of promising PTSD treatment approaches. *Traumatology*, 5(1). <http://dx.doi.org/10.1177/153476569900500106>

Mixed Intervention Studies that Include a Tapping Component

Ardan, M., Zulkifli, A., & Jafar, N. (2020). Therapy SEFT for controlling the level of depression in people with HIV and AIDS. *Enfermeria clinica*, 30 Suppl 4, 444–447. <https://doi.org/10.1016/j.enfcli.2019.10.119>

Asmawati, Ikhlasia, M., & Panduragan, S. L. (2020). The effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety of NAPZA (narcotics, psychotropic, and other addictive substances) residents. *Enfermeria clinica*, 30 Suppl 5, 206–208. <https://doi.org/10.1016/j.enfcli.2019.11.055>

Maddox, D., Deschner, B., Goodsun, D., & Lapiz-Bluhm, M. D. (2020). Veterans Team Recovery Integrative Immersion Process (Vet TRIIP): A Qualitative Evaluation of Participation and Impact. *Military medicine*, 185(7-8), e1284–e1289. <https://doi.org/10.1093/milmed/usaa053>

Mayr, H. L., Cohen, F., Isenring, E., Soenen, S., Project GRIT Team, & Marshall, S. (2020). Multidisciplinary lifestyle intervention in children and adolescents - results of the project GRIT (Growth, Resilience, Insights, Thrive) pilot study. *BMC pediatrics*, 20(1), 174. <https://doi.org/10.1186/s12887-020-02069-x>

Thrisna Dewi, N., Arifin, M. T., & Ismail, S. (2020). The Influence of Gayatri Mantra and Emotional Freedom Technique on Quality of Life of Post-Stroke Patients. *Journal of multidisciplinary healthcare*, 13, 909–916. <https://doi.org/10.2147/JMDH.S266580>

Trejos Parra, J. J., García Osorio, C. L., Vélez Vitola, O., & Muñoz García, M. (2020). Effectiveness of emotional freedom techniques with a recreational plastic expression program in post-traumatic stress of school age children boarded for abuse-related trauma: Eficacia de un programa de técnicas de libertad emocional con expresión plástica recreativa en el estrés postraumático de escolares internados por maltrato. *Psicología Desde El Caribe*, 37(1), 75–98. <https://www.proquest.com/openview/657acd126e8b577d2501193a431e55da/1?pq-origsite=gscholar&cbl=2027439>

Winters, S. (2019a). The development and testing of a taxonomy and Emotional Freedom Techniques (EFT) intervention for internalised weightism: A mixed methods exploration. <https://proxy.library.kent.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ddu&AN=BDAF942C550AF93D&site=ehost-live> (Master's Thesis)

Bair C. C. (2008). The heart field effect: Synchronization of healer-subject heart rates in energy therapy. *Advances in mind-body medicine*, 23(4), 10–19.

Mixed Method Clinical Trials that Include a Tapping Component

Hendricks-Patel, S., & Harvey, K. (2025). Emotional Freedom Technique for Stress Reduction in Nursing Students: A Pilot Project. *Journal of Nursing Education*, 0(0), 1–4. <https://doi.org/10.3928/01484834-20250108-03>

Lambert, M., Smith, S., Moss, S. & Kirschbaum, M. (2022). Emotional Freedom Techniques (Tapping) to Improve Wellbeing and Reduce Anxiety in Primary School Classrooms. *Australian Journal of Teacher Education*. 47. 72-92. 10.14221/ajte.2022v47n3.5.

Benor, Daniel. Rossiter-Thornton, John. and Toussaint, Loren. (2016). A Randomized Controlled Trial of Wholistic Hybrid Derived from Eye Movement Desensitization and Reprocessing and Emotional Freedom Technique (WHEE) for Self-Treatment of Pain, Depression, and Anxiety in Chronic Pain Patients. *J Evidence-Based Complementary & Alternative Medicine*. DOI: 10.1177/2156587216659400

Church, D., & Brooks, A. J. (2014). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing*, 10(1), 24-33.

Fitch, J., Schmuldt, L., & Rudick, K. L. (2011). Reducing state communication anxiety for public speaker. An energy psychology pilot study. *Journal of Creativity in Mental Health*, 6(3), 178-192.

Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). The Interrelated Physiological and Psychological Effects of EcoMeditation: A Pilot Study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 23.

Libretto, S., Hilton, L. Gordon, S. and Zhang, W. (2015). Effects of integrative PTSD treatment in a military health setting. *Energy Psychology Journal*, 7(2). DOI 10.9769/EPJ.2015.11.1.SL

Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal*, 13(1). doi: 10.9769/EPJ.2021.13.1.AP

Stone, B., Leyden, L. & Fellows, B. (2010). Energy Psychology treatment for orphan heads of households in Rwanda: An observational study. *Energy Psychology: Theory, Research and Treatment*, 2(2).

Stone, B., Leyden, L., & Fellows, B. (2009). Energy Psychology treatment for posttraumatic stress in genocide survivors in a Rwandan orphanage: A pilot investigation. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 73-82.

Clinical Case Studies

Olivé, C., Ávila, M. & Camacho, C. (2025). Efficacy of a brief group intervention from Advanced Integrative Therapy (AIT) in female survivors of intimate partner violence with post-traumatic stress disorder (PTSD). *IJHC*, 25(1), 11-33. <https://doi.10.78717/ijhc.2025111>

Sari, N. K., Burhan, E., Faithiyah, I., Dewi, Y. & Stepvia, S. (2025). Emotional freedom techniques for elderly patients with COVID-19: a case series on clinical recovery, frailty, and inflammatory biomarkers. *Frontiers in Psychology*, 16. <https://www.frontiersin.org/articles/>

10.3389/fpsyg.2025.1627592.

Sise, M. T. (2025). Using the Trauma Reintegration Process to Treat Posttraumatic Stress Disorder with Dissociation and Somatic Features: A Case Series. *Healthcare*, 13(10), 1092. <https://doi.org/10.3390/healthcare13101092>

Stapleton, P. (2025). A Promising Mind-Body 4th Wave Approach to Treating Post-Traumatic Stress Disorder: Clinical Emotional Freedom Techniques. In *Development and Treatment of PTSD*, pp. 221-248. IGI Global Scientific Publishing. doi: 10.4018/979-8-3693-2089-1.ch007

Celestin, O. (2024). The Effectiveness of Advanced Integrative Therapy in Treating Attention Deficit Hyperactivity Disorder. *International Journal of Healing and Caring*, 24(4). <https://doi.org/10.78717/ijhc.202444>

Friedman, P. (2024). Changes in Cognitive-Affective Balance, Life Balance, Depression, Anxiety, Self-Forgiveness, Psychological Flexibility, Valuing, Well-being, Spiritual Awakening, the Working Alliance, and Outcome in Psychotherapy: A Case Study. *Int J Healing & Caring*, 24(2).
Friedman, P. & Freedom, J. (2024). Changes In Cognitive-Affective Balance and Flexibility, Life Balance, Depression, Anxiety, Self-Forgiveness, Valuing, Well-Being, Spiritual Awakening, Cognitive Fusion, Experiential Avoidance, The Working Alliance, And Outcome In Psychotherapy, *Int. J. Healing & Caring*, 24(3).

Pujol, A. (2024). Energy psychology for social anxiety and erythrophobia: A case study. *Energy Psychology: Theory, Research, and Treatment*, 16(1), 19–34. doi 10.9769/EPJ.2024.16.1.AP

Stapleton, P. B. (2024). Case Study: Emotional Freedom Technique (EFT) for Burnout. *Mental Health Academy*. <https://www.mentalhealthacademy.com.au/blog/post/case-study-emotional-freedom-technique-eft-for-burnout>

Boath, E., & Philpott, C. (2023). “Everything smells like poo, landfill, and rotten food”: A retrospective case report using Clinical Emotional Freedom Techniques (EFT) for parosmia following COVID-19. *Energy Psychology: Theory, Research, and Treatment*, 15(2), 27–32. doi: 10.9769/EPJ.2023.15.2.EB

Friedman, P. (2023). Change In Depression, Anxiety, Negative And Positive Affect, Life Balance, Self-Forgiveness, Psychological Flexibility, The Working Alliance, Outcome Measures And The Benefits Of Psychotherapy: Case Studies Of 2 Clients. *Int J Healing & Caring*, 23(2). <https://doi.org/10.58717/ijhc.20232324>

Friedman, P. (2023). Change in Emotional Stability, Self-Forgiveness, Life Balance, Cognitive-Affective Balance, Depression, Anxiety and Psychological Flexibility: A Case Study Using Assessments Used in the ICBEST and ACT Models of Therapy. *Int J of Healing and Caring*, 23(1).

Friedman, P. & Freedom, J. (2023). A Practice-Based Evidence Approach To Change Pre, During And Post COVID-19 During Psychotherapy. *Int J Healing & Caring*, 23(3).

Friedman, P. H., & Freedom, J. (2023), Brief psychotherapy of two cases with very different outcomes: Success and failure. http://www.societyforpsychotherapy.org/success_and_failure.

Gallo, F. & Church, D. (2023). Energy for treating trauma/PTSD. *Journal of Psychology and Clinical Psychiatry*, 5, 123-25. <https://www.ceeol.com/search/article-detail?id=1264427>

Hope, T. (2023). The effects of Access Bars on depression, anxiety, and stress in police officers: A case series. *Energy Psychology: Theory, Research, and Treatment*, 15(2), 33–42.

Lee, A. (2023). Successful Withdrawal from Six Psychiatric Medications Using Criteria-Based Energy Testing. *Int J Healing & Caring*, 23(3).
<https://doi.10.78717/ijhc.20232334>

Soriano-Lemen, M. I., & Lamzon, G. (2023). Emotional Freedom Techniques for Childhood Sexual Abuse Survivors. *Asian Journal of Education and Social Studies*, 43(2), 9-21.

Valdivieso, G. (2023). Energy Psychology, Bilateral Stimulation, and Mindful Breathing for Trauma and Chronic Pain: A Theoretical Framework and Case History. *Energy Psychology Journal*, 15(1).

Church, D., Baumann, O. & Stapleton, P. (2022). The future of psychology: Approaches to enhance therapeutic outcomes. *Front. Psychol.*, 13. <https://doi.org/10.3389/fpsyg.2022.1116204>

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association)
<http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy>

Hoss, R., Hoss, L., & Church, D. (2022). Integrating the Complementary Therapies of Energy Psychology and Dreamwork – the Dream to Freedom Method. *OBM Integrative and Complementary Medicine* 2022;7(3):27. doi:10.21926/obm.icm.2203024.
<https://www.lidsen.com/journals/icm/icm-07-03-024>

Feinstein, D. (2021). Applications of energy psychology in addressing the psychological roots of illness. *OBM Integrative and Complementary Medicine*, 6(2), doi:10.21926/obm.icm.2102014
<https://www.lidsen.com/journals/icm/icm-06-02-014>

Friedman, P. (2021). Digital assessment and tracking, life balance, emotional stability, well-being, spiritual awakening, anxiety and depression: A practice-based evidence approach to change in psychotherapy. *International Journal of Healing and Caring*, 21(2).

Fuller S., Stapleton P. (2021). Emotional Freedom Techniques for Stroke Rehabilitation: A Single Case Study. *OBM Integrative and Complementary Medicine* 2021;6(4):13; doi:10.21926/obm.icm.2104038. <https://lidsen.com/journals/icm/icm-06-04-038>

Pace, E. (2021). Efficacy of Advanced Integrative Therapy in treating complex post-traumatic stress disorder: A preliminary case report. *International Journal of Healing and Caring*, 21(2), 35-53. <https://tinyurl.com/mr3htyze>

Podgornik, N. (2022). Application of Emotional Freedom Technique in psychotherapy. *Innovative Issues and Approaches in Social Sciences*, 15, 171-76.

Seidi, P. A., Jaff, D., Connolly, S. M., & Hoffart, A. (2021). Applying Cognitive Behavioral Therapy and Thought Field Therapy in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts. *Explore: The Journal of Science and Healing*, 17(1), 84-91. doi:10.1016/j.explore.2020.06.003 Epub 2020 Jun 25. PMID: 32622816.

Weaver, T. B. (2021). The use of Advanced Integrative Therapy with C-PTSD and intergenerational trauma transmission: A case study. *Energy Psychology: Theory, Research, and Treatment*, 13(2), 23–38. doi:10.9769/EPJ.2021.13.2.TBW

Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence-based approach to change in psychotherapy. *International Journal of Healing and Caring*, 20(1), 1-29.

Kalla M., Simmons M., Robinson A., Stapleton P. (2020). Making sense of chronic disease using Emotional Freedom Techniques (EFT): An existential view of illness. *Explore*, 16(4):214-224. doi: 10.1016/j.explore.2020.03.006.

Pandey, N. (2020). EFT As a Tool to Resolve Anxiety: A Case Study Approach. *International Journal of Psycho-Social Research (IJPSR)*, 9(1).

Temp, A., Lee, B. & Bak, T. (2020). "I really don't wanna think about what's going to happen to me!": A case study of psychological health and safety at an isolated high Arctic Research Station, *Safety in Extreme Environments*, 1 – 14. <https://doi.org/10.1007/s42797-019-00013-6>

Weisfeld, C.C., Dunleavy, K. (2020). Strategies for managing chronic pain, chronic PTSD, and comorbidities: Reflections on a case study documented over ten years. *J Clin Psychol Med Settings* 28, 78–89. <https://doi.org/10.1007/s10880-020-09741-5>

Xanthou, A. (2020). The Effectiveness of "EFT - Emotional Freedom Techniques" in people with phobias. *Dialogues in Clinical Neuroscience and Mental Health*, 3(1). <https://doi.org/10.26386/obrela.v3i1.173>

Anderson, K., Rubik, B. & Absenger, W. (2019).). Does combining Emotional Freedom Techniques and Hypnosis have an effect on sexual assault–specific posttraumatic stress disorder symptoms? *Energy Psychology Journal*, 11(2).

Di Rienzo, F., Saruco, E., Church, D., Daligault, S., Delpuech, C., Gurret, J. M., ... Guillot, A. (2019, November 17). Neuropsychological correlates of an energy psychology intervention on flight phobia: A MEG single-case study. *PsyArXiv*, 17 Nov. 2019. <https://doi.org/10.31234/osf.io/s3hce>

Freger, M. (2019). Use of Over Energy Correction (OEC) for intervention therapists at a center-based treatment facility for autism spectrum disorders (ASD). *International Journal of Healing and Caring*, 19(2).

Islam, Z. & Tully, L. (2019). Energy healing therapies for symptom control of cancer patients. *International Journal of Healing and Caring*, 19(1).

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.

Pennington, J., Sabot, D. & Church, D. (2019). EcoMeditation and Emotional Freedom Techniques (EFT) produce elevated brain-wave patterns and states of consciousness. *Energy Psychology Journal*, 11(1).

Masters, R., Baertsch, K. & Troxel, J. (2018). Changes in psychological symptoms after treatment with a novel therapy, the Phoenix Protocol: A case series. *Energy Psychology Journal*, 10(2).

Coyle, S. (2017). A role for Emotional Freedom Technique in palliative patients? Three case reports. *Supportive and Palliative Care* 7(2). doi: 10.1136/bmjspcare-2017-hospice.198

Drewry, D. (2017). Central nervous system apnea can be caused by traumatizing events, and it can be resolved. *International Journal of Healing and Caring*, 17(1).

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.

Steel, J.M. (2016). Tapas Acupressure Technique (TAT) for reducing stress and increasing self-esteem: A self-study. *Energy Psychology Journal*, 8(1). doi 10.9769/EPJ.2016.8.1.JMS

Sheldon, T., (2014). Psychological intervention including emotional freedom techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Curr. Res. Psychol.*, 5: 40-63. <http://thescpub.com/abstract/10.3844/crsp.2014.40.63>

McCallion, F. (2012). Emotional freedom techniques for dyslexia: A case study. *Energy Psychology Journal*, 4(2). doi: 10.9769/EPJ.2012.4.2.FM

Rotheram, M., Maynard, I., Thomas, O. Bawden, M. & Francis, L. (2012). Preliminary evidence for the treatment of Type 1 'Yips': The efficacy of the Emotional Freedom Techniques. *The Sports Psychologist*, 26, 551-570.

Burk, L. (2010). Single session EFT (Emotional Freedom Techniques) for stress-related symptoms after motor vehicle accidents. *Energy Psychology: Theory, Research, & Treatment*, (2010), 2(1), 65-72.

Craig, G., Bach, D., Groesbeck, G., & Benor, D. (2009). Emotional Freedom Techniques (EFT) For traumatic brain injury. *International Journal of Healing and Caring*, (2009, May), 9(2), 1-12.

Diepold, J. H., Jr., & Goldstein, D. (2009). Thought field therapy and QEEG changes in the treatment of trauma: A case study. *Traumatology*, 15, 85-93.

Look C., Larson Z. (2009). Emotional Freedom Techniques (EFT) for Cerebral Palsy. *International Journal of Healing & Caring*, 9(3):1-8.

Swack, J. (2009). Elimination of Post Traumatic Stress Disorder (PTSD) and other psychiatric symptoms in a disabled Vietnam veteran with traumatic brain injuries (TBI) in just six sessions using Healing from the Body Level Up methodology, an energy psychology approach. *International Journal of Healing and Caring*, 9(3).

McCarty, W. A., (2008). Clinical story of a 6-year-old boy's eating phobia: An integrated approach utilizing prenatal and perinatal psychology with energy psychology's Emotional Freedom Technique (EFT) in a surrogate nonlocal application. *Journal of Prenatal & Perinatal Psychology & Health*, 21(2), 117-139.

Callahan, J. (2004). Using Thought Field Therapy® (TFT) to support and complement a medical treatment for cancer: A case history. *The International Journal of Healing and Caring*, 4(3).

Bray, R.L. (2003). Working through traumatic stress without the overwhelming responses. *Journal of Aggression, Maltreatment and Trauma*, 12, 103-124.

Dissertations and Theses

Horton-Garcia, S. R. (2025). *Improving Caregiver Coping Resources, Reducing Burden, and Promoting Well-Being: Emotional Freedom Technique* (Doctoral dissertation, Grand Canyon University).

Bow, K. (2024). Sport and Performance Enhanced by Dance/Movement Therapy and the Emotional Freedom Technique. (Doctoral dissertation, University of Arizona Global Campus). 31635095.

Chong, E. (2024). Evaluating the efficacy of Emotional Freedom Technique (EFT) for anxiety reduction. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 85(9-B). ProQuest Information & Learning. ISBN: 979-8381761115

Jones, Natasha L. (2023). A new approach to healing traumatic memories: Using Logosynthesis to resolve subjective units of distress associated with intimate partner violence. Virginia State University ProQuest Dissertations Publishing, 2023. 30688213. <https://www.proquest.com/docview/2875737062>

Cyr, J. (2022). Improving undergraduate nursing student stress: Tapping to success in academia with emotional freedom techniques. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, Vol 83(11-B), 2022. ProQuest Information & Learning. ISBN: 979-8438722595.

Mellenia, R. C. (2022). *Effect of spiritual emotional freedom technique therapy on sleep quality in cancer patient* (Doctoral dissertation, Widya Mandala Surabaya Catholic University).

Rodriguez, Victoria. (2022). "Tapping In: A Movement Meditation for Wellness." *Dance (MFA Theses*, Hollins University. 19. <https://digitalcommons.hollins.edu/dancetheses/19>

Barndad, L. (2021). The long-term effects of Emotional Freedom Technique on anxiety. The Chicago School of Professional Psychology, Pro Quest Dissertations Publishing. 28652647. <https://tinyurl.com/yckrekyyx>

Keppel, Hadas. (2021). The effects of a Thought Field Therapy stress reduction protocol on the stress and empath levels of parents of children with autism spectrum disorder. Fielding Graduate University, ProQuest Dissertations Publishing, 28713632.

Pfeiffer, A. (2021). *Emotionsregulation durch Klopftechniken: eine fMRT-Studie* (Doctoral dissertation, Medizinische Hochschule Hannover).

Lambert, M. (2020). The Tapping Project: Introducing Emotional Freedom Techniques (EFT) to reduce anxiety and improve wellbeing in primary school students. Charles Darwin University (Australia), ProQuest Dissertations Publishing. 28911405.

Stoantziki, A. (2020). Investigation of high school students' opinions after the application of emotional release techniques (EFT). (PhD thesis in Greek). <https://polynoe.lib.uniwa.gr/xmlui/handle/11400/172>

Στοαντζίκη, Α. (2020). Διερεύνηση των απόψεων των μαθητών του λυκείου μετά την εφαρμογή των τεχνικών συναισθηματικής απελευθέρωσης (EFT).

Sabathy, M. (2015). Proposition for the implementation of coping strategies (SE and EFT) into secondary classrooms based up on the analysis of emotional reactivity and its effects on adolescent resiliency. Unpublished Master's Thesis. <https://doi.org/10.13140/RG.2.1.1959.5288>

Gaesser, A. H. (2014). "Interventions to Reduce Anxiety for Gifted Children and Adolescents." *Doctoral Dissertations*, Paper 377. <http://digitalcommons.uconn.edu/dissertations/377>

Haynes, T. (2010). Effectiveness of Emotional Freedom Techniques on Occupational Stress for Preschool Teachers. PhD Dissertation. UMI 3412819. UMI Dissertation Publishing.

Connais, C. (2009). The effectiveness of emotional freedom technique on the somatic symptoms of fibromyalgia, 3372777 Psy.D. United States e Colorado: The University of the Rockies. Retrieved from <http://0-search.proquest.com/prosperso.murdoch.edu.au/docview/305082332?accountid%412629>. ProQuest Dissertations.

Schoninger, B. (2004). Efficacy of Thought Field Therapy (TFT) as a treatment modality for persons with public speaking anxiety. *Dissertation Abstracts International*, 65 (10), 5455. (UMI No. AAT 3149748)

Darby, D. W. (2002). The efficacy of Thought Field Therapy as a treatment modality for individuals diagnosed with blood-injection-injury phobia. *Dissertation Abstracts International*, 64 (03), 1485B. (UMI No. 3085152)

Wade, J. F. (1990). The effects of the Callahan phobia treatment techniques on self concept. Unpublished doctoral dissertation. The Professional School of Psychological Studies, San Diego.

Systematic Observational Reports

Nairn, C. A. (2020). From the Outside In: Incorporating the use of EFT into traditional

psychotherapeutic approaches and its impact on therapeutic alliance. Dissertation, University of Exeter, UK. <http://hdl.handle.net/10871/122720>

Stapleton., P., Chatwin., H., Shepperd, L., & McSwan, J. (2016). The Lived Experience of Chronic Pain and the Impact of Brief Emotional Freedom Techniques (EFT) Group Therapy on Coping. *Energy Psychology: Theory, Research, and Treatment*, 8(2), 18-28.

Robson, P. & Robson, H. (2012). The Challenges and opportunities of introducing Thought Field Therapy (TFT) following the Haiti earthquake. *Energy Psychology Journal*, 4(1).
doi:10.9769/EPJ.2012.4.1.PR

Swingle, P. (2010). Emotional Freedom Techniques (EFT) as an effective adjunctive treatment in the neurotherapeutic treatment of seizure disorders. *Energy Psychology: Theory, Research, & Treatment*, 2(1), 29-38.

Dinter, I. (2009). Working with military service members and veterans: A field report of obstacles and opportunities. *Energy Psychology Journal* 1(1). doi: 10.9769/EPJ.2009.1.1.ID

Gallo, F. (2009). Energy psychology in rehabilitation: Origins, clinical applications, and theory. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 57-72.

Lubin, H. & Schneider, T. (2009). Change Is possible: EFT (Emotional Freedom Techniques) with life-sentence and veteran prisoners at San Quentin state prison. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 83-88.

Pasahow R. J. (2009). Energy Psychology and Thought Field Therapy in the treatment of tinnitus. *Int Tinnitus Journal*, 15(2):130-133.

Dinter, I. (2008). Veterans: Finding their way home with EFT. *International Journal of Healing and Caring*, 8(3).

Morikawa, A. I. H. (2005). Toward the clinical applications of Thought Field Therapy to the treatment of bulimia nervosa in Japan. Unpublished doctoral dissertation, California Coast University, Santa Ana.

Green, M.M. (2002). Six trauma imprints treated with combination intervention: Critical Incident Stress Debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT). *Traumatology*, 8(1), 18.

Yancey, V. (2002). The use of Thought Field Therapy in educational settings. Dissertation Abstracts International, 63 (07), 2470A. (UMI No. 3059661)

Callahan, R. (2001). Raising and lowering HRV: Some clinical findings of Thought Field Therapy. *Journal of Clinical Psychology*, 57(10), 1175-86.

Callahan, R. (2001). The impact of Thought Field Therapy on heart rate variability. *Journal of Clinical Psychology*, 57(10), 1153-1170.

Johnson, C., Shala, M., Sejdijaj, X., Odell, R., & Dabishevci, D. (2001). Thought Field Therapy: Soothing the bad moments of Kosovo. *Journal of Clinical Psychology*, 57(10), 1237- 1240.

Pignotti, M., & Steinberg, M. (2001). Heart rate variability as an outcome measure for Thought Field Therapy in clinical practice. *Journal of Clinical Psychology*, 57(10), 1193-1206.

Survey Studies of Practitioner Observations

Maier MC, Scharf JY, Gold MA, et al. 'Our mind could be our biggest challenge': A qualitative analysis of urban adolescents' sleep experiences and opportunities for mind-body integrative health approaches to improve sleep. *PEC Innovation*. 2023 Dec;2:100130. DOI: 10.1016/j.pecinn.2023.100130. PMID: 37214498; PMCID: PMC10194289.

Brown, G., Batra, K., Hong, S., Sottile, R., Bakhru, R. & Dorin, E. (2022). Therapists' observations in reduction of unpleasant emotions following Advanced Integrative Therapy interventions. *Energy Psychology Journal*, 14(1). doi 10.9769/EPJ.2022.14.1.GB

Feinstein, D. (2021). Perceptions, reflections, and guidelines for using energy psychology: A distillation of 800+ surveys and interviews with practitioners and clients. *Energy Psychology: Theory, Research, and Treatment*, 13(1), 13-46. Link.

Mitchell, J. & Chatzidamianos, G. (2020). Emotional Freedom Techniques—how to make it mainstream; a thematic analysis of practitioners' views. *Energy Psychology Journal*, 12(1). doi 10.9769/EPJ.2020.12.1.JM

Harbottle, L. (2019). Potential of emotional freedom techniques to improve mood and quality of life in older adults. *British Journal of Community Nursing*, 24(9). <https://doi.org/10.12968/bjcn.2019.24.9.432>

Hartung, J. & Morales, N. (2019). Psychological and medical applications of certain innovative therapies in correctional settings: Clinician, staff, and client observations from three institutions. *Energy Psychology Journal*, 11(1).

Stapleton, P. & Chatwin, H. (2017). Determining highly desirable traits of an effective Emotional Freedom Techniques practitioner: A Delphi Study. *Energy Psychology Journal*, 9(2). doi:10.9769/EPJ.2017.9.2.PS

Feinstein, D. (2016). A survey of Energy Psychology practitioners: Who they are, what they do, who they help. *Energy Psychology Journal* 8(1). doi 10.9769/EPJ.2016.8.1.DF

Jensen, A. M. (2018). Emerging from the mystical: Rethinking Muscle Response Testing as an ideomotor effect. *Energy Psychology Journal*, 10(2).

Kalla, M. (2016). Supporting chronic disease healthcare through remote Emotional Freedom Techniques (EFT) treatment and self-care: An evaluation using the WHO determinants of health. *Energy Psychology Journal*, 7(2). doi 10.9769/EPJ.2016.8.1.MK

Kalla, M., Simmons, M., Robinson, A., & Stapleton, P. (2016). Emotional Freedom Techniques (EFT) as a practice for supporting chronic disease healthcare: A Practitioners' Perspective.

Disability and Rehabilitation, 40(14), 1654-1662. doi: 10.1080/09638288.2017.1306125
<http://dx.doi.org/10.1080/09638288.2017.1306125>

Chalmers, J. S. (2015). An exploration of the experiences of Emotional Freedom Techniques (EFT) practitioners. Unpublished master's dissertation. University of Northampton, UK.
<http://tinyurl.com/zfmyf4a>

White, I. C. (2015). It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in Psychotherapy for Trauma. Master's thesis. <http://hdl.handle.net/10788/2054>

Mason, E. (2012). Energy psychology and psychotherapy: A study of the use of energy psychology in psychotherapy practice. *Counselling & Psychotherapy Research*, 12(3), 224-32.

Schulz, K. (2009). Integrating energy psychology into treatment for adult survivors of childhood sexual abuse. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 15-22.

Lumadue, C. A., Munk, M., & Wooten, H. R. (2005). Inclusion of Alternative and Complementary Therapies in CACREP Training Programs: A Survey. *Journal of Creativity in Mental Health*, 1(1), 7-19. https://doi.org/10.1300/J456v01n01_03

Anecdotal Reports

Several hundred anecdotal reports about the positive effects reported from energy psychology techniques.

- <http://www.remarkablerecoveries.com/>
- <https://www.emofree.com/eft-article-archive.html>
- <http://www.eftuniverse.com/faqs/eft-tapping-case-studies>

Theoretical and Review Articles

Feinstein, D. (2025). Physiological mechanisms of energy psychology: An updated synthesis. *Energy Psychology: Theory, Research, and Treatment*, 17. <https://doi.org/10.9769/EP.2025.17.1.DF>

Freedom J. (2025). Research in energy psychology: An update. *Connections in Holistic Nursing Research* 17(2):3-5.

Hanoch, L. (2025). Can the Concepts of Energy and Psychological Energy Enrich Our Understanding of Psychosocial Adaptation to Traumatic Experiences, Chronic Illnesses and Disabilities? *Frontiers in Psychology*, 13. DOI=10.3389/fpsyg.2022.768664
<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.768664>

Sá, R., & Neto, G. P. (2025). Advancing biophysics in energy-based clinical interventions: A narrative review. *Explore*, 21(4), 103198. <https://doi.org/10.1016/j.explore.2025.103198>

Salicru S. (2025). Emotional freedom techniques in mental health care: evidence review, gaps, and future directions. *Academia Mental Health and Well-Being* 2025;2. <https://doi.org/10.20935/>

Sandström, U., Hamne, G., & Hodgson, K. (2025). A Humanitarian Approach to Good Practice, Ethics and Efficacy: First Aid for Stress and Trauma (F.A.S.T.). Open Science Framework PsyArXiv: The Society for the Improvement of Psychological Science. 1-14. https://doi.org/10.31234/osf.io/c85tb_v1

Stapleton, P. (2025). A Promising Mind-Body 4th Wave Approach to Treating Post-Traumatic Stress Disorder: Clinical Emotional Freedom Techniques. In *Development and Treatment of PTSD*, pp. 221-248. IGI Global Scientific Publishing. doi: 10.4018/979-8-3693-2089-1.ch007

Ullagaddi, R. (2025). Emotional Freedom Techniques: A Pathway to Stress Relief and Body Detox. *Journal of Neonatal Surgery*, 14(32s), 2953–2959.

Boness, C. L., Pfund, R. A., & Tolin, D. F. (2024). Acupressure in psychotherapy as an unsinkable rubber duck: A reply to Feinstein (2023). *Journal of Psychotherapy Integration*, 34(2), 190–199. <https://doi.org/10.1037/int0000315>

Da, M. (2024). Psychological energy: Early theorists in the analytical tradition. *Int'l Journal of Transpersonal Studies – Advance Publication Archive*, 96. <https://digitalcommons.ciis.edu/advance-archive/96>

Feinstein, D. (2024). The real reasons energy psychology is proving to be durable: Rejoinder to “Acupressure in psychotherapy as an unsinkable rubber duck, reply to Feinstein (2023). *Journal of Psychotherapy Integration*, 34(2), 200–211. <https://doi.org/10.1037/int0000328>

Pfund, R. A., Boness, C. L., & Tolin, D. F. (2024). Commentary: Emotional freedom techniques for treating post-traumatic stress disorder: An updated systematic review and meta-analysis. *Frontiers in Psychology*, 15, 1308687. <https://doi.org/10.3389/fpsyg.2024.1308687>

Smith, R. (2024). Transforming the compulsive patterns of attachment trauma using energy psychotherapy. *Attachment*, 18(2), 205-222.

Adams, J., & Ballantyne, P. (2022). Emotional Freedom Techniques for Obstetric Violence. *AIMS Journal*, 34(2), 1–7. <https://www.aims.org.uk/journal/index/34/2>

Blacher, S. (2023). Emotional Freedom Technique (EFT): Tap to relieve stress and burnout. *Journal of Interprofessional Education & Practice*, 30. ISSN 2405-4526. <https://doi.org/10.1016/j.xjep.2023.100599>

Brown, G., Pace, E., Weaver, T. (2023). Advanced Integrative Therapy: Origins, Research, Theory, and Practice. *Energy Psychology*, 15(1), 31-43. doi 10.9769/EPJ.2023.15.1.GB

Feinstein, D. (2023). Using energy psychology to remediate emotional wounds rooted in childhood trauma: preliminary clinical guidelines. *Frontiers in Psychology*, 14. DOI:10.3389/fpsyg.2023.1277555. <https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1277555/full>

Kwon, C.-Y., Seo, J., & Kim, S.-H. (2023). Development of a Manual for Disaster Medical

Support Using Korean Medicine for Disaster Survivors. *Journal of Integrative and Complementary Medicine*, 29(6–7), 395–407. MEDLINE. <https://doi.org/10.1089/jicm.2022.0561>

Zakers, A. & Cimolai, V. (2023). Complementary and Integrative Medicine and Eating Disorders in Youth: Traditional Yoga, Virtual Reality, Light Therapy, Neurofeedback, Acupuncture, Energy Psychology Techniques, Art Therapies, and Spirituality. *Child and Adolescent Psychiatric Clinics*, 32(2), 421 – 450. <https://doi.org/10.1016/j.chc.2022.08.014>

Anālayo, B., Steffens-Dhaussy, C., Gallo, F. et al. (2022). Energy Practices and Mindfulness Meditation. *Mindfulness* 2022. <https://doi.org/10.1007/s12671-022-01923-6>
<https://link.springer.com/article/10.1007/s12671-022-01923-6#citeas>

Church, D., Kip, K., Stapleton, P. (2022). Corrigendum supports therapeutic contribution of acupoint tapping to EFT's observed effects. *J Nerv Ment Dis*, 210: 143-47. doi: 10.1097/NMD.0000000000001439

https://journals.lww.com/jonmd/Abstract/2022/02000/Corrigendum_Supports_Therapeutic_Contribution_of.13.aspx

Spielmans, G. & Rosen, G. (2022). Corrigendum compounds errors and again fails to support the specificity of acupoint tapping. *J Nerv Ment Dis*, 210(2): 139-42.

doi: 10.1097/NMD.0000000000001376. https://journals.lww.com/jonmd/Abstract/2022/02000/Corrigendum_Compounds_Errors_and_Again_Fails_to.12.aspx

DiLauro, M. (2022). Expanding the social work toolbox: Utilizing Emotional Freedom Techniques in practice. *Health & Social Work*, 47(1), 63–67. <https://doi.org/10.1093/hsw/hlab026>

Feinstein, D. (2022). Uses of energy psychology following catastrophic events. *Frontiers in Psychology*, 13, 856209. doi:10.3389/fpsyg.2022.856209

Zhang, H., Fu, Z., Zeng, Z., Zhao, Y., & Huang, L. (2022). Discussion on Emotional Freedom Techniques with Meridian Acupoints in the Mental Health Counseling of Left-Behind Children. Francis Academic Press, UK. doi: 10.25236/edssr.2022.031

Feinstein, D. (2021). Applications of energy psychology in addressing the psychological roots of illness. *OBM Integrative and Complementary Medicine*, 6(2), doi:10.21926/obm.icm.2102014 Link.

Feinstein, D. (2021). Energy psychology in the treatment of substance use disorders. In R. Carroll, (Ed), *Complementary and integrative approaches to substance use disorders* (pp. 69-106). New York: Nova Science Publishers.

Feinstein, D. (2021). Reply to “How Do Energy Psychology Modalities Work?” *International Journal of Healing and Caring*, 21(1). Link.

Feinstein, D. (2021). Six empirically supported premises about energy psychology: Mounting evidence for a controversial therapy. *Advances in Mind-Body Medicine*, 35(2), 17-32. Link.

Freedom, J., Hux, M. & Warner, J. (2022). Research on acupoint tapping therapies proliferating around the world. *Energy Psychology Journal*, 14(1), 22-28. doi:10.9769/EPJ.2022.14.1.JF

Frost, J. H. (2022). Important aspects of the healing relationship in EFT: Bringing the unconscious into consciousness. *Energy Psychology: Theory, Research, and Treatment*, 14(2), 51–57.

Hart, J. (2022). Emotional Freedom Techniques: Tapping Acupuncture Points and Talking to Improve Health. *International Journal of Integrative and Complementary Therapies*, 28(5). <https://doi.org/10.1089/ict.2022.29035.jha>

Greene, D. (2021). How Do Energy Psychology Modalities Work? An Energy-Based Theoretical Perspective. *International Journal of Healing and Caring*, 21(1).

Hossain, F. & Clatty, A. (2021). Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing Ethics*, 28(1), 23-32. <https://doi.org/10.1177/0969733020961825>

Moga, M. (2021). Is there scientific evidence for chakras. *International Journal of Healing and Caring*, 22(2). <https://ijhc.org/2022/04/05/moga-m/>

Church, D., Stapleton, P.; Kip, K., & Gallo, F. (2020). Corrigendum to: Is tapping on acupuncture points an active ingredient in Emotional Freedom Techniques: A systematic review and meta-analysis of comparative studies. *Journal of Nervous and Mental Disease*, 208(8), 632-635. doi: 10.1097/NMD.0000000000001222

Eden, D. & Feinstein, D. (2020). Development of a healthcare approach focusing on subtle energies. *Adv Mind Body Med.*, 34(3):25-36.

Gaesser, A. H. (2020). Emotional freedom techniques: Stress and anxiety management for students and staff in school settings. In C. Maykel & M. A. Bray (Eds.), *Applying psychology in the schools. Promoting mind–body health in schools: Interventions for mental health professionals* (pp. 283-297). Washington, DC, US: American Psychological Association. <http://dx.doi.org/10.1037/0000157-020>

Leskowitz, E. (2020). A cartography of energy medicine: From subtle anatomy to energy physiology. *EXPLORE*. <https://doi.org/10.1016/j.explore.2020.09.008>.

Leskowitz, E. (2020). Phantom limb pain: The role of prana and the koshas. 18. 4. *Elements: Ayurveda Health and Nutrition* 18(1):4, 2020.

Motta, R. W. (2020). Emotional freedom techniques for PTSD. In R. W. Motta, *Alternative therapies for PTSD: The science of mind–body treatments* (pp. 143–161). American Psychological Association. <https://doi.org/10.1037/0000186-009>

Spielmans, G; Rosen, G.; Spence-Sing, T. (2020). Tapping away at a misleading meta-analysis. *Journal of Nervous and Mental Disease*, 208(8), 628-631. doi: 10.1097/NMD.0000000000001181

Feinstein, D. (2019). Words to tap by: The use of language in energy psychology protocols. *Energy Psychology: Theory, Research and Treatment*. 11(1).

Leskowitz, E. (2019). Biofield Science: Implications for the study of human behavior. *Energy Psychology Journal*, 11(2). (Guest editorial, no abstract).

Leskowitz, E. (2019). Mesmer reconsidered: From animal magnetism to the biofield. March 2019, *EXPLORE: The Journal of Science and Healing*, 15(2):95-97. <https://doi.org/10.1016/j.explore.2018.12.010>

Church, D. Stapleton, P. Mollon, P. Feinstein, D. Boath, E. Mackay, D. Sims, R. (2018) Guidelines for the Treatment of PTSD Using Clinical EFT (Emotional Freedom Techniques). *Healthcare* 2018, 6(4),146. <https://doi.org/10.3390/healthcare6040146>

Fahey, R. L. (2018). Emotional Freedom Technique and Post Traumatic Stress Disorder. *Integrative Medicine Alert*, 21(7). <https://www.sciencedirect.com/science/article/pii/S1550830716301604>
<https://www.reliasmedia.com/articles/142914-emotional-freedom-technique-and-post-traumatic-stress-disorder>

Gaesser, A. (2018). Befriending anxiety to reach potential: Strategies to empower our gifted youth. *Gifted Child Today*, 41(4); 186-195. <https://doi.org/10.1177/1076217518786983>

Leskowitz, E. (2018). How tapping into “energy” can trigger a paradigm shift in biomedicine. *The Journal of Alternative and Complementary Medicine*, 24(6):1-3. DOI: 10.1089/acm.2018.0073

Pfeiffer, A. (2018). Was Ist dran am klopfen? (What’s up with tapping?) Eine Übersichtsarbeit. *Psychotherapeutenjournal* 3, 235-243.

Stapleton, P. & Chatwin, H. (2017). Determining highly desirable traits of an effective Emotional Freedom Techniques practitioner: A Delphi Study. *Energy Psychology Journal*, 9(2). doi:10.9769/EPJ.2017.9.2.PS

Church, D. & Feinstein, D. (2017). The manual stimulation of acupuncture points in the treatment of post-traumatic stress disorder: A review of Clinical Emotional Freedom Techniques. *Medical Acupuncture*, 29(4): 249-253.

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. doi: 10.7812/TPP/16-100. <https://www.ncbi.nlm.nih.gov/pubmed/28678690>

Leskowitz, E. (2017). Integrative Medicine for Military Injuries: Special Issue of Medical Acupuncture. *Medical Acupuncture*, 29(4). doi: 10.1089/acu.2017.29058.1es

Lipsky S., Mack M., Wilcox L. (2017). To eat or not to eat: An overview of food cravings. *Advances in Psychology Research*. 2017.

Kalla, M. (2016). Supporting Chronic Disease Healthcare Through Remote Emotional Freedom Techniques (EFT) Treatment and Self-care: An Evaluation Using the WHO Determinants of Health. *Energy Psychology Journal*, 7(2). doi 10.9769/EPJ.2016.8.1.MK

Kalla, M. & Stapleton, P. (2016). How Emotional Freedom Techniques (EFT) may be utilizing memory reconsolidation mechanisms for therapeutic change in neuropsychiatric disorders such as PTSD and phobia: A proposed model. *Explore: The Journal of Science and Healing*, in press.

Kim, J.H., & Oh, P.J. (2016). Effects of Non-pharmacological Interventions on Primary Insomnia in Adults Aged 55 and Above: A Meta-analysis. *Korean Journal of Adult Nursing*, 28, 13-29. doi:10.7475/KJAN.2016.28.1.13

Kos, J.L. (2016). A Study of Energy Psychology and the efficacy of Emotional Freedom Techniques in trauma-focused therapy. Doctoral dissertation, California Southern University, ProQuest Dissertations Publishing, 2016. 10195462.

Porpiglia T. (2016). Using emotional freedom technique to treat veterans with PTSD. *Veterans: Political, Social and Health Issues*. 75-94.

Rancour, P. (2016). The Emotional Freedom Technique: Finally, a unifying theory for the practice of holistic nursing, or too good to be true? *J Holist Nurs*. 2016 May 11. pii: 0898010116648456. <https://www.ncbi.nlm.nih.gov/pubmed/27170647>

Suh, J. W., Chung, S. Y., Kim, S. Y., Lee, J. H., & Kim, J. W. (2016). Corrigendum to "Anxiety and Anger Symptoms in Hwabyung Patients Improved More following 4 Weeks of the Emotional Freedom Technique Program Compared to the Progressive Muscle Relaxation Program: A Randomized Controlled Trial". *Evidence-based complementary and alternative medicine: eCAM*, 2016, 9741394. <https://doi.org/10.1155/2016/9741394>

Bakker, G. (2015). A bigger swamp is still a swamp: Comments on Feinstein (2014). *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.GB

Brodie E. (2015). Treating Trauma Using Shamanic and Non-local Methods: Theory, Mechanisms, and Relevance to Current Clinical Practice. *Energy Psychology: Theory, Research, and Treatment* 2015;7(2):45-56.

Feinstein, D. (2015). Calling an avalanche a swamp: Comments on Bakker (2014). *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.DF

Feinstein, D. (2015). Comments on "The current status of Energy Psychology": Growing evidence for extraordinary claims. *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.DF

Gaudio, B., Brown, L., Miller, I. (2015). Old wine in new bottles: Response to Sise et al. *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.BG.LB.IM

Haberlin, S. (2015). Don't Stress: What Do We Really Know about Teaching Gifted Children to Cope with Stress and Anxiety? *Gifted and Talented International*, 30(1-2), 146-151. <https://eric.ed.gov/?id=EJ1147567>

Schwarz, R. (2015). Deconstructing the six anti-scientific strategies for denying a highly effective therapy. *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.AS

Sise, M., Leskowitz, L., Stein, P. & Tranguch, A. (2015). Critical thinking in the energy therapies: Comments on Gaudiano. *Energy Psychology Journal*, 6(1).

Wauthier-Freyman, Y. (2015). Simple Versus Complex Trauma: A Clinician's Guide to Indications, Treatment Plans, and Therapeutic Methods. *Energy Psychology Journal*, 6(2). doi: 10.9769/EPJ.2014.11.2.YF.

Benor, D.J., 2014. Energy psychology practices and theories of new combinations of psychotherapy. *Curr. Res. Psychol.*, 5: 1-18. <http://thescipub.com/abstract/10.3844/crsp.2014.1.18>

Church, D., Feinstein, D., Palmer-Hoffman, J., Stein, P. and Tranguch, A. (2014). Empirically Supported Psychological Treatments: The Challenge of Evaluating Clinical Innovations. *Journal of Nervous & Mental Disease*, 202(10), 699-709. doi: 10.1097/NMD.0000000000000188

Dunnewold, A.L., 2014. Thought field therapy efficacy following large scale traumatic events. *Curr. Res. Psychol.*, 5:34-39. <http://thescipub.com/abstract/10.3844/crsp.2014.34.39>

Lake, J. (2014). A Review of select CAM modalities for the prevention and treatment of PTSD. *Psychiatric Times*; July 25, 2014. <http://www.psychiatrictimes.com/integrative-psychiatry/review-select-cam-modalities-prevention-and-treatment-ptsd>

Mollon, P. (2014). Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behavior and experience. In *Talking Bodies* (Ed. K. White), London: Karnac.

Aung, S., Fay, H., Hobbs, R. (2013). Traditional Chinese medicine as a basis for treating psychiatric disorders: A review of theory with illustrative cases. *Medical Acupuncture*, 25(6): 398-406.

Church, D. (2013). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions. *Psychology*, 4(8). <http://www.scirp.org/journal/PaperInformation.aspx?PaperID=35751>

Bakker, G. M. (2013). The current status of energy psychology: Extraordinary claims with less than ordinary evidence. *Clinical Psychologist*. Article first published online. doi:10.1111/cp.12020

Feinstein, D. (2013). EP Treatments Over a Distance: The Curious Phenomenon of "Surrogate Tapping." *Energy Psychology Journal*, 5(1). doi: 10.9769/EPJ.2013.5.1.DF

Gaffney, D. (2013). Established and emerging PTSD treatments. *Mental Health Clinician*, 2(7), 213-219. <https://doi.org/10.9740/mhc.n131766>. <http://mhc.cnpn.org/doi/full/10.9740/mhc.n131766>

Gallo, F. (2013). Energy for Healing Trauma Energy Psychology and the Efficient Treatment of Trauma and PTSD. *Energy Psychology Journal*, 5(1).

Kim, S.Y.; Yin, C.S.; In, W.; Kim, J-W. (2013). Trends in meridian-based psychotherapy: A review

of researches on Emotional Freedom Techniques (EFT). *Journal of Oriental Neuropsychiatry* 24(1), 89-100. doi: 10.7231/jon.2013.24.Spc1.089

Stapleton, P., Porter, B., & Sheldon, T. (2013). Quitting smoking: How to use Emotional Freedom Techniques. *The International Journal of Healing and Caring*, 13(1), 1-9.

Yount, G. (2013). Energy Healing at the Frontier of Genomics. *Energy Psychology: Theory, Research, & Treatment*, 5(2).

Church, D., Feinstein, D. (2012). The psychobiology and clinical principles of energy psychology treatments for PTSD: A review. In T. Van Leeuwen and M. Brouwer Editors, *Psychology of Trauma*. Hauppauge, NY: Nova Publishers.

Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of efficacy. *Review of General Psychology*, 16, 364-380. doi: 10.1037/a0028602

Feinstein, D., Moore, D. & Teplitz, D. (2012). Addressing emotional blocks to healing in an energy medicine practice: Ethical and clinical guidelines. *Energy Psychology Journal*, 4(1).

Gaudio, B. A., Brown, L. A., & Miller, I. W. (2012). Tapping their patients' problems away?: Characteristics of psychotherapists using energy meridian techniques. *Research on Social Work Practice*, 22, 647-655. doi:10.1177/1049731512448468

Gruder, D. (2012). Controversial 2008 research review published in *Psychotherapy* finds new support. *Psychotherapy* 47(3), 39-42.

Harper, M. (2012). Taming the amygdala: An EEG analysis of exposure therapy for the traumatized. *Traumatology*, 18(2), 61-74. doi:10.1177/1534765611429082.

Sojcher, R., Perlman, A. & Fogel, S. (2012). Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder. *Explore: The Journal of Science and Healing*, 8(5), 271-276.

Freedom, J. (2011). Energy psychology: The future of therapy? *Noetic News*: <http://www.noetic.org/noetic/issue-thirteen-august/energy-psychology/>

Kwon, Y-J., & Cho, S-H. (2011). Oriental medical interventions for posttraumatic stress disorder: A model of Oriental Medicine for disaster mental health. *Journal of Oriental Neuropsychiatry*, 22(4), 77-86.

Varvogli, L., & Darviri, C. (2011). Stress Management Techniques: Evidence-based procedures that reduce stress and promote health. *Health Science Journal*, 5(2), 74-89.

Church, D. (2010). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti Aging Medical Therapeutics*, October 2010.

Church, D., Brooks, A. (2010). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal*, 9(4), 46-48.

Feinstein, D. (2010). The case for energy psychology. *Psychotherapy Networker*, Nov/Dec 2010.

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.

Feinstein, D. & Church, D. (2010). Modulating gene expression through psychotherapy: The contribution of non-invasive somatic interventions. *Review of General Psychology*, 14, 283-295.

Hoss, R. & Hoss, L. (2010). The Dream to Freedom Technique, a methodology for integrating the complimentary therapies of energy psychology and dreamwork. *Energy Psychology: Theory, Research, & Treatment*, 2(1), 45-64.

Jeong, Y-J. (2010). EFT for freedom of mind and body: A review. *Journal of the Korean Society of Jungshin Science*, 14(2), 61-75.

Pasahow, R.J. (2010). Methodological problems in Waite & Holder (2003) preclude meaningful interpretations about Emotional Freedom Techniques. *Energy Psychology: Theory, Research, Practice, Training*, 2(2). doi: 10.9769/EPJ.2010.2.2.RP

Baker, A. H., Carrington, P., Putlin, D. (2009). Theoretical and methodological problems in research on Emotional Freedom Techniques (EFT) and other meridian therapies. *Psychology Journal*, 6(2), 34-46.

Feinstein, D. (2009). Controversies in energy psychology. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 45-56.

Feinstein, D. (2009). Facts, paradigms, and anomalies in the acceptance of energy psychology: A rejoinder to McCaslin's (2009) and Pignotti and Thyer's (2009) comments on Feinstein (2008a). *Psychotherapy: Theory, Research, Practice, Training*. 46, 262-269. doi 10.1037/a0016086

Lane, J. (2009). The neurochemistry of counterconditioning: Acupressure desensitization in psychotherapy. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 31-44.

McCaslin, D. (2009). A review of efficacy claims in energy psychology. *Psychotherapy: Research, Practice, Training*, 46, 249-256. doi:10.1037/a0016025

Pignotti, M., & Thayer, B. (2009). Some comments on "Energy psychology: A review of the evidence." Premature conclusions based on incomplete evidence? *Psychotherapy: Theory, Research, Practice, Training*, 46(2), 257-261. doi: 10-1037/a0016027.

Feinstein, D. (2008). Energy psychology: a review of the preliminary evidence. *Psychotherapy: Theory, Research, Practice, Training*. 45(2), 199-213.

Feinstein, D. (2008) Energy psychology in disaster relief. *Traumatology* 141:1, 124-137.

Coelho HF. (2007). The efficacy and safety of "energy psychology" approaches. *Primary Care & Community Psychiatry*, 12(3/4), 129–130. <https://proxy.library.kent.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=rzh&AN=105757068&site=ehost-live>

Lynch, E. (2007). Emotional acupuncture. *Nursing Standard—Royal College of Nursing*, 21(50), 24-29.

Mollon, P. (2007). Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the body. *Primary Care and Community Psychiatry*, 12[3-4], 123-127.

Flint, G., Lammers, W. & Mitnick, D. (2006). Emotional Freedom Techniques: A safe treatment intervention for many trauma based issues. *Journal of Aggression, Maltreatment and Trauma*, 12 (1-2), 125-50. doi:10.1300/J146v12n01_07

Oschman JL. (2006). Trauma energetics. *Journal of Bodywork & Movement Therapies*, 10(1), 21–34. <https://doi.org/10.1016/j.jbmt.2005.10.001>

Anderson L. (2005). Using emotional freedom techniques as a healing aid. *Nursing & Residential Care*, 7(9), 409–411. <https://doi.org/10.12968/nrec.2005.7.9.19579>

Ruden, R.A. (2005). A neurobiological basis for the observed peripheral sensory modulation of emotional responses. *Traumatology* 11(3), 145-158. doi: 10.1177/153476560501100301

Wooten, H. R. (2005). Healing into Life After Sport: Dealing with Student-Athlete Loss, Grief, and Transition with EFT. *Journal of Creativity in Mental Health*, 1(3/4), 89–102. https://www.scistress.com/athletic-performance_06.html

Devilly, G. J. (2005). Power therapies and possible threats to the science of psychology and psychiatry. *Australian and New Zealand Journal of Psychiatry*, 39, 437-445. doi: 10.1080/j.1440-1614.2005.01601.x

Rubik B. (2002). The biofield hypothesis: Its biophysical basis and role in medicine. *Journal of Alternative and Complementary Medicine*, 8:703-717.

Beutler, L. E. (2001). Thought Field Therapy: initial research. *Journal of Clinical Psychology*, 57(10), 1149–1151. <https://doi.org/10.1002/jclp.1081>

Cooper, J. (2001). Thought field therapy. Interview by Denise Rankin-Box. *Complementary therapies in nursing & midwifery*, 7(3), 162–165. <https://doi.org/10.1054/ctnm.2001.0548>

Herbert, J. D., & Gaudiano, B. A. (2001). The search for the holy grail: heart rate variability and thought field therapy. *Journal of clinical psychology*, 57(10), 1207–1214. <https://doi.org/10.1002/jclp.1087>

Kline, J. P. (2001). Heart rate variability does not tap putative efficacy of Thought Field Therapy. *Journal of clinical psychology*, 57(10), 1187–1260. <https://doi.org/10.1002/jclp.1085>

McNally, R. J. (2001). Tertullian's motto and Callahan's method. *Journal of clinical psychology*, 57(10), 1171–1260. <https://doi.org/10.1002/jclp.1083>

Rosen, G. M., & Davison, G. C. (2001). "Echo attributions" and other risks when publishing on novel therapies without peer review. *Journal of clinical psychology*, 57(10), 1245–1260. <https://doi.org/10.1002/jclp.1092>

Rosner, R. (2001). Between search and research: how to find your way around? Review of the article "Thought Field Therapy- soothing the bad moments of Kosovo". *Journal of clinical psychology*, 57(10), 1241–1244. <https://doi.org/10.1002/jclp.1091>

Diepold, J. H., Jr. (2000). Touch and breathe: An alternative treatment approach with meridian based psychotherapies. *Traumatology*, 6(2), 109–118. <https://doi.org/10.1177/153476560000600204>

Hui, K., Liu, J., Makris, N., Gollub, R. W., Chen, A. J. W., Moore, C. I., . . . Kwong, K. K. (2000). Acupuncture modulates the limbic system and subcortical gray structures of the human brain: Evidence from fMRI studies in normal subjects. *Human Brain Mapping*, 9, 13-25. doi:10.1002/(SICI)1097-0193(2000)9:1<13::AID-HBM2>3.0.CO;2-F

Pignotti, M. (2000). Helping survivors of destructive cults: Applications of Thought Field Therapy. *Traumatology*, 6(3), 201–235. <https://doi.org/10.1177/153476560000600304>

Navarro, M. D. (1999). TFT: A brief review and critique. *Traumatology*, 5(4). <https://doi.org/10.1177/153476569900500402>

Hooke, W. (1998). A review of thought field therapy. *Traumatology*, 3(2).

Definitions of the Categories Used for This List

This list of studies and review articles in the field of energy psychology is arranged in categories in order of scientific rigor, from meta-analyses and systematic reviews to anecdotal reports. One unranked category (Theoretical and Review Articles) follows at the end. These categories are based on a schema proposed by David Feinstein in a review article published in the APA Journal, *Psychotherapy: Theory, Research, Practice, Training*: "Energy Psychology: A Review of the Preliminary Evidence" (Feinstein, 2008).

Meta-Analyses and Systematic Reviews: Scholarly articles which review a series of studies, generally of one technique for a specific application, which critique the design, methodology, statistics and conclusions of those studies.

Randomized Controlled Study with Potentially Strong Generalizability: A formal study using established pre- and post-intervention assessments with multiple clients, including randomization, follow-up, and at least one control/comparison group with blinding those assessing the outcomes from knowledge of which subjects were in which group. These studies are well-designed and administered so that the effects of each treatment condition can be reliably compared, and generalizations to specified populations can be anticipated with reasonable confidence.

Randomized Controlled Study with Limited Generalizability: A formal study using established pre- and post-intervention assessments with multiple clients, including at least one

control/comparison group and randomization, but lacking follow-up, blinding, and/or rigor in design and execution.

Non-Randomized Pre-Post Outcome Studies with a Control or Comparison Group: Research studies with pre-post assessments with a control group but lacking randomization.

Single Group Pre-Post Outcome Studies: Studies of a single group with pre and post outcome assessments.

Mixed Intervention Studies that Included a Tapping Component: Studies combining 2 or more interventions, including meridian tapping.

Mixed Method Clinical Trials that Included a Tapping Component: Quasi experimental studies combining mixed methods (e.g. quantitative and qualitative measures) exploring the effectiveness of meridian tapping.

Survey Studies of Practitioner Observations: A phenomenological study exploring practitioners' observations and experiences.

Clinical Case Study: A formal report which uses established pre- and post-intervention assessments with one subject and details one or more treatment variables.

Dissertation: A formal research study prepared for a student's Master's or Doctoral Degree, and supervised and approved by a university review committee.

Systematic Observational Report: An informal outcome report describing the course of treatment using a single therapeutic approach with multiple subjects.

Anecdotal Report: An informal report describing outcomes after applying a psychological method with a single individual.

In addition to the above categories, which are listed in descending order of scientific rigor, is the additional (unranked) category:

Theoretical and Review Articles: Scholarly articles which discuss theoretical considerations and plausible mechanisms of action for a treatment approach, review existing research studies, and/or discuss clinical applications based on these studies.

*If you have additions, corrections or updates to this list, email
research_committee@energypsych.org.*