

QUICK FACTS

The Science Behind Energy Psychology



176 Studies Document Energy Psychology's Effectiveness

- 88 randomized controlled trials
- 88 clinical outcome studies
- 99% of the above 176 studies show EP to be effective
- Randomized controlled trials document positive physiological outcomes for energy psychology: gene expression, immunological changes and stress biochemistry.
- 5 fMRI studies document neurological changes after energy psychology interventions

Plus

- 6 meta-analyses show effective treatment for depression, anxiety and PTSD
- One study showed 86% of veterans no longer had PTSD symptoms after energy psychology treatment.
- 9 systematic reviews of EP modalities
- 23 comparative reviews - comparing EP & other therapies. All reviews document EP effectiveness.
- 8 studies comparing cognitive behavior therapy (CBT) and energy psychology (EP) show that energy psychology is either equivalent to or more effective than CBT. In several studies, EP achieved results in significantly less time.

In total, 390+ review articles, research studies and meta-analyses have been published in professional, peer-reviewed journals.

Multiple research studies show that EP is an effective treatment for:

- Pain
- Anxiety
- Depression
- Food cravings
- Trauma and PTSD
- Peak athletic performance

There are over 600 identified forms of psychotherapy, many of which have little or no research to validate them.

Energy psychology is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities.

The Evidence Base for Energy Psychology Continues to Grow - in Quantity and Quality (methodological rigor)

- 2000 - 2012 18 randomized controlled trials
- As of 2016 45 randomized controlled trials
- 2014 - 2018 5 meta-analyses document efficacy for EP methods
- 2017 - 2018 2 randomized controlled trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019 - 2023 5 fMRI studies document neural changes after EFT
3 studies show immediate, significant drops in cortisol after EFT
Research documents physiological & immunological changes and gene expression with EP methods
Randomized controlled trials now total 88

Continuing Validation for EP Methods

- In 2016, TFT (Thought Field Therapy) was validated by NREPP (the National Repertory of Evidence Based Practices and Procedures, a division of SAMHSA in the U.S.) as an evidence-based treatment. Unfortunately, NREPP has been defunded and no longer exists. However, you can read more about it [on our blog](#).
- ACEP and EFT International made a joint submission of the research evidence for EFT and TFT as treatments for PTSD to NICE (the National Institute for Health and Care Excellence) in the UK. NICE has created a specific category for EFT, TFT and Somatic Experiencing called "CSACTS" (Combined Somatic and Cognitive Therapies), and acknowledged that they are "worthy of further research."
- In 2017, the U.S. Veterans Administration added EFT to List 2, approving it as a "generally safe therapy." Next is getting added to List 1, which is a list of approved treatments.
- In 2019, EFT (Emotional Freedom Techniques) was approved for use within the South Korean medical system.

Explore a comprehensive list of studies energypsych.org/research

Discover ACEP's Science of Energy Healing courses (and free master class) energyhealingscience.com

Updated August 2023

energypsych.org

© 2016 - 2023 Association for Comprehensive Energy Psychology