



The Science Behind Energy Psychology

Quick Facts

Over 100 research studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.

This includes:

- 48 randomized controlled trials
- 40 outcome studies
 - 98% of the above 88 studies document EP effectiveness
- 4 meta-analyses
- 5 systematic reviews
- Hundreds of case studies

The pace of research on energy psychology has accelerated and the quality of research has improved.

- 2000 - 2012 18 randomized control trials
- As of 2016 45 randomized control trials
- 2014 - 2016 3 meta-analyses show strong support for energy psychology
- 2017
 - New meta-analysis shows EFT effective for PTSD
 - 2 randomized control trials using biologic or genetic outcome measures document positive outcomes for EP methods
 - 2 fMRI scanning studies currently underway

And here is more good news

- In 2016, TFT (Thought Field Therapy) was validated by NREPP (the National Repertory of Evidence Based Practices and Procedures, a division of SAMHSA in the U.S.) as an evidence-based treatment. You can read more about it [on our blog](#).
- EFT (Emotional Freedom Techniques) is currently under review by NREPP in the U.S., and by NICE (the National Institute for Clinical Excellence) in the UK. We expect to receive the results of their reviews soon.
- In 2017, the U.S. Veterans Administration added EFT to List 2, approving it as a “generally safe therapy.” Next is getting added to List 1, which is a list of approved treatments.
- There are over 400 identified forms of psychotherapy, most of which have little or no research to validate them. Energy psychology is both evidence-based and in the top 10% in terms of research for psychotherapy modalities.

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

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

Updated August 2017