ENERGY PSYCHOLOGY
A Hierarchy of Evidence

Updated July 2019

Meta-Analyses and Systematic Reviews
(In reverse chronological order):


Randomized Controlled Trials with Potentially Strong Generalizability


**Randomized Controlled Trials with Limited Generalizability**


**Un controlled Outcome Studies**


Survey Studies of Practitioner Observations


http://dx.DOI.org/10.1080/09638288.2017.1306125


Clinical Case Studies


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).


Schulz, K. (2009). Integrating energy psychology into treatment for adult survivors of childhood sexual


### Systematic Observational Reports


Anecdotal Reports

There are several thousand anecdotal reports re: positive effects reported from Energy Psychology techniques. Visit the following websites to review these:

www.remarkablerecovers.com
http://www.eftuniverse.com/faqs/eft-tapping-case-studies

Theoretical and Review Articles


http://mhc.cnpn.org/DOI/full/10.9740/mhc.n131766


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


**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.

**Uncontrolled Outcome Study:** A formal study using established pre- and post-intervention assessments with multiple clients, but lacking randomization and a control/comparison group.
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.

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


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.

This list was compiled by John Freedom and David Feinstein. If you have additions, corrections or updates to this list, please email research_committee@energypsych.org. Thank you.