



# The Science Behind Energy Psychology

## Quick Facts

*Over 200 studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.*

This includes:

- Over 50 randomized controlled trials
- Over 50 pre-post outcome studies
  - All but 1 of the above 100+ studies document EP effectiveness. That's 99%.
- 5 meta-analyses
- 12 systematic reviews

*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 – 2016 3 meta-analyses show energy psychology effective for depression and anxiety
- 2017 – 2018 Meta-analysis shows EFT effective for PTSD
  - 2 randomized control trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019
  - First fMRI study documents neural changes after EFT
  - 2 studies documented physiological & immunological changes and genetic (microRNA) expression with EFT



*And multiple research studies have found that energy psychology methods can effectively treat:*

- Anxiety
- Depression
- Food cravings
- Pain
- Trauma and PTSD

*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](#).
- ACEP and AAMET 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.
- There are over 400 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.

Visit [energypsych.org/research](http://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) at [energypsych.org](http://energypsych.org).

*Updated July 2019*