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
  - 99% of the above 100+ studies document EP effectiveness
- 7 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 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.

Updated July 2019