



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:

- 50 randomized controlled trials
- 50+ pre-post outcome studies
 - 98% of the above 100 studies document EP effectiveness
- 4 meta-analyses
- 5 systematic reviews
- Hundreds of case studies

The evidence base for energy psychology continues to grow – in quantity and quality (methodological rigor)

- 2000 – 2012 18 randomized control trials
- As of 2016 45 randomized control 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
 - fMRI study of EFT for food cravings



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

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

In addition, some studies have shown clinically beneficial shifts in stress chemicals and gene expression.

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 the [SAMHSA web site](#) and [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 Clinical Excellence) in the UK. We are awaiting their review.
- 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 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).

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