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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