



# THE SCIENCE *of* TAPPING

Science of Tapping: An Updated Summary  
of Scientific Published Studies

Updated: July 2023

# Contents

Purpose	3
Tapping Research Summary	4
Research Definitions	6
Research Archive	7
Academic Performance	7
Addiction	8
Anxiety	9
Children and Adolescents	15
Depression	17
EP Practice Considerations	19
Field of Psychology	22
Food Cravings and Weight Loss	24
Genetics and Epigenetics	26
Health Care Delivery	27
Learning Disorders and Autism Spectrum Disorders	28
Miscellaneous	29
Neurophysiology	29
Pain and Physical Conditions	30
Phobias	36
Psychological Symptoms and Mental Health Conditions	38
PTSD	41
Sports Performance	47
Stress	48
Theoretical and Review Papers	50
Trauma	52

# The Science of Tapping: The Current State of Scientific Evidence

## Purpose

This white paper is based upon the effort of many contributors in the attempt to scour the scientific literature in order to provide the most current database of Energy Psychology (EP) and Tapping research (including techniques such as Emotional Freedom Techniques (EFT), Thought Field Therapy (TFT), Matrix Reimprinting (MR), and selected others. There are of course a wide range of studies that fall under the category of EP that do not include “tapping” or meridian acupuncture application that we have decided not to include in this compendium. It would be impossible to guarantee that every single paper worldwide has been listed here, but through literature review mechanisms, we believe it to be one of the most comprehensive sources available. This list includes a wide range of studies from Meta-analyses, Randomized Control Trials, Clinical Outcome Studies, Case Reports, Dissertations, Theoretical and Review Articles, Published Commentaries, and more.

We have attempted to categorize studies that address different conditions/situations most accurately, as well as include the same study in multiple categories if the paper addresses multiple conditions. The decision on how to categorize each study is a subjective one and we have done our best to accomplish this challenging task.

Its purpose is to provide an accurate and complete resource for professionals to use to educate the clinical and academic worlds, as well as the general public as to the current state of reviewable scientific evidence, and to demonstrate the depth and breadth of published Tapping research.

This collection of research is being published in conjunction with the documentary film, *The Science of Tapping*.

For further information on the current state of Tapping research, please visit [www.ScienceofTapping.org](http://www.ScienceofTapping.org).

For further resources on Tapping Training programs, please visit the EFT Tapping Training Institute at [www.EFTTappingTraining.com](http://www.EFTTappingTraining.com).

Thank You,

Craig Weiner, DC, and Alina Frank  
The Science of Tapping Project

Copyright © 2022 Craig Weiner, DC, & Alina Frank

## Tapping Research Summary

According to the most current data search reported by ACEP: **Over 350 studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.** This is the most up to date summary to the best of our knowledge up until July 2023.

### Research Overview

- Over 80 randomized controlled trials.
- Over 75 clinical outcome studies.
- Randomized controlled trials using biologic or genetic outcome measures document positive outcomes for EP methods.
- 3 fMRI studies document neurological changes after energy psychology interventions.
- 5 meta-analyses show effective treatment for depression, anxiety and PTSD.
- Studies show 86% of veterans no longer had PTSD symptoms when treated with energy psychology. It's 2x as effective and 2x faster than prolonged exposure therapy.
- 9 systematic reviews of EP modalities.
- 15 comparative reviews of (comparing EP and other therapies). *All reviews document EP effectiveness.*
- 8 studies comparing CBT and EP show that Energy Psychology is either equivalent to or more effective than CBT. And in several studies, EP achieved results in significantly less time.

### Acronym key for organizations and modalities

- ACEP: Association of Comprehensive Energy Psychology
- CBT: Cognitive Behavior Therapy
- CSACTS: Combined Somatic and Cognitive Therapies
- EDMR: Eye Movement Desensitization and Reprocessing
- EP: Energy Psychology
- NICE: National Institute for Health and Care Excellence
- NREPP: National Repertory of Evidence Based Practices and Procedures
- PTSD: Post Traumatic Stress Disorder
- SAMHSA: Substance Abuse and Mental Health Services Administration
- TFT: Thought Field Therapy

### Milestones

- ACEP and AAMET/EFT International made a joint submission of the research evidence for EFT and TFT as treatments for PTSD to NICE in the UK. NICE has created a specific category for EFT, TFT and SACTS, and acknowledged that they are “worthy of further research.”
- In 2016, TFT was validated by NREPP, a division of SAMHSA, a branch of the U.S. Department of Health and Human Services in the U.S., as an evidence-based treatment.
- 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.
- In 2019, EFT was approved for use within the South Korean medical system.
- There are over 400 identified forms of psychotherapy, many of which have little or no research to validate them. EP is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities.

***Multiple research studies have shown these methods can be used effectively for working with Anxiety, Depression, Food cravings, Pain, Trauma, and PTSD. The evidence base for energy psychology/tapping continues to grow in quantity and quality (methodological rigor).***

- **2000 – 2012:** 18 randomized controlled trials.
- **As of 2016:** 45 randomized controlled trials.
- **2014 – 2018:** 5 meta-analyses document efficacy for EP methods.
- **2017 – 2018:**
  - 2 randomized control trials using biologic or genetic outcome measures document positive outcomes for EP methods.
  - NICE (UK) acknowledged the body of EFT research, deeming it worthy of government funding and in economic modeling indicated it was highly cost effective.
  - EFT has been approved as “generally safe” by the US Veterans Administration.
- **2019 – 2022:**
  - 3 fMRI studies document neural changes after EFT.
  - Blue Knot Foundation for (trauma) includes EFT in PTSD clinical guidelines in Australia.
  - EFT approved under the National Insurance Disability Scheme (NDIS) for therapy in Australia.
  - Australian Psychological Society features EFT during National Psychology Week as emerging approach for pain.
  - APA journal (USA) published EFT cortisol replication study.
  - A major review of psychological treatments for PTSD - EP (combined somatic/cognitive therapies) was the second most effective at reducing PTSD symptoms at the end of treatment to waitlist (after EMDR which was found to be most effective). Further, energy psychology had the greatest cost savings over no treatment, followed by EMDR, trauma-focused CBT and then other treatments.
  - 2 studies show significant drops in cortisol with EFT.
  - Research documents physiological and immunological changes and gene expression with EP methods.
  - Randomized controlled trials now total 80+.
  - 2 studies show significant drops in cortisol with EFT Research documents physiological and immunological changes and gene expression with EP methods.

***Our appreciation and acknowledgment to John Freedom and ACEP ([www.energypsych.org](http://www.energypsych.org)) for tabulating this summary.***

# Research Definitions

**Meta-analysis:** Thoroughly examine a number of valid studies on a topic and mathematically combine the results using accepted statistical methodology to report the results as if it were one large study.

**Systematic Reviews:** Scholarly articles that focus on a clinical topic and answer a specific question. An extensive literature search is conducted to identify studies with sound methodology. The studies are reviewed, assessed for quality, and the results summarized according to the predetermined criteria of the review question.

**Randomized Controlled Clinical Trials:** Carefully planned experiments that introduce a treatment or exposure to study its effect on real patients. They include methodologies that reduce the potential for bias (randomization and blinding) and that allow for comparison between intervention groups and control (no intervention) groups. A randomized controlled trial is a planned experiment and can provide sound evidence of cause and effect.

**Uncontrolled Outcome Study:** A clinical study that lacks a comparison (i.e., a control) 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.

**Anecdotal Report:** An incomplete description of the medical and treatment history of one or more patients. Anecdotal reports may be published in places other than peer-reviewed, scientific journals.

**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.

Adapted from: National Institutes of Health; Duke University School of Medicine; and APA Journal, *Psychotherapy: Theory, Research, Practice, Training*: "Energy Psychology: A Review of the Preliminary Evidence" (Feinstein, 2008).



# Research Archive

## Academic Performance

- Kaur Khaira, M., Raja Gopal, R. L., Mohamed Saini, S., & Md Isa, Z. (2023). Interventional strategies to reduce test anxiety among nursing students: A systematic review. *International Journal of Environmental Research and Public Health*, 20(2), 1233. doi: 10.3390/ijerph20021233
- Lee, Seung & Han, Sang Yun & Lee, Soo Jin & Chae, Han & Lim, Jung. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuropsychiatry*. 33. 33-48. 10.7231/jon.2022.33.1.033
- Boath, E., Good, R., Tsaroucha, A., Stewart, T., Pitch, S., & Boughey, A. (2017) Tapping your way to success: using Emotional Freedom Techniques (EFT) to reduce anxiety and improve communication skills in social work students. *Social Work Education*, 36(6).
- Stapleton, P., Mackay, E., Chatwin, H., Murphy, D., Porter, B., Thibault, S., & Pidgeon, A. (2017). Effectiveness of a School-Based Emotional Freedom Techniques Intervention for Promoting Student Wellbeing. *Adolescent Psychiatry*, 7(2), 112-126. <https://doi.org/10.2174/2210676607666171101165425>
- Reynolds, A. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques? A controlled trial of teacher burnout. *Energy Psychology Journal*, 7(1). doi 10.9769/EPJ.2015.05.1.AR **Randomized Controlled Clinical Trial**
- Aremu, A. O., & Taiwo, A. K. (2014). Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and emotional freedom techniques: Moderating effect of mathematics efficacy. *African Journal for the Psychological Studies of Social Issues*, 17(1), 113–129.
- Boath, E. Stewart, A. Carryer, A. (2013). Is Emotional Freedom Techniques (EFT) Generalizable? Comparing Effects in Sport Science Students Versus Complementary Therapy Students. *Energy Psychology Journal*, 5(2). doi 10.9769/EPJ.2013.5.2.EB.AC.AS.SU
- Boath, E., Stewart, A., Carryer, A. (2013). Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in University students. *Innovative Practice in Higher Education*, 1(3).
- Boath, E., Stewart, A. & Carryer, A. (2012). Tapping for PEAS: Emotional Freedom Technique (EFT) in reducing Presentation Expression Anxiety Syndrome (PEAS) in University students. *Innovative Practice in Higher Education*, 1(2).

- Church, D., De Asis, M., & Brooks, A. J. (2012). Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial. *Depression Research and Treatment*, 2012, 1-7. doi: 10.1155/2012/257172.
- Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(2), 13-24. doi:10.9769/EPJ.2012.4.2.SJ **Randomized Controlled Clinical Trial**
- McCallion, F. (2012). Emotional freedom techniques for dyslexia: A case study. *Energy Psychology Journal*, 4(2). doi: 10.9769/EPJ.2012.4.2.FM
- Haynes, T. (2010). Effectiveness of Emotional Freedom Techniques on Occupational Stress for Preschool Teachers. PhD Dissertation. UMI 3412819. UMI Dissertation Publishing.
- Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2009). Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for treatment of test anxiety in university students. *Explore*, 5(6). **Randomized Controlled Clinical Trial**
- Sezgin, N., & Özcan, B. (2009). The effect of Progressive Muscular Relaxation and Emotional Freedom Techniques on test anxiety in high school students: A randomized controlled trial. *Energy Psychology: Theory, Research, and Treatment*, 1(1), 23-30. **Randomized Controlled Clinical Trial**
- Sezgin, N., Ozcan, B., Church, D., (2009). The effect of two psychophysiological techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on test anxiety in high school students: A randomized blind controlled study. *International Journal of Healing and Caring*, 9(1). **Randomized Controlled Clinical Trial**
- Yancey, V. (2002). The use of Thought Field Therapy in educational settings. *Dissertation Abstracts International*, 63 (07), 2470A. (UMI No. 3059661)

## Addiction

- Adriana Popescu, A. (2021) Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal*, Volume 13, Number 1, May 2021. doi 10.9769/EPJ.2021.13.1.AP
- Popescu, A. (2021). Trauma-based energy psychology treatment is associated with client rehabilitation at an addiction clinic. *Energy Psychology Journal*, 13(1). doi: 10.9769/EPJ.2021.13.1.AP



- Church D, House D. (2018). Borrowing Benefits: Group Treatment With Clinical Emotional Freedom Techniques Is Associated With Simultaneous Reductions in Post-traumatic Stress Disorder, Anxiety, and Depression Symptoms. *Evid Based Integr Med*.
- Church, D., & Brooks, A. J. (2013). The Effect of EFT (Emotional Freedom Techniques) on psychological symptoms in addiction treatment: A pilot study. *International Journal of Scientific Research and Reports*, 2(2).
- Stapleton, P., Porter, B. (2013). Quitting Smoking: How to Use Emotional Freedom Techniques. *International Journal of Healing and Caring*,13(1).
- Lee, K-S. (2012). The effect of EFT (Emotional Freedom Techniques) on students' video game addiction. Unpublished Master's Thesis, Korea National University of Education.

## Anxiety

- Blacher, S. (2023). Emotional Freedom Technique (EFT): Tap to relieve stress and burnout. *Journal of Interprofessional Education & Practice*, 30, 100599. doi: 10.1016/j.xjep.2023.100599
- Kaur Khaira, M., Raja Gopal, R. L., Mohamed Saini, S., & Md Isa, Z. (2023). Interventional strategies to reduce test anxiety among nursing students: A systematic review. *International Journal of Environmental Research and Public Health*, 20(2), 1233. doi: 10.3390/ijerph20021233
- Tambunan, M. B., Suwarni, L., & Selviana, S. (2023). Effect of Emotional Freedom Techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS)*, 12(2), 548–553. doi: 10.11591/ijphs.v12i2.22403
- Cici, R., & Özkan, M. (2022). Effects on anxiety and vital signs of the Emotional Freedom Technique and music before surgery for lumbar disc hernia. *Alternative Therapies in Health and Medicine*, 28(5), 20–27. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lee, Seung & Han, Sang Yun & Lee, Soo Jin & Chae, Han & Lim, Jung. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuropsychiatry*. 33. 33-48. 10.7231/jon.2022.33.1.033
- Taylor, E., Kalla, M., Freedom, J., & Crowlye, K. (2022). The use of Emotional Freedom Techniques (EFT) in women with panic disorder: A pilot study. *Energy Psychology Journal*, 13(1). doi: 10.9769/EPJ.2020.12.2.ET

- Adriana Popescu, A. (2021) Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal*, Volume 13, Number 1, May 2021. doi 10.9769/EPJ.2021.13.1.AP
- Dincer, B., & Inangil, D. (2021). The effect of Emotional Freedom techniques on nurses' stress, anxiety, and burnout levels during the Covid-19 pandemic: A randomized controlled trial. *EXPLORE*, 17(2), 109-114. doi:10.1016/j.explore.2020.11.012 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Fernando Vicente Barraza-Alvarez. (2021). Callahan's thought field therapy in the management of emotions associated with stress. Faculty of Agricultural Sciences of the University of Córdoba. Carrera 6 No. 77- 305, Montería, Córdoba, Colombia.. *World Journal of Biology Pharmacy and Health Sciences*. 07(02), 060–068
- Hasal, D. M., Muriyati, & Alfira, N. (2021). Effect of Spiritual Emotional Freedom Technique (SEFT) on the decrease in anxiety levels in cancer patients. *Comprehensive Health Care*, 5(2), 73-80. doi: 10.37362/jch.v5i2.596
- Baghini, A., Mohammadtehrani, H., Behbodi, M. Kiamanesh, A.R. (2020). Comparison of effectiveness of Eye Movement Desensitization and Reprocessing, Cognitive Behavioral Therapy, and Emotional Freedom Technique in reducing anxiety in patients with post-traumatic stress disorder. *Quarterly of Applied Psychology*, 13(4), 625-650. <https://www.sid.ir/en/Journal/ViewPaper.aspx?ID=709138> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Church, D., Stapleton, P., Sabot, D. (2020). App-based delivery of clinical Emotional Freedom Techniques: Cross-sectional study of app user self-ratings. *JMIR Mhealth Uhealth* 2020;8(10):e18545 DOI: 10.2196/18545
- Lambert, M. T. (2020). The Tapping Project: Introducing Emotional Freedom Techniques (EFT) to reduce anxiety and improve wellbeing in primary school students. (Doctoral dissertation, Charles Darwin University, 2020). Charles Darwin University. <https://doi.org/10.25913/78ra-3a33>
- Wittfoth, D., Pfeiffer, A., Bohne, M., Lanfermann, H., & Wittfoth, M. (2020). Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli. *BMC Neuroscience*, 21(1). doi: 10.1186/s12868-020-00597-x
- Yavari Kermani, M., Razavi, S., Shabani, M. (2020). The effectiveness of Emotional Freedom Technique on anxiety and post traumatic stress syndrome in women with spontaneous abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi: 10.22034/ajftj.2021.266082.1050
- Church, D., & Clond, M. (2019). Is online treatment as effective as in-person treatment? Psychological change in two relationship skills groups. *Journal of Nervous & Mental Disease* 207(5):315-319. DOI:10.1097/NMD.0000000000000975

- Fitch III, J., Kimmel, K., Fairchild, J., & DiGirolamo, J. (2019). Dismantling an Energy Psychology Technique for Communication Apprehension. *Energy Psychology: Theory, Research & Treatment*, 11(2).
- Friedman, P. (2019) Healing from Anxiety, Depression, Trauma Using Forgiveness, Self-Compassion, and Energy Psychology while Tracking Change Over Time, Part 1. Society for the Advancement of Psychotherapy.
- Friedman, P. (2019) Healing from Anxiety, Depression, Trauma Using Forgiveness, Self-Compassion, and Energy Psychology while Tracking Change Over Time, Part 2. Society for the Advancement of Psychotherapy.
- König, N., Steber, S., Seebacher, J., von Prittwitz, Q., Bliem, H.R., & Rossi, S. (2019). How Therapeutic Tapping Can Alter Neural Correlates of Emotional Prosody Processing in Anxiety. *Brain Sciences* 9(8), 206. <https://doi.org/10.3390/brain-sci9080206>
- Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence Based Integrative Medicine*, accepted September 2018. **META-ANALYSIS / SYSTEMATIC REVIEW**
- Church D, House D. (2018). Borrowing Benefits: Group Treatment With Clinical Emotional Freedom Techniques Is Associated With Simultaneous Reductions in Post-traumatic Stress Disorder, Anxiety, and Depression Symptoms. *Evid Based Integr Med*.
- Gaesser, A.H. (2018). Befriending Anxiety to Reach Potential: Strategies to Empower Our Gifted Youth. *Gifted Child Today (GCT)*, 41(4):186-195. <https://doi.org/10.1177/1076217518786983>
- Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). The interrelated physiological and psychological effects of EcoMeditation: A pilot study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 23. doi: 10.1177/2515690X18759626
- Jasubhai, Shilpa, & Mukundan, C. R. (2018). Cognitive Behavioural Therapy and Emotional Freedom Technique in Reducing Anxiety and Depression in Indian Adults. *International Journal of Emergency Mental Health and Human Resilience*, 20. 10.4172/1522-4821.1000403. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Madoni, E., Eddy, M., & Japar, M. (2018). Group Counseling with Systematic Desensitization and Emotional Freedom Techniques to Reduce Public Speaking Anxiety. *Jurnal Bimbingan Konseling*.
- Boath, E., Good, R., Tsaroucha, A., Stewart, T., Pitch, S., & Boughey, A. (2017) Tapping your way to success: using Emotional Freedom Techniques (EFT) to reduce anxiety

and improve communication skills in social work students. *Social Work Education*, 36(6).

- Gaesser, A. H., & Karan, O. C. (2017). A randomized controlled comparison of Emotional Freedom Technique and cognitive-behavioral therapy to reduce adolescent anxiety: A pilot study. *Journal of Alternative and Complementary Medicine*, 23(2), 102-108. doi:10.1089/acm.2015.0316 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Liu, J., Yang, L., Chen, J. (2017). Effect of Emotional Freedom Technique on perceived stress, anxiety and depression in cancer patients: A preliminary experiment. *Modern Clinical Nursing*, 16(10):34-38. doi: 10.3969/j.issn.1671-8283.2017.10.008
- Saleh, B., Tiscione, M., & Freedom, J. (2017). The effect of Emotional Freedom Techniques on patients with dental anxiety: A pilot study. *Energy Psychology: Theory, Research, and Treatment*, 9(1), 26–38. doi:10.9769/EPJ.2017.9.1.BS
- Thomas, R. M., Cutinho, S. P., & Aranha, D. M. S. (2017). Emotional Freedom Techniques (EFT) reduces anxiety among women undergoing surgery. *Energy Psychology: Theory, Research, and Treatment*, 9(1), 18–25. doi:10.9769/EPJ.2017.9.1.RT **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Cartland, A. M. (2016). Emotional Freedom Techniques (EFT) remediates dental fear: A case series. *Energy Psychology: Theory, Research, and Treatment*, 8(2), 42–66.
- Chatwin, H., Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2016). The effectiveness of Cognitive Behavioural Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study. *Integrative Medicine*, 15(2), 27-34.
- Clond, M. (2016). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis. *Journal of Nervous and Mental Disease*, 2016 Feb 18. [Epub ahead of print]. **META-ANALYSIS / SYSTEMATIC REVIEW**
- Ningsih, S. F., Karim, D., Sabrian, F. (2016). The effectiveness of Emotional Freedom Technique (EFT) therapy on the anxiety of patients with stage II and III breast cancer. *Online Journal of Nursing Science Study Program Students at Riau University*, 2(2),1501-1509.
- Patterson, S.L. (2016). The effect of Emotional Freedom Technique on stress and anxiety in nursing students. *Nurse Education Today* (2016), 104-110. doi: 10.1016/j.nedt.2016.02.003
- Yuniarti, Y., Suwondo, A., Runjati, R., Maharani, S. I., Ofiwijayanti, H., & Anastasia, S. (2016, May). Influence of Spiritual Therapy Emotional Freedom Technique (SEFT) on cortisol levels and immunoglobulin E (study of anxiety in pregnant women in independent practice midwives Semarang). *ASEAN/Asian Academic Society In-*

*ternational Conference Proceeding Series*, 4th annual. Retrieved from <http://aasic.org/proc/aasic/article/view/193>

- Jin Woo Suh, Sun Yong Chung, Sang Young Kim, Jung Hwan Lee, & Jong Woo Kim. (2015). Anxiety and Anger Symptoms in Hwabyung Patients Improved More following 4 Weeks of the Emotional Freedom Technique Program Compared to the Progressive Muscle Relaxation Program: A Randomized Controlled Trial. *Evid Based Integr Med.*, 2015. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Reynolds, A. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques? A controlled trial of teacher burnout. *Energy Psychology Journal*, 7(1). doi 10.9769/EPJ.2015.05.1.AR **Randomized Controlled Clinical Trial**
- Yuniarsih, S. M., Ropi, H., & Maryati, I. (2015). Pain and anxiety reduction of first stage maternity mothers using SEFT intervention. *Pena Jurnal Ilmu Pengetahuan Dan Teknologi*, 28(2) **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Aremu, A. O., & Taiwo, A. K. (2014). Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and emotional freedom techniques: Moderating effect of mathematics efficacy. *African Journal for the Psychological Studies of Social Issues*, 17(1), 113–129
- Church, D., & Brooks, A. J. (2014). Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing*, 10(3), 162–169. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gaesser, A. H. (2014). Interventions to Reduce Anxiety for Gifted Children and Adolescents. *Doctoral Dissertations*, Paper 377. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lall, M. (2014). Mindfulness and Emotional Freedom Technique (EFT): Holistic interventions for adolescent depression and anxiety. *Master's Level Graduate Research Conference*, 124. Retrieved from <http://digitalcommons.brockport.edu/gradconf/2014/Schedule/124>
- Shari, W. W., Suryani, S., & Emaliyawati, E. (2014). Emotional Freedom Techniques and anxiety level of patients undergoing percutaneous coronary intervention. *Jurnal Keperawatan Padjadjaran [Padjadjaran Nursing Journal]*, 2(3), 133-145. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Boath, E., Stewart, A., Carryer, A. (2013). Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in University students. *Innovative Practice in Higher Education*, 1(3).
- Stewart A, Boath E, Carryer A, Walton I, Hill L. (2013). Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell. *Journal of Psychological Therapies in Primary Care* 2:71-84.

- Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D. & Dawson, K. (2013). Can Matrix Reimprinting using EFT be effective in the treatment of emotional conditions? *Energy Psychology: Theory, Research, & Treatment*, 5(1), 13-18.
- Irgens A, Dammen T, Nysæter TE, Hoffart A. (2012). Thought Field Therapy (TFT) as a treatment for anxiety symptoms: A randomized controlled trial. *Explore: The Journal of Science and Healing*, 8, 331-8. doi: 10.1016/j.explore.2012.08.002. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(2), 13-24. doi:10.9769.EPJ.2012.4.2.SJ
- Puspitaningrum, I., & Wijayanti, D. Y. (2012). *Effectiveness of Spiritual Emotional Freedom Technique (SEFT) intervention in schizophrenia with depression anxiety stress*. Presented at Java International Nursing Conference, October 6–7, 2012, Semarang. Retrieved from Diponegro University Institutional Repository: <http://eprints.undip.ac.id/40379>
- Fitch, J., Di Girolamo, J. A., & Schuldt, L.M. (2011). The Efficacy of Primordial Energy Activation and Transcendence (PEAT) for Public Speaking Anxiety. *Energy Psychology Journal*, 4(1). doi: 10.9769/EPJ.2011.3.2.JF **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Fitch, J., Schuldt, L., & Rudick, K. L. (2011). Reducing state communication anxiety for public speaker. An energy psychology pilot study. *Journal of Creativity in Mental Health*, 6(3), 178-192.
- Jones, S., Thornton, J. & Andrews, H. (2011). Efficacy of EFT in reducing public speaking anxiety: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 3(1). **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Temple, G., & Mollon, P. (2011). Reducing anxiety in dental patients using EFT: A pilot study. *Energy Psychology: Theory, Research & Treatment*, 3(2).
- Church, D. & Brooks, A. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self- intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, Oct/Nov 2010.
- Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(5), 40-44.
- Schoninger, B. & Hartung, J. (2010). Changes on self-report measures of public speaking anxiety following treatment with Thought Field Therapy. *Energy Psychology: Theory, Practice, Research*, 2(1). **RANDOMIZED CONTROLLED CLINICAL TRIAL**



- Church, D., & Geronilla, L. (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study. *International Journal of Healing and Caring*, 9:1.
- Mitchell, D. (2009). Performance anxiety. *Journal of Complementary Medicine*, 8(5), 53. Retrieved from [http://search.informit.com.au documentSummary;dn=055216161642201;res=IELHEA](http://search.informit.com.au/documentSummary;dn=055216161642201;res=IELHEA)
- Sezgin, N., & Özcan, B. (2009). The effect of Progressive Muscular Relaxation and Emotional Freedom Techniques on test anxiety in high school students: A randomized controlled trial. *Energy Psychology: Theory, Research, and Treatment*, 1(1), 23-30. **Randomized Controlled Clinical Trial**
- Sezgin, N., Ozcan, B., Church, D., (2009). The effect of two psychophysiological techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on test anxiety in high school students: A randomized blind controlled study. *International Journal of Healing and Caring*, 9(1). **Randomized Controlled Clinical Trial**
- Andrade, Joaquin and Feinstein, David. (2004). Preliminary report of the first large scale study of energy psychology. *Energy Psychology Interactive: Rapid Interventions for Lasting Change. The Neurological Foundations of Energy Psychology: Brains Scan Changes during 4 Weeks of Treatment for Generalized Anxiety Disorder*. Ashland, OR: Innersource. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Schoninger, B. (2004). Efficacy of Thought Field Therapy (TFT) as a treatment modality for persons with public speaking anxiety. *Dissertation Abstracts International*, 65 (10), 5455. (UMI No. AAT 3149748) **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Waite, L. W. & Holder, M.D. (2003). Assessment of the Emotional Freedom Technique: An alternative treatment for fear. *The Scientific Review of Mental Health Practice*, 2 (1) 20-26. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Sakai, C. S., Paperny, D., Mathews, M., Tanida, G., Boyd, G., & Simons, A. (2001). Thought field therapy clinical application: Utilization in an HMO in behavioral medicine and behavioral health services. *Journal of Clinical Psychology*, 57, 1215-1227. doi: 10.1002/jclp.1088.

## Children and Adolescents

- Keppel, H. (2021) The Effects of a Thought Field Therapy Stress Reduction Protocol on the Stress and Empathy Levels of Parents of Children with Autism Spectrum Disorder. Fielding Graduate University ProQuest Dissertations Publishing. 28713632 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

- Lambert, M. T. (2020). The Tapping Project: Introducing Emotional Freedom Techniques (EFT) to reduce anxiety and improve wellbeing in primary school students. (Doctoral dissertation, Charles Darwin University, 2020). *Charles Darwin University*. <https://doi.org/10.25913/78ra-3a33>
- Mavranouzouli, I., Megnin-Viggars, O., Daly, C., Dias, S., Stockton, S., Meiser-Stedman, R., Trickey, D., Pilling, S. (2020). Research Review: Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: a network meta-analysis. *J Child Psychol Psychiatry*, 61(1), 18-29. doi: 10.1111/jcpp.13094
- Mayr, H. L., Cohen, F., Isenring, E. *et al.* (2020) Multidisciplinary lifestyle intervention in children and adolescents - results of the project GRIT (Growth, Resilience, Insights, Thrive) pilot study. *BMC Pediatr* 20, 174. <https://doi.org/10.1186/s12887-020-02069-X>
- Pandey, N. & Mitra, P. (2020). Emotional Freedom Technique as an intervention tool in dealing with stress among mothers of the children with intellectual disability. *Tathapi (UGC Care Journal)* ISSN:2320-0693 19(4)
- Stapleton, P., Sandstrom, U., & Hamne, G. (2018.) Evaluating a 3-Week Model for Reducing Symptoms of Stress in Traumatized Youth Using the Trauma Tapping Technique (TTT) for Self-help: A Pilot Trial. *OMB Integrative and Complementary Medicine* 3(4), 36. doi:10.21926/obm.icm.1804036
- Brown, R.C., Witt, A., Fegert, J.M., Keller, F., Rassenhofer, M. & Plener, P.L. (2017). Psychosocial interventions for children and adolescents after man-made and natural disasters: a meta-analysis and systematic review. *Psychological Medicine*, 47, 1893–1905. doi:10.1017/S0033291717000496 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gaesser, A. H., & Karan, O. C. (2017). A randomized controlled comparison of Emotional Freedom Technique and cognitive-behavioral therapy to reduce adolescent anxiety: A pilot study. *Journal of Alternative and Complementary Medicine*, 23(2), 102-108. doi:10.1089/acm.2015.0316 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., Chatwin, H., William, M., Hutton, A. Pain, A., Porter, B. & Sheldon, T. (2016). Emotional freedom techniques in the treatment of unhealthy eating behaviors and related psychological constructs in adolescents: A randomized controlled pilot trial. *Explore*, 12:113-122. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gaesser, A. H. (2014). Interventions to Reduce Anxiety for Gifted Children and Adolescents. *Doctoral Dissertations*, Paper 377. <http://digitalcommons.uconn.edu/dissertations/377> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lall, M. (2014). Mindfulness and Emotional Freedom Technique (EFT): Holistic interventions for adolescent depression and anxiety. *Master's Level Graduate Research*

Conference, 124. Retrieved from <http://digitalcommons.brockport.edu/gradconf/2014/Schedule/124>

Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents after EFT: A randomized controlled pilot study. *Traumatology*. doi:10.1177/1534765611426788 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Sezgin, N., & Özcan, B. (2009). The effect of Progressive Muscular Relaxation and Emotional Freedom Techniques on test anxiety in high school students: A randomized controlled trial. *Energy Psychology: Theory, Research, and Treatment*, 1(1), 23-30. **Randomized Controlled Clinical Trial**

Sezgin, N., Ozcan, B., Church, D., (2009). The effect of two psychophysiological techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on test anxiety in high school students: A randomized blind controlled study. *International Journal of Healing and Caring*, 9(1). **Randomized Controlled Clinical Trial**

## Depression

Tambunan, M. B., Suwarni, L., & Selviana, S. (2023). Effect of Emotional Freedom Techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS)*, 12(2), 548–553. doi: 10.11591/ijphs.v12i2.22403

Kalroozi, F., Moradi, M., Ghaedi-Heidari, F., Marzban, A., & Raeisi-Ardali, S. R. (2022). Comparing the effect of Emotional Freedom Technique on sleep quality and happiness of women undergoing breast cancer surgery in military and nonmilitary families: A quasi-experimental multicenter study. *Perspectives in Psychiatric Care*, 58(4), 2986–2997. doi: 10.1111/ppc.13150 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Adriana Popescu, A. (2021) Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal*, Volume 13, Number 1, May 2021. doi 10.9769/EPJ.2021.13.1.AP

Mehdipour, A., Abedi, P., Ansari, S. and Dastoorpoor, M. (2021). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Journal of Complementary and Integrative Medicine*, May 2021. <https://doi.org/10.1515/jcim-2020-0245> **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Friedman, P. (2019) Healing from Anxiety, Depression, Trauma Using Forgiveness, Self-Compassion, and Energy Psychology while Tracking Change Over Time, Part 1. Society for the Advancement of Psychotherapy.

- Friedman, P. (2019) Healing from Anxiety, Depression, Trauma Using Forgiveness, Self-Compassion, and Energy Psychology while Tracking Change Over Time, Part 2. Society for the Advancement of Psychotherapy.
- Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence Based Integrative Medicine*, accepted September 2018. **META-ANALYSIS & SYSTEMATIC REVIEW**
- Church D, House D. (2018). Borrowing Benefits: Group Treatment With Clinical Emotional Freedom Techniques Is Associated With Simultaneous Reductions in Post-traumatic Stress Disorder, Anxiety, and Depression Symptoms. *Evid Based Integr Med.*, 2018.
- Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). The interrelated physiological and psychological effects of EcoMeditation: A pilot study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 23. doi: 10.1177/2515690X18759626
- Jasubhai, Shilpa, & Mukundan, C. R. (2018). Cognitive Behavioural Therapy and Emotional Freedom Technique in Reducing Anxiety and Depression in Indian Adults. *International Journal of Emergency Mental Health and Human Resilience*, 20(2). 10.4172/1522-4821.1000403. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Liu, J., Yang, L., Chen, J. (2017). Effect of Emotional Freedom Technique on perceived stress, anxiety and depression in cancer patients: A preliminary experiment. *Modern Clinical Nursing*, 16(10):34-38. doi: 10.3969/j.issn.1671-8283.2017.10.008
- Chatwin, H., Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2016). The effectiveness of Cognitive Behavioural Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study. *Integrative Medicine*, 15(2), 27-34.
- Nelms, J. & Castel, D. (2016). A systematic review and meta-analysis of randomized and non- randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression. *Explore: The Journal of Science and Healing*, (in press). **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Church, D., & Brooks, A. J. (2014). Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing*, 10(3), 162–169. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lall, M. (2014). Mindfulness and Emotional Freedom Technique (EFT): Holistic interventions for adolescent depression and anxiety. *Master's Level Graduate Research Conference*, 124. Retrieved from <http://digitalcommons.brockport.edu/gradconf/2014/Schedule/124>

- Stapleton, P., Devine, S., Chatwin, H., Porter, B. and Sheldon, T. (2014). A feasibility study: emotional freedom techniques for depression in Australian adults. *Curr. Res. Psychol.*, 5: 19-33.
- Stapleton, P., Church, D., Sheldon, T., Porter, B., & Carlopio, C. (2013). Depression symptoms improve after successful weight loss with emotional freedom techniques. *ISRN Psychiatry*, article ID 573532. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stewart A, Boath E, Carryer A, Walton I, Hill L. (2013). Can Emotional Freedom Techniques (EFT) be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell. *Journal of Psychological Therapies in Primary Care* 2:71-84.
- Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D., & Dawson, K. (2013). Can Matrix Reimprinting using EFT be effective in the treatment of emotional conditions? *Energy Psychology: Theory, Research, & Treatment*, 5(1), 13-18.
- Church, D., De Asis, M., & Brooks, A. J. (2012). Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial. *Depression Research and Treatment*, 2012, 1-7. doi: 10.1155/2012/257172. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Puspitaningrum, I., & Wijayanti, D. Y. (2012). *Effectiveness of Spiritual Emotional Freedom Technique (SEFT) intervention in schizophrenia with depression anxiety stress*. Presented at Java International Nursing Conference, October 6–7, 2012, Semarang. Retrieved from *Diponegoro University Institutional Repository*: <http://eprints.undip.ac.id/40379>
- Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(5), 40-44.
- Church, D., & Brooks, A. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, Oct/Nov 2010.
- Church, D., & Geronilla, L. (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study. *International Journal of Healing and Caring*, 9:1.

## EP Practice Considerations

- López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023).

Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. *Journal of Clinical Nursing*, 00, 1– 20. <https://doi.org/10.1111/jocn.16634>

- Fernandez, E., Woldgabreal, Y., Day, A., Pham, T., Gleich, B., & Aboujaoude, E. (2021). Live psychotherapy by video versus in-person: A meta-analysis of efficacy and its relationship to types and targets of treatment. *Clinical Psychology & Psychotherapy*, 28(6), 1535–1549. doi: 10.1002/cpp.2594
- Church, D., Stapleton, P., Sabot, D. (2020). App-based delivery of clinical Emotional Freedom Techniques: Cross-sectional study of app user self-ratings. *JMIR Mhealth Uhealth* 2020;8(10):e18545 DOI: 10.2196/18545
- Motta, R. W. (2020). Emotional Freedom Techniques for PTSD. In R. W. Motta, *Alternative therapies for PTSD: The science of mind–body treatments* (pp. 143–161). *American Psychological Association*. doi: 10.1037/0000186-009
- Nairn, C. A. (2020). From the Outside In: Incorporating the use of EFT into traditional psychotherapeutic approaches and its impact on therapeutic alliance (Doctoral dissertation, University of Exeter, 2020). University of Exeter. <http://hdl.handle.net/10871/122720>
- Church, D., & Clond, M. (2019). Is online treatment as effective as in-person treatment? Psychological change in two relationship skills groups. *Journal of Nervous & Mental Disease* 207(5):315-319. DOI:10.1097/NMD.0000000000000975
- Feinstein, D. (2019). Words to tap by: The use of language in energy psychology protocols. *Energy Psychology: Theory, Research and Treatment*, 11(1).
- Harbottle, L. (2019). Potential of emotional freedom techniques to improve mood and quality of life in older adults. *British Journal of Community Nursing* (24)9, 432-435. doi.org/10.12968/bjcn.2019.24.9.432
- Stapleton, P. & Chatwin, H. (2017). Determining highly desirable traits of an effective Emotional Freedom Techniques practitioner: A Delphi study. *Energy Psychology: Theory, Research, and Treatment*, 9(2), 13–25. doi:10.9769/EPJ.2017.9.2.PS
- Feinstein, D. (2016). A survey of energy psychology practitioners: Who they are, what they do, who they help. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 33-39. doi:10.9769/EPJ.2016.08.1.DF
- Kalla, M.(2016). Supporting chronic disease healthcare through remote Emotional Freedom Techniques (EFT) treatment and self-care: An evaluation using the WHO Determinants of Health. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 55-66. doi:10.9769/EPJ.2016.8.1.MK



- Rancour, P. (2016). Emotional Freedom Techniques: Finally, a unifying theory for the practice of holistic nursing, or too good to be true? *Journal of Holistic Nursing*. doi: 10.1177/0898010116648456
- Ranjbartabar, H. (2016). A virtual emotional freedom practitioner to deliver physical and emotional therapy (Master's thesis, Macquarie University, Sydney, Australia). Retrieved from <https://www.researchonline.mq.edu.au/vital/access/services/Download/mq:57310/SOURCE1?view=true>
- Ranjbartabar, H., & Richards, D. (2016). A virtual emotional freedom therapy practitioner (Demonstration). Proceedings of the 2016 International Conference on Autonomous Agents & Multiagent Systems (AAMAS), 1471–1473. Retrieved from <http://dl.acm.org/citation.cfm?id=2937216>
- Chalmers, J. S. (2015). An exploration of the experiences of Emotional Freedom Techniques (EFT) practitioners. Unpublished master's dissertation. University of Northampton, UK.
- Christian, H. (2015). Subjective dimensions of meaning in the clinical encounter: Unifying personhood and disease. *Energy Psychology: Theory, Research, and Treatment*, 7(1), 30–38. doi:10.9769/EPJ.2015.07.01.HC
- Schwarz, R. (2015). Deconstructing the six anti-scientific strategies for denying a highly effective therapy. *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.AS
- Sise, M., Leskowitz, L., Stein, P. & Tranguch, A. (2015). Critical thinking in the energy therapies: Comments on Gaudiano. *Energy Psychology Journal*, 6(1).
- White, I. C. (2015). It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in Psychotherapy for Trauma. Master's thesis.
- Church, D. (2013). Clinical EFT (Emotional Freedom Techniques) as single session therapy: Cases, research, indications, and cautions. In M. Hoyt & M. Talmon (Eds.), *Capturing the moment: Single session therapy and walk-in service*. Bethel, CT: Crown House.
- Feinstein, D. (2013). EP Treatments Over a Distance: The Curious Phenomenon of "Surrogate Tapping." *Energy Psychology Journal*, 5(1). doi: 10.9769/EPJ.2013.5.1.DF
- Feinstein, D., Moore, D. & Teplitz, D. (2012). Addressing emotional blocks to healing in an energy medicine practice: Ethical and clinical guidelines. *Energy Psychology Journal*, 4(1).

Gaudiano, B. A., Brown, L. A., & Miller, I. W. (2012). Tapping their patients' problems away?: Characteristics of psychotherapists using energy meridian techniques. *Research on Social Work Practice*, 22, 647-655. doi:10.1177/1049731512448468

Mason, E. (2012). Energy psychology and psychotherapy: A study of the use of energy psychology in psychotherapy practice. *Counseling & Psychotherapy Research*, 12(3), 224-32.

## Field of Psychology

Church, D., Baumann, O., & Stapleton, P. (2022). Editorial: The future of psychology: Approaches to enhance therapeutic outcomes. *Frontiers in Psychology*, 13. doi: 10.3389/fpsyg.2022.1116204

Church, D., Kip, K., & Stapleton, P. (2022). Corrigendum supports therapeutic contribution of Acupoint tapping to EFT's observed effects. *Journal of Nervous & Mental Disease*, 210(2), 143–147. doi: 10.1097/nmd.0000000000001439

Church, D., Stapleton, P., Vasudevan, A., & O'Keefe, T. (2022). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions: A systematic review. *Frontiers in Psychology*, 13. doi: 10.3389/fpsyg.2022.951451.

Feinstein, D. (2022). Integrating the manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of Psychotherapy Integration*, 33(1), 47–67. doi: 10.1037/int0000283

Freedom, J., Hux., M. & Warner, J. (2022) Research on acupoint tapping therapies proliferating around the world. *Energy Psychology Journal*, 4(1). doi: 10.9769/EPJ.2022.14.1.JF

Feinstein D. (2021) Applications of Energy Psychology in Addressing the Psychological Roots of Illness. *OBM Integrative and Complementary Medicine* 2021;6(2):24; doi: 10.21926/obm.icm.2102014.

Fernandez, E., Woldgabreal, Y., Day, A., Pham, T., Gleich, B., & Aboujaoude, E. (2021). Live psychotherapy by video versus in-person: A meta-analysis of efficacy and its relationship to types and targets of treatment. *Clinical Psychology & Psychotherapy*, 28(6), 1535–1549. doi: 10.1002/cpp.2594

Nairn, C. A. (2020). From the Outside In: Incorporating the use of EFT into traditional psychotherapeutic approaches and its impact on therapeutic alliance (Doctoral dissertation, University of Exeter, 2020). University of Exeter. <http://hdl.handle.net/10871/122720>

- Church, D., & Clond, M. (2019). Is online treatment as effective as in-person treatment? Psychological change in two relationship skills groups. *Journal of Nervous & Mental Disease* 207(5):315-319. DOI:10.1097/NMD.0000000000000975
- Feinstein, D. (2019). Words to tap by: The use of language in energy psychology protocols. *Energy Psychology: Theory, Research and Treatment*, 11(1).
- Bakker, G. (2015). A bigger swamp is still a swamp: Comments on Feinstein (2014). *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.GB
- Feinstein, D. (2015). Calling an avalanche a swamp: Comments on Bakker (2014). *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.DF
- Feinstein, D. (2015). Comments on “The current status of Energy Psychology”: Growing evidence for extraordinary claims. *Energy Psychology Journal*, 6(1). Doi 10.9769/EPJ.2014.6.1.DF
- Gaudiano, B., Brown, L., Miller, I. (2015). Old wine in new bottles: Response to Sise et al. *Energy Psychology Journal*, 6(1). doi 10.9769/EPJ.2014.6.1.BG.LB.IM
- New Jersey Psychologist. (2015). Energy psychology (special issue). *New Jersey Psychologist*, 65(1).
- White, I. C. (2015). It helps me to love my work: An interpretative phenomenological analysis of the senior therapist experience of using Energy Psychology in Psychotherapy for Trauma. Master's thesis.
- Benor, D.J. (2014). Energy psychology practices and theories of new combinations of psychotherapy. *Curr. Res. Psychol.*, 5: 1-18.
- Church, D., Feinstein, D., Palmer-Hoffman, J., Stein, P. and Tranguch, A. (2014). Empirically Supported Psychological Treatments: The Challenge of Evaluating Clinical Innovations. *Journal of Nervous & Mental Disease*, 202(10), 699-709. doi: 10.1097/NMD.0000000000000188
- Mollon, P. (2014). Attachment and Energy Psychology: Explorations at the interface of bodily, mental, relational, and transpersonal aspects of human behavior and experience. In *Talking Bodies* (Ed. K. White), London: Karnac
- Bakker, G. M. (2013). The current status of energy psychology: Extraordinary claims with less than ordinary evidence. *Clinical Psychologist*. Article first published online. doi:10.1111/cp.12020
- Kim, S.Y., Yin, C.S., In, W., Kim, J-W. (2013). Trends in meridian-based psychotherapy: A review of researches on Emotional Freedom Techniques (EFT). *Journal of Oriental Neuropsychiatry* 24(1), 89-100. doi: 10.7231/jon.2013.24.Spc1.089 **META-ANALYSIS / SYSTEMATIC REVIEW**

- Gruder, D. (2012). Controversial 2008 research review published in Psychotherapy finds new support. *Psychotherapy* 47(3), 39-42.
- Mason, E. (2012). Energy psychology and psychotherapy: A study of the use of energy psychology in psychotherapy practice. *Counseling & Psychotherapy Research*, 12(3), 224-32.
- Freedom, J. (2011). Energy psychology: The future of therapy? *Noetic News*.
- Feinstein, D. (2009). Facts, paradigms, and anomalies in the acceptance of energy psychology: A rejoinder to McCaslin's (2009) and Pignotti and Thyer's (2009) comments on Feinstein (2008a). *Psychotherapy: Theory, Research, Practice, Training*. 46, 262-269. doi 10.1037/a0016086
- Deville, G. J. (2005). Power therapies and possible threats to the science of psychology and psychiatry. *Australian and New Zealand Journal of Psychiatry*, 39, 437-445. doi: 10.1080/j.1440-1614.2005.01601.x

## Food Cravings and Weight Loss

- Church, D., Stapleton, P., & Raynor, D. (2022). Skinny Genes' six-week, online, clinical Emotional Freedom Techniques program: Durable weight loss and improved psychological symptoms. *Advances in Mind-Body Medicine*, 36(1), 13–21.
- Popescu, A. (2021). Trauma-based energy psychology treatment is associated with client rehabilitation at an addiction clinic. *Energy Psychology Journal*, 13(1). doi: 10.9769/EPJ.2021.13.1.AP
- Stapleton, P. Clark, A., Sabot, D., Carter, B. & Leech, K. (2020). Portion perfection and Emotional Freedom Techniques to assist bariatric patients post surgery: A randomised control trial. *Heliyon*, 6(6). e04058, <https://doi.org/10.1016/j.heliyon.2020.e04058> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., Roos, T., Mackintosh, G., Sparenburg, E., Sabot, D., & Carter, B. (2019). Online Delivery of Emotional Freedom Techniques in the Treatment of Food Cravings and Weight Management: A Randomized Controlled Trial. *OBM Integrative and Complementary Medicine*, 4(4). doi:10.21926/obm.icm.1904065 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., & Stewart, M. (2019). Comparison of the Effectiveness of Two Modalities of Group Delivery of Emotional Freedom Technique (EFT) Intervention for Food Cravings: Online versus In-Person, *Open Journal of Social Science*, 8, 158-181. <https://doi.org/10.4236/jss.2020.82014>

- Stapleton, P., Buchan, C., Mitchell, I., McGrath, Y., Gorton, P., & Carter, B. (2019). An Initial Investigation of Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques. *OBM Integrative and Complementary Medicine*, 4(1):14; doi:10.21926/obm.icm.1901010 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Church D, Stapleton P, Sheppard L, Carter B. Naturally Thin You: Weight Loss and Psychological Symptoms After a Six-Week Online Clinical EFT (Emotional Freedom Techniques) Course. *Explore (NY)*. 2018 Mar-Apr;14(2):131-136. doi: 10.1016/j.explore.2017.10.009. Epub 2017 Dec 21. PMID: 29370983
- Stapleton, P., Bannatyne, A., Chatwin, H., Urzi, K.-C., Porter, B., & Sheldon, T. (2017). Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings. *Complementary Therapies in Clinical Practice*, 28, 136-145. doi:10.1016/j.ctcp.2017.06.004 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., Bannatyne, A., Porter, B., Urzi, K.C., & Sheldon, T. (2016). Food for thought: A randomised controlled trial of emotional freedom techniques and cognitive behavioural therapy in the treatment of food cravings. *Applied Psychology: Health and Well-Being*. 5/3/2016. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., Chatwin, H., William, M., Hutton, A. Pain, A., Porter, B. & Sheldon, T. (2016). Emotional freedom techniques in the treatment of unhealthy eating behaviors and related psychological constructs in adolescents: A randomized controlled pilot trial. *Explore*, 12:113-122.
- Elder, C., Debar, L., Funk, K. Vollmer, W. et al. (2013). Adherence to, and satisfaction with, the self-acupressure intervention in the LIFE weight-loss maintenance study. *Med Acupunct*. 25(1):43-47.
- Stapleton, P., Church, D., Sheldon, T., Porter, B., & Carlopio, C. (2013). Depression symptoms improve after successful weight loss with emotional freedom techniques. *ISRN Psychiatry*, article ID 573532.
- Stapleton, P. B., Sheldon, T., & Porter, B. (2013). Individual intervention using EFT or cognitive behaviour therapy for depression in adults [dataset]. Bond University. Retrieved from <https://doi.org/10.4225/57/58b6075e884c1> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., Sheldon, T., & Porter, B. (2013). Emotional freedom techniques (EFT) versus cognitive behavioural therapy for food cravings in overweight and obese adults [dataset]. Bond University. Retrieved from <https://doi.org/10.4225/57/58ad2ae2e757c> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Elder, C., Gullion, C., DeBar, L. Funk, K., Lindberg, N. et al. (2012). Randomized trial of Tapas Acupressure Technique® for weight loss maintenance. doi: 10.1186/1472-6882-12-19.

- Sojcher, R., Perlman, A. & Fogerite, S. (2012). Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder. *Explore: The Journal of Science and Healing*, 8(5), 271-276.
- Stapleton, P., Porter, B. (2012). Practical Application of Emotional Freedom Techniques for Food Cravings. *Journal of International Healing and Caring*, Vol. 12(3) Sept. 2012.
- Stapleton, P., Sheldon, T., & Porter, B. (2012). Clinical benefits of Emotional Freedom Techniques on food cravings at 12-months follow-up: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(1), 13-24. doi: 10.9769/EPJ.2012.4.1.PS <http://thescipub.com/abstract/10.3844/crsp.2014.19.33> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Stapleton, P., Sheldon, T., Porter, B., & Whitty, J. (2011). A randomised clinical trial of a meridian-based intervention for food cravings with six-month follow-up. *Behaviour Change*, 28(1), 1-16. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(5), 40-44.
- Stapleton, P., Sheldon, T., Porter, B., & Whitty, J. (2010). A randomized clinical trial of a meridian-based intervention for food cravings with six month follow-up. *Behaviour Change*, 28(1), 1-16. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Elder, C., Ritenbaugh, C. et al. (2007). Randomized trial of two mind-body interventions for weight loss maintenance. *Journal of Complementary and Alternative Medicine*, 13(1), 67- 78. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Morikawa, A. I. H. (2005). Toward the clinical applications of Thought Field Therapy to the treatment of bulimia nervosa in Japan. Unpublished doctoral dissertation, California Coast University, Santa Ana.

## Genetics and Epigenetics

- Maharaj, M. E. (2016). Differential gene expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA assessment. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 17–32. doi:10.9769/EPJ.2016.8.1.MM
- Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2015). Epigenetic effects of PTSD remediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion* (in press). **RANDOMIZED CONTROLLED CLINICAL TRIAL**



- Yount, G. (2013). Energy healing at the frontier of genomics. *Energy Psychology: Theory, Research, and Treatment*, 5(2), 35-40. doi 10.9769/EPJ.2013.5.2.GY
- Church, D. (2010). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti Aging Medical Therapeutics*, October 2010.
- Feinstein, D. & Church, D. (2010). Modulating gene expression through psychotherapy: The contribution of non-invasive somatic interventions. *Review of General Psychology*, 14, 283-295.

## Health Care Delivery

- López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023). Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. *Journal of Clinical Nursing*, 00, 1– 20. <https://doi.org/10.1111/jocn.16634>
- Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization*, 99(7). doi: 10.2471/BLT.20.269050
- Dincer, B. & Inangil, D. (2021). The effect of Emotional Freedom techniques on nurses' stress, anxiety, and burnout levels during the Covid-19 pandemic: A randomized controlled trial. *EXPLORE*, 17(2), 109-114. doi:10.1016/j.explore.2020.11.012
- RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Hossain F, Clatty A. (2021) Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing Ethics*. 2021;28(1):23-32. doi: 10.1177/0969733020961825
- Mavranouzouli, I., Megnin-Viggars, O., Grey, N., Bhutani, G., Leach, J., Daly, C., Dias, S., Welton, N. J., Katona, C., El-Leithy, S., Greenberg, N., Stockton, S., & Pilling, S. (2020) Cost-effectiveness of psychological treatments for post-traumatic stress disorder in adults. *PLoS One*, 15(4): e0232245. <https://doi.org/10.1371/journal.pone.0232245>
- Vural, P.I. & Aslan, E. (2019). Emotional freedom techniques and breathing awareness to reduce childbirth fear: A randomized controlled study. *Complementary Therapies in Clinical Practice* (35), 224-231. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

- Stapleton, P. & Chatwin, H. (2017). Determining highly desirable traits of an effective Emotional Freedom Techniques practitioner: A Delphi study. *Energy Psychology: Theory, Research, and Treatment*, 9(2), 13–25. doi:10.9769/EPJ.2017.9.2.PS
- Wauthier-Freyman, Y. (2015). Simple versus complex trauma: A clinician's guide to indications, treatment plans, and therapeutic methods. *Energy Psychology Journal*, 6(2). doi: 10.9769/EPJ.2014.11.2.YF
- Kalla, M., & Khalil, H. (2014). The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: A systematic review protocol. *JB I Database of Systematic Reviews and Implementation Reports*, 12(2), 114-124. doi: 10.11124/jbisrir-2014-1153 **META-ANALYSIS / SYSTEMATIC REVIEW**
- Shari, W. W., Suryani, S., & Emaliyawati, E. (2014). Emotional Freedom Techniques and anxiety level of patients undergoing percutaneous coronary intervention. *Jurnal Keperawatan Padjadjaran [Padjadjaran Nursing Journal]*, 2(3), 133-145. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Church, D., Brooks, A. (2010). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal*, 9(4), 46-48.
- Mitchell, M. (2009). Emotional Freedom Technique. *Practising Midwife*, 12(7), 12-14.
- Lynch, E. (2007). Emotional acupuncture. *Nursing Standard—Royal College of Nursing*, 21(50), 24-29.

## Learning Disorders and Autism Spectrum Disorders

- Keppel, H. (2021) The Effects of a Thought Field Therapy Stress Reduction Protocol on the Stress and Empathy Levels of Parents of Children with Autism Spectrum Disorder. Fielding Graduate University ProQuest Dissertations Publishing. 28713632 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Pandey, N. & Mitra, P. (2020). Emotional Freedom Technique as an intervention tool in dealing with stress among mothers of the children with intellectual disability. *Tathapi (UGC Care Journal)* ISSN:2320-0693 19(4)
- McCallion, F. (2012). Emotional freedom techniques for dyslexia: A case study. *Energy Psychology Journal*, 4(2). doi: 10.9769/EPJ.2012.4.2.FM

## Miscellaneous

- Stapleton, P., Dispenza, J., McGill, S., Sabot, D., Peach, M., & Raynor, D. (2020). Large effects of brief meditation intervention on EEG spectra in meditation novices. *IBRO Reports*, 9, 290-301. doi: 10.1016/j.ibror.2020.10.006
- Hong-Kyu Kim, Yeon-Hee Lee, Chang-Duck Koo, & Yeonpyeong-Sik. (2016). The effect of Emotional Freedom Technique (EF) as forest therapy program on the menopausal symptoms and the quality of life of the middle-aged women. *Korean Forest Recreation Society*, 20(3), 83-95. doi:10.34272/forest.2016.20.3.008
- Pfrommer, et al., (2015). Heart Assisted Therapy-Self-Regulation (HAT-SR) for Caregivers of Persons with Dementia. *Gerontol Geriatr Res* 2015, S4:005
- Hoss, R. J., & Hoss, L. M. (2010). The Dream to Freedom Technique, a methodology for integrating the complementary therapies of Energy Psychology and dreamwork. *Energy Psychology: Theory, Research, and Treatment*, 2(1), 45-64.
- Pignotti, M. (2005). Thought Field Therapy Voice Technology vs. Random Meridian Point Sequences: A Single-blind Controlled Experiment. *Scientific Review of Mental Health Practice*, 4(1), 2005, 38-47.
- Rubik B. (2002). The biofield hypothesis: Its biophysical basis and role in medicine. *Journal of Alternative and Complementary Medicine*, 8:703-717.

## Neurophysiology

- Morikawa, A., Takayama, M. & Yoshizawa, E. (2021). The efficacy of thought field therapy and its impact on heart rate variability in student counseling: A randomized controlled trial. *EXPLORE*. <https://doi.org/10.1016/j.explore.2021.09.005> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- König, N., Steber, S., Seebacher, J., von Prittwitz, Q., Bliem, H.R., & Rossi, S. (2019). How Therapeutic Tapping Can Alter Neural Correlates of Emotional Prosody Processing in Anxiety. *Brain Sciences* 9(8), 206. <https://doi.org/10.3390/brain-sci9080206>
- Harper, M. (2012). Taming the amygdala: An EEG analysis of exposure therapy for the traumatized. *Traumatology*, 18(2), 61-74. doi:10.1177/1534765611429082.
- Diepold, J. H., Jr., & Goldstein, D. (2009). Thought field therapy and QEEG changes in the treatment of trauma: A case study. *Traumatology*, 15, 85-93.

- Lane, J. (2009). The neurochemistry of counterconditioning: Acupressure desensitization in psychotherapy. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 31-44.
- Ruden, R.A. (2005). A neurobiological basis for the observed peripheral sensory modulation of emotional responses. *Traumatology* 11(3), 145-158. doi: 10.1177/153476560501100301
- Andrade, Joaquin and Feinstein, David. (2004). Preliminary report of the first large scale study of energy psychology. Energy Psychology Interactive: Rapid Interventions for Lasting Change. *The Neurological Foundations of Energy Psychology: Brains Scan Changes during 4 Weeks of Treatment for Generalized Anxiety Disorder*. Ashland, OR: Innersource. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Hui, K. K. S, Liu, J., Makris, N., Gollub, R. W., Chen, A. J. W., Moore, C. I., & Kwong, K. K. (2000). Acupuncture modulates the limbic system and subcortical gray structures of the human brain: Evidence from fMRI studies in normal subjects. *Human Brain Mapping*, 9, 13-25. doi:10.1002/(SICI)1097-0193(2000)9:1<13::AID-HBM2>3.0.CO;2-F **RANDOMIZED CONTROLLED CLINICAL TRIAL**

## Pain and Physical Conditions

- Tambunan, M. B., Suwarni, L., & Selviana, S. (2023). Effect of Emotional Freedom Techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS)*, 12(2), 548–553. doi: 10.11591/ijphs.v12i2.22403
- Tang, X., Wang, L., Ni, S., Wu, M., Hu, S., & Zhang, L. (2023). Feasibility and effect of Emotional Freedom Therapy on sleep quality in patients with end-stage renal disease receiving maintenance hemodialysis: A pilot study. *Geriatric Nursing*, 51, 112–120. doi: 10.1016/j.gerinurse.2023.02.021
- Cici, R., & Özkan, M. (2022). Effects on anxiety and vital signs of the Emotional Freedom Technique and music before surgery for lumbar disc hernia. *Alternative Therapies in Health and Medicine*, 28(5), 20–27. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Kalroozi, F., Moradi, M., Ghaedi-Heidari, F., Marzban, A., & Raeisi-Ardali, S. R. (2022). Comparing the effect of Emotional Freedom Technique on sleep quality and happiness of women undergoing breast cancer surgery in military and nonmilitary families: A quasi-experimental multicenter study. *Perspectives in Psychiatric Care*, 58(4), 2986–2997. doi: 10.1111/ppc.13150 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lisarni, L., Nauli, F. A., Marthiningsih, Nurul, H., & Pranata, S. (2022). The effectiveness of Spiritual Emotional Freedom Technique in improving sleep quality among cancer

patients. *International Journal of Nursing and Health Services (IJNHS)*, 5(4). doi: 10.35654/ijnhs.v5i4.611

Fuller S. A., Stapleton P. Emotional Freedom Techniques for Stroke Rehabilitation: A Single Case Study. *OBM Integrative and Complementary Medicine* 2021;6(4):13; doi:10.21926/obm.icm.2104038

Anggreini, E., & Sari, I. W. W. (2021). The effect of Emotional Freedom Technique (EFT) on body image of breast cancer patients in Yogyakarta. *Jurnal Keperawatan Klinis dan Komunitas*, 5, 73-81. doi: 10.22146/jkkk.49827

Fuller, S. A., & Stapleton, P. (2021). Emotional Freedom Techniques for stroke rehabilitation: A single case study. *OBM Integrative and Complementary Medicine*, 06(4). doi: 10.21926/obm.icm.2104038

Ghaderi Z, Nazari F, Shaygannejad V. The Effect of Emotional Freedom Technique on Fatigue among Women with Multiple Sclerosis: A Randomized Controlled Trial. *Iran J Nurs Midwifery Res.* 2021 Oct 22;26(6):531-536. doi: 10.4103/ijnmr.IJNM-R\_188\_19. PMID: 34900653; PMCID: PMC8607895 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Hasal, D. M., Muriyati, & Alfira, N. (2021). Effect of Spiritual Emotional Freedom Technique (SEFT) on the decrease in anxiety levels in cancer patients. *Comprehensive Health Care*, 5(2), 73-80. doi: 10.37362/jch.v5i2.596

Maryana, M., & Dewi, S. (2021). Spiritual emotional freedom technique increased patient self efficacy (for patients with Type 2 Diabetes Mellitus). *Bali Medical Journal*, 10(3), 1138-1141. doi:http://dx.doi.org/10.15562/bmj.v10i3.2830 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Tack, L., Lefebvre, T., et al. (2021). A randomized wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment in cancer survivors (EMOTICON). *EClinical Medicine*, 39; 101081. https://doi.org/10.1016/j.eclinm.2021.101081 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Wati, Ni & Dewi, Ni & Meilena, Ni & Juanamasta, I Gede & Lestari, R. (2021). Emotional Freedom Technique (EFT) Therapy on Chronic Kidney Disease (CKD) Patients to Reduce Fatigue. *Jurnal Keperawatan*. 12. 10.22219/jk.v12i1.9763

Weisfeld CC, Dunleavy K. (2021) Strategies for Managing Chronic Pain, Chronic PTSD, and Comorbidities: Reflections on a Case Study Documented over Ten Years. *J Clin Psychol Med Settings*. 2021 Mar;28(1):78-89. doi: 10.1007/s10880-020-09741-5. PMID: 32889675

Niken, S., Wahyuningsih, W., & Prasetyorini, H. (2020). The application of Spiritual Emotional Freedom Technique on pain in cancer patients. *Indonesian Journal of Global Health Research*, 2(4), 351-358. doi: 10.37287/ijghr.v2i4.248

- Yavari Kermani, M., Razavi, S., Shabani, M. (2020). The effectiveness of Emotional Freedom Technique on anxiety and post traumatic stress syndrome in women with spontaneous abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi: 10.22034/aftj.2021.266082.1050
- Rometsch-Ogioun El Sount, C., Windthorst, P., Denking, J. Ziser, K., Nikendei, C., Kindermann, D., Ringwald, J., Renner, V., Zipfel, S., & Junne, F. (2019). Chronic pain in refugees with posttraumatic stress disorder (PTSD): A systematic review on patients' characteristics and specific interventions. *Journal of Psychosomatic Research*, 118, 83-97. <https://doi.org/10.1016/j.jpsychores.2018.07.014>
- Afriyanti, E., Wenni, B. P. (2018). The effect of Spiritual Therapy Emotional Freedom Technique (SEFT) on the self-concept of breast cancer patients with mastectomy. *Jurnal Keperawatan Padjajaran, Padjadjaran Nursing Journal*, 6(3). doi: 10.24198/jkp.v6i3.733
- Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence Based Integrative Medicine*, accepted September 2018. **META-ANALYSIS / SYSTEMATIC REVIEW**
- Burk, L., O'Keefe-Kanavos, K., Siegel, B. S., Greenwood, M. T. (2018). Dreams that can save your life: Early warning signs of cancer and other diseases. *Medical Acupuncture*, 30(4), 217-218. doi: 10.1089/acu.2018.29088
- Church D, House D. (2018). Borrowing Benefits: Group Treatment With Clinical Emotional Freedom Techniques Is Associated With Simultaneous Reductions in Post-traumatic Stress Disorder, Anxiety, and Depression Symptoms. *Evid Based Integr Med.*, 2018.
- Kalla, M., Simmons, M., Robinson, A., & Stapleton, P. (2017). Emotional freedom techniques (EFT) as a practice for supporting chronic disease healthcare: A practitioners' perspective. *Disability and Rehabilitation*, 1–9. doi:10.1080/09638288.2017.1306125
- Liu, J., Yang, L., Chen, J. (2017). Effect of Emotional Freedom Technique on perceived stress, anxiety and depression in cancer patients: A preliminary experiment. *Modern Clinical Nursing*, 16(10):34-38. doi: 10.3969/j.issn.1671-8283.2017.10.008
- Z, D., & Avianti, N. (2017). Spiritual Emotional Freedom Technique (SEFT) decreasing stress in patients with cervical cancer. *Jurnal Ners*, 9(1), 91–96. doi: 10.20473/jn.v9i1.3233 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Christina, D., Panagiotis, K., Liza, V., & George, C. P. (2016). Stress management for the treatment of sleep disorders in lawyers: Pilot experimental study in Athens, Hellas. *Journal of Sleep Disorders: Treatment and Care*, 5(2). doi: 10.4172/2325-9639.1000171



- Church, D., & Nelms, J. (2016). Pain, range of motion, and psychological symptoms in a population with frozen shoulder: A randomized controlled dismantling study of Clinical EFT (Emotional Freedom Techniques). *Archives of Scientific Psychology*, 4(1), 38-48. doi:10.1037/arc0000028 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Hong-Kyu Kim, Yeon-Hee Lee, Chang-Duck Koo, & Yeonpyeong-Sik. (2016). The effect of Emotional Freedom Technique (EF) as forest therapy program on the menopausal symptoms and the quality of life of the middle-aged women. *Korean Forest Recreation Society*, 20(3), 83-95. doi:10.34272/forest.2016.20.3.008
- Kalla, M.(2016). Supporting chronic disease healthcare through remote Emotional Freedom Techniques (EFT) treatment and self-care: An evaluation using the WHO Determinants of Health. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 55-66. doi:10.9769/EPJ.2016.8.1.MK
- Ningsih, S. F., Karim, D., Sabrian, F. (2016). The effectiveness of Emotional Freedom Technique (EFT) therapy on the anxiety of patients with stage II and III breast cancer. *Online Journal of Nursing Science Study Program Students at Riau University*, 2(2),1501-1509.
- Stapleton, P., Chatwin, H., Sheppard, L., & McSwan, J. (2016). The lived experience of chronic pain and the impact of brief Emotional Freedom Techniques (EFT) group therapy on coping. *Energy Psychology: Theory, Research, and Treatment*, 8(2), 18–28.
- Jung Hwan Lee, Sun Yong Chung, & Jong Woo Kim. A Comparison of Emotional Freedom Techniques-Insomnia (EFT-I) and Sleep Hygiene Education (SHE) for Insomnia in a Geriatric Population: A Randomized Controlled Trial. *Journal of Energy Psychology; Theory, Research and Treatment*, 7(1), 22-29. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Babamahmoodi, et al. (2015). Emotional freedom technique (EFT) effects on psycho-immunological factors of chemically pulmonary injured veterans. *Iran Journal of Allergy, Asthma, and Immunological Disorders* 14(1), 37-47. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lee, J.W., Chung, S.Y. & Kim, J.W. (2015). A comparison of Emotional Freedom Techniques (EFT-I) and Sleep Hygiene Education (SHE) in a geriatric population: A randomized controlled trial. *Energy Psychology Journal*, 7(1). doi 10.9769/EPJ. 2015.05.1.JL **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Yuniarsih, S. M., Ropi, H., & Maryati, I. (2015). Pain and anxiety reduction of first stage maternity mothers using SEFT intervention. *Pena Jurnal Ilmu Pengetahuan Dan Teknologi*, 28(2) **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Baker, B. Hoffman, C. (2014). Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer: A service evaluation. *European Journal of Integrative Medicine*, 7(2), 136-42.

- Church, D., & Brooks, A. J. (2014). Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing*, 10(3), 162–169. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Church, D., & Palmer-Hoffman, J. (2014). TBI symptoms improve after PTSD remediation with Emotional Freedom Techniques. *Traumatology*, 20(3), 172-181.
- Hajloo, M., Ahadi, H., Rezabakhsh, H., & Mojembari, A. K. (2014). Investigation on Emotional Freedom Technique effectiveness in diabetic patients' blood sugar control. *Mediterranean Journal of Social Sciences*, 5(27 P3), 1280. doi:10.5901/mjss.2014.v5n27p1280 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Kalla, M. (2014). The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: a systemic review protocol. *JB I Database of Systemic Reviews & Implementation Reports*, 12(2). **META-ANALYSIS / SYSTEMATIC REVIEW**
- Ortner, N., Palmer-Hoffman, J., Clond, M. (2014). Effects of Emotional Freedom Techniques (EFT) on the Reduction of Chronic Pain in Adults: A Pilot Study. *Energy Psychology Journal*, 6(2). doi 10.9769/EPJ.2014.11.2.NO.JH.MC
- Alwan, N. S., & Nawajha, Z. E. (2013). The effectiveness of a training program based on Emotional Freedom Technique in upgrading feelings of happiness for diabetics in Gaza. *Research on Humanities and Social Sciences*, 3(18), 6–17.
- Bougea, A., Spandideas, N., Alexopoulos, E. et al. (2013). Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension- Type Headache Sufferers: A Randomized Controlled Trial. *Explore*, 9(2), 91–99. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Lee, H-J. (2012). Effect of trance techniques on emotion and pain: Utilizing NLP and EFT. Unpublished master's thesis, Kwangju Women's University.
- Hodge, P. & Jurgens, C. (2011). A Pilot Study of the Effects of Emotional Freedom Techniques in Psoriasis. *Energy Psychology: Theory, Research & Treatment*, 3(2).
- Lee, Jung-Hwan, Suh, Hynu-Uk, Chung, Sun-Yong, & Kim, Jong-Woo. (2011). A Preliminary study for the evaluation of the effects of EFT for insomnia in the elderly. *Journal of Oriental Neuropsychiatry*. 22(4),101-109.
- Church, D. & Brooks, A. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self- intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, Oct/Nov 2010.

- Swingle, P. (2010). Emotional Freedom Techniques (EFT) as an effective adjunctive treatment in the neurotherapeutic treatment of seizure disorders. *Energy Psychology: Theory, Research, & Treatment*, 2(1), 29-38.
- Connais, C. (2009). The effectiveness of emotional freedom technique on the somatic symptoms of fibromyalgia, 3372777 Psy.D. United States, Colorado: The University of the Rockies. Retrieved from <http://0-search.proquest.com/prosperso>. murdoch.edu.au/docview/305082332?accountid1/412629. ProQuest Dissertations.
- Craig, G., Bach, D., Groesbeck, G., & Benor, D. (2009). Emotional Freedom Techniques (EFT) For traumatic brain injury. *International Journal of Healing and Caring*, (2009, May), 9(2), 1- 12.
- Gallo, F. (2009). Energy psychology in rehabilitation: Origins, clinical applications, and theory. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 57-72.
- Hakam, M., Yetti, K., & Hariyati, T. S. (2009). Spiritual emotional freedom technique intervention to reduce pain in cancer patients. *Makara Journal of Health Research*, 13(2). doi:10.7454/msk.v13i2.375 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Look, C. (2009). Emotional Freedom Techniques (EFT) for Cerebral Palsy. *International Journal of Healing and Caring*, 9(3).
- Pasahow R. J. (2009). Energy Psychology and Thought Field Therapy in the treatment of tinnitus. *Int Tinnitus Journal*, 15(2):130-133.
- Swack, J. (2009). Elimination of Post Traumatic Stress Disorder (PTSD) and other psychiatric symptoms in a disabled Vietnam veteran with traumatic brain injuries (TBI) in just six sessions using Healing from the Body Level Up methodology, an energy psychology approach. *International Journal of Healing and Caring*, 9(3).
- Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*, August/September. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Chun, Y-H., & Kim, B-K. (2008) A case study of Tourette's Syndrome with adjunct neuro-feedback treatment. *Journal of Oriental Neuropsychiatry*, 19(3), 277-288.
- Seo, J-H., Kang, H-Sun., Kim, Ja-Y., Sung, W-Y., Na, Y-J., & Kim, J-W. (2007). A case report of a patient with weakness of heart and gall bladder type somatization disorder induced by stress. *Journal of Oriental Neuropsychiatry*, 18(3), 249-260.
- Callahan, J. (2004). Using Thought Field Therapy® (TFT) to support and complement a medical treatment for cancer: A case history. *International Journal of Healing and Caring*, 4(3).

Kober A., Scheck, T., Greher, M., Lieba, F., Fleischhackl, R., Fleischhackl, S. . . . & Hoerauf, K. (2002). Pre-hospital analgesia with acupressure in victims of minor trauma: A prospective, randomized, double-blinded trial. *Anesthesia & Analgesia*, 95(3), 723-727. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Callahan, R. (2001). The impact of Thought Field Therapy on heart rate variability. *Journal of Clinical Psychology*, 57(10), 1153-1170.

Callahan, R. (2001). Raising and lowering HRV: Some clinical findings of Thought Field Therapy. *Journal of Clinical Psychology*, 57(10), 1175-86.

Pignotti, M., & Steinberg, M. (2001). Heart rate variability as an outcome measure for Thought Field Therapy in clinical practice. *Journal of Clinical Psychology*, 57(10), 1193-1206.

## Phobias

Wittfoth, D., Beise, J., Manuel, J., Bohne, M., & Wittfoth, M. (2022). Bifocal emotion regulation through acupoint tapping in fear of flying. *NeuroImage: Clinical*, 34. <https://doi.org/10.1016/j.nicl.2022.102996>

Alawdah, A., AlHabdan, A., & AlMejrad, L. (2021). The effect of Thought Field Therapy on dental fear among Saudi women during restorative treatment. *EC Dental Science*, 20.5, 78–85. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Wittfoth, D., Pfeiffer, A., Bohne, M., Lanfermann, H., & Wittfoth, M. (2020). Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli. *BMC Neuroscience*, 21(1). doi: 10.1186/s12868-020-00597-x

Xanthou, A. (2020). The Effectiveness of EFT - Emotional Freedom Techniques in People with Phobias. *Obrela Journal* 3(1). <https://doi.org/10.26386/obrela.v3i1.173>

Di Rienzo, F., Saruco, E., Church, D., Daligault, S., Delpuech, C., Gurret, J. M., Guillot, A. (2019). Neuropsychological correlates of an energy psychology intervention on flight phobia: A MEG single-case study. *PsyArXiv Preprints*. <https://doi.org/10.31234/osf.io/s3hce>

Vural, P.I. & Aslan, E. (2019). Emotional freedom techniques and breathing awareness to reduce childbirth fear: A randomized controlled study. *Complementary Therapies in Clinical Practice* (35), 224-231. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Irgens, A. et al. (2017). Thought Field Therapy Compared to Cognitive Behavioral Therapy and Wait- List for Agoraphobia: A Randomized, Controlled Study with a 12-Month Follow-up. *Front. Psychol.*, <https://doi.org/10.3389/fpsyg.2017.01027> **RANDOMIZED CONTROLLED CLINICAL TRIAL**

- Kalla, M. & Stapleton, P. (2016). How Emotional Freedom Techniques (EFT) may be utilizing memory reconsolidation mechanisms for therapeutic change in neuropsychiatric disorders such as PTSD and phobia: A proposed model. *Explore: Journal of Science and Healing*, in press.
- Darby, D. & Hartung, J. (2012). Thought field therapy for blood-injection-injury phobia: A pilot study. *Energy Psychology Journal*, 4(1), 25-32.
- Salas, M., Brooks, A., & Rowe, J. (2011). The immediate effect of a brief energy psychology intervention (Emotional Freedom Techniques) on specific phobias: A pilot study. *Explore*, 7, 155-161. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Baker, A. H., & Siegel, L. S. (2010). Emotional Freedom Techniques (EFT) reduces intense fears: A partial replication and extension of Wells et al. *Energy Psychology: Theory, Research, & Treatment*, 2(2), p 13-30. doi: 10.9769/EPJ.2010.2.2.AHB.LSS **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Pasahow, R.J. (2010). Methodological problems in Waite & Holder (2003) preclude meaningful interpretations about Emotional Freedom Techniques. *Energy Psychology: Theory, Research, Practice, Training*, 2(2). doi: 10.9769/EPJ.2010.2.2.RP
- Schoninger, B. & Hartung, J. (2010). Changes on self-report measures of public speaking anxiety following treatment with *Thought Field Therapy*. *Energy Psychology: Theory, Practice, Research*, 2(1). **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- McCarty, W. A., (2008). Clinical story of a 6-year-old boy's eating phobia: An integrated approach utilizing prenatal and perinatal psychology with energy psychology's Emotional Freedom Technique (EFT) in a surrogate nonlocal application. *Journal of Prenatal & Perinatal Psychology & Health*, 21(2), 117-139.
- Lambrou, P., Pratt, G., & Chevalier, G. (2005). Physiological and psychological effects of a mind/body therapy on claustrophobia. *Journal of Subtle Energies and Energy Medicine* 14(3), 239-251.
- Waite, L. W. & Holder, M.D. (2003). Assessment of the Emotional Freedom Technique: An alternative treatment for fear. *The Scientific Review of Mental Health Practice*, 2 (1) 20-26. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Wells, S., Polglase, K., Andrews, H. B., Carrington, P. & Baker, A. H. (2003). Evaluation of a meridian-based intervention, emotional freedom techniques (EFT), for reducing specific phobias of small animals. *Journal of Clinical Psychology*, 59(9) 943-966. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Darby, D. W. (2002). The efficacy of Thought Field Therapy as a treatment modality for individuals diagnosed with blood-injection-injury phobia. *Dissertation Abstracts International*, 64 (03), 1485B. (UMI No. 3085152)

Carbonell, J.L. (1995). An experimental study of TFT and acrophobia. *The Thought Field*, 2(3).

Wade, J. F. (1990). The effects of the Callahan phobia treatment techniques on self concept. Unpublished doctoral dissertation. The Professional School of Psychological Studies, San Diego, CA.

## Psychological Symptoms and Mental Health Conditions

Kalroozi, F., Moradi, M., Ghaedi-Heidari, F., Marzban, A., & Raeisi-Ardali, S. R. (2022). Comparing the effect of Emotional Freedom Technique on sleep quality and happiness of women undergoing breast cancer surgery in military and nonmilitary families: A quasi-experimental multicenter study. *Perspectives in Psychiatric Care*, 58(4), 2986–2997. doi: 10.1111/ppc.13150 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Taylor, E., Kalla, M., Freedom, J., & Crowlye, K. (2022). The use of Emotional Freedom Techniques (EFT) in women with panic disorder: A pilot study. *Energy Psychology Journal*, 13(1). doi: 10.9769/EPJ.2020.12.2.ET

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization*, 99(7). doi: 10.2471/BLT.20.269050

Hossain F, Clatty A. (2021) Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing Ethics*. 2021;28(1):23-32. doi: 10.1177/0969733020961825

Mehdipour, A., Abedi, P., Ansari, S. and Dastoorpoor, M. (2021). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Journal of Complementary and Integrative Medicine*, May 2021. <https://doi.org/10.1515/jcim-2020-0245> **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Patel, V. & Pandey, N. (2021). Effectiveness of EFT on suicidal ideation among young adults. *International Journal of Indian Psychology* 9(3). ISSN 2348-5396.DIP: 18.01.192.20210903, page2image50281920DOI: 10.25215/0903.192

Seidi, P. A., Jaff, D., Connolly, S. M., & Hoffart, A. (2021). Applying Cognitive Behavioral Therapy and Thought Field Therapy in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts. *EXPLORE*, 17(1), 84-91. doi:10.1016/j.explore.2020.06.003

Tack, L., Lefebvre, T., et al. (2021). A randomized wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment



in cancer survivors (EMOTICON). *EClinical Medicine*, 39; 101081. <https://doi.org/10.1016/j.eclinm.2021.101081> **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Wittfoth, D., Pfeiffer, A., Bohne, M., Lanfermann, H., & Wittfoth, M. (2020). Emotion regulation through bifocal processing of fear inducing and disgust inducing stimuli. *BMC Neuroscience*, 21(1). doi: 10.1186/s12868-020-00597-x

Rosyanti L., Hadi I., Tanra J., & Islam A. (2018). The Effectiveness of Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Intervene Against the Change of Brief Psychiatric Rating Scale (BPRS) on Patient with Schizophrenia. Humanistic Network for Science and Technology. *Health Notions*, (7)8.

Irgens, A. et al. (2017). Thought Field Therapy Compared to Cognitive Behavioral Therapy and Wait- List for Agoraphobia: A Randomized, Controlled Study with a 12-Month Follow-up. *Front. Psychol.*, <https://doi.org/10.3389/fpsyg.2017.01027> **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Geronilla, L., Minewiser L., Mollon, P., McWilliams, M., & Clond, M. (2016). EFT (Emotional Freedom Techniques) remediates PTSD and psychological symptoms in veterans: A randomized controlled replication trial. *Energy Psychology: Theory, Research, and Treatment*, 8(2), 29–41. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Abdi, M. R., & Abolmaali, K. (2015). The effect of emotional freedom technique (EFT) therapy on the reduction of aggression in single mothers. *Applied Mathematics in Engineering, Management and Technology*, 3(2), 476–483. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Gilomen, S. A. & Lee, C. W. (2015). The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *Journal Behavior Therapy & Experimental Psychiatry*, 48 (2015) 140-148. **META-ANALYSIS / SYSTEMATIC REVIEW**

Kalla, M. (2014). The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: a systemic review protocol. *JBIM Database of Systemic Reviews & Implementation Reports*, 12(2). **META-ANALYSIS / SYSTEMATIC REVIEW**

Lee, S-W., Lee, Y-J., Yoo, S-W., Lee, R-D., Park, S-J. (2014). Case series of panic disorder patients treated with Oriental Medical treatments and EFT. *Journal of Oriental Neuropsychiatry*, 25(1), 13-28. doi:10.7231/jon.2014.25.1.013.

Song, S-Y., Lee, J-H., Suh, J-W., Kwon, C-Y., & Kim, J-W. (2014). Qualitative analysis of the influence of an Emotion Freedom Techniques (EFT) group treatment program for Hwa- Byung (suppressed anger) patients. *Journal of Oriental Neuropsychiatry*, 25(1), 29-38. doi: 10.7231/jon.2014.25.1.029.

Aung, S., Fay, H., Hobbs, R. (2013). Traditional Chinese medicine as a basis for treating psychiatric disorders: A review of theory with illustrative cases. *Medical Acupuncture*, 25(6): 398-406.

- Church, D. (2013). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions. *Psychology*, 4(8).
- Stewart, A., Boath, E., Carryer, A., Walton, I., Hill, L., Phillips, D. & Dawson, K. (2013). Can Matrix Reimprinting using EFT be effective in the treatment of emotional conditions? *Energy Psychology: Theory, Research, & Treatment*, 5(1), 13-18.
- Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of efficacy. *Review of General Psychology*, 16, 364-380. doi: 10.1037/a0028602  
**META-ANALYSIS / SYSTEMATIC REVIEW**
- Kim, S-J., Ryu, C-G., Cho, A-R., Seo, J-H., Kim, J-N., Sung, W-Y., & Park, J-H. (2012). A case report of a somatization disorder patient with histrionic personality disorder. *Journal of Oriental Neuropsychiatry*, 23(2), 85-98. doi:10.7231/JON.2012.23.2.085
- Puspitaningrum, I., & Wijayanti, D. Y. (2012). *Effectiveness of Spiritual Emotional Freedom Technique (SEFT) intervention in schizophrenia with depression anxiety stress*. Presented at Java International Nursing Conference, October 6–7, 2012, Semarang. Retrieved from *Diponegoro University Institutional Repository*.
- Moritz, S., Aravena, S.C., Guczka, S. Schilling, L., Eichenberg, C., Raubart G., Seebeck, A., & Jelinek, L. (2011). Knock and it will be opened to you? An examination of meridian-tapping in obsessive compulsive disorder (OCD). *J. Behav. Ther. & Exp. Psychiat.* 42, 81-88. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Palmer-Hoffman, J. & Brooks, A. (2011). Psychological symptom change after group application of *Emotional Freedom Techniques*. *Energy Psychology: Theory, Research, & Treatment*, 3(1), 57-72.
- Church, D., Brooks, A. (2010). Application of Emotional Freedom Techniques. *Integrative Medicine: A Clinician's Journal*, 9(4), 46-48.
- Lee, J-W., Cha, H-J., Seo, Y-M., Seo, D-W., & Park, S-J. (2009). A case report of Schizophrenia form Disorder treated by Oriental Medical Treatment and Emotional Freedom Techniques. *Journal of Oriental Neuropsychiatry*. 20(2), 207-216.
- Mollon, P. (2007). Thought Field Therapy and its derivatives: Rapid relief of mental health problems through tapping on the body. *Primary Care and Community Psychiatry*. 12[3-4], 123-127.
- Rowe, J. (2005). The effects of EFT on long-term psychological symptoms. *Counseling and Clinical Psychology Journal*, 2(3):104.
- Wooten, H. R. (2005). Healing into life after sport: Dealing with student-athlete loss, grief, and transition with EFT. *Journal of Creativity in Mental Health*, 1(3), 89–102. doi:10.1300/J456v01n03\_06

## PTSD

- Akbari, M., Aghdasi, A., Panah Ali, A., Azemodeh, M., & Naghdi Sadeh, R. (2023). Comparison of efficacy of eye movement desensitization and reprocessing of emotional freedom technique and cognitive-behavioral therapy in PTSD in covid-19. *Journal of Modern Psychological Researches*, 18(69). [10.22034/jmpr.2023.16246](https://doi.org/10.22034/jmpr.2023.16246)
- Feinstein, D. (2022). Uses of energy psychology following catastrophic events. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.856209>
- Seidi, P. A., Jaff, D., Connolly, S. M., & Hoffart, A. (2021). Applying Cognitive Behavioral Therapy and Thought Field Therapy in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts. *EXPLORE*, 17(1), 84-91. doi:10.1016/j.explore.2020.06.003
- Weisfeld CC, Dunleavy K. (2021) Strategies for Managing Chronic Pain, Chronic PTSD, and Comorbidities: Reflections on a Case Study Documented over Ten Years. *J Clin Psychol Med Settings*. 2021 Mar;28(1):78-89. doi: 10.1007/s10880-020-09741-5. PMID: 32889675
- Baghini, A., Mohammadtehrani, H., Behbodi, M. Kiamanesh, A.R. (2020). Comparison of effectiveness of Eye Movement Desensitization and Reprocessing, Cognitive Behavioral Therapy, and Emotional Freedom Technique in reducing anxiety in patients with post-traumatic stress disorder. *Quarterly of Applied Psychology*, 13(4), 625-650. <https://www.sid.ir/en/Journal/ViewPaper.aspx?ID=709138> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Mavranouzouli, I., Megnin-Viggars, O., Daly, C., Dias, S., Stockton, S., Meiser-Stedman, R., Trickey, D., Pilling, S. (2020). Research Review: Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: a network meta-analysis. *J Child Psychol Psychiatry*, 61(1), 18-29. doi: 10.1111/jcpp.13094
- Mavranouzouli, I., Megnin-Viggars, O., Grey, N., Bhutani, G., Leach, J., Daly, C., Dias, S., Welton, N. J., Katona, C., El-Leithy, S., Greenberg, N., Stockton, S., & Pilling, S. (2020) Cost-effectiveness of psychological treatments for post-traumatic stress disorder in adults. *PLoS One*, 15(4): e0232245. <https://doi.org/10.1371/journal.pone.0232245>
- Motta, R. W. (2020). Emotional Freedom Techniques for PTSD. In R. W. Motta, *Alternative therapies for PTSD: The science of mind-body treatments* (pp. 143–161). *American Psychological Association*. doi: 10.1037/0000186-009

- Yavari Kermani, M., Razavi, S., Shabani, M. (2020). The effectiveness of Emotional Freedom Technique on anxiety and post traumatic stress syndrome in women with spontaneous abortion. *Journal of Applied Family Therapy*, 1(4), 53-71. doi: 10.22034/aftj.2021.266082.1050
- Anderson, K., Rubik, B., & Absenger, W. (2019). Does Combining Emotional Freedom Techniques and Hypnosis Have an Effect on Sexual Assault–Specific Posttraumatic Stress Disorder Symptoms? *Energy Psychology: Theory, Research & Treatment*, 11(2). doi 10.9769/EPJ.2019.11.2.KA **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Nicosia, G., Minewiser, L., & Freger, A. (2019). World Trade Center: A longitudinal case study for treating Post Traumatic Stress Disorder with Emotional Freedom Technique and Eye Movement. *Work*, 63(2),199-204. DOI: 10.3233/WOR-192921
- Rometsch-Ogioun El Sount, C., Windthorst, P., Denking, J. Ziser, K., Nikendei, C., Kindermann, D., Ringwald, J., Renner, V., Zipfel, S., & Junne, F. (2019). Chronic pain in refugees with posttraumatic stress disorder (PTSD): A systematic review on patients' characteristics and specific interventions. *Journal of Psychosomatic Research*, 118, 83-97. <https://doi.org/10.1016/j.jpsychores.2018.07.014>
- Xiong, T., Wozney, L., Olthuis, J., Rathore, S., & McGrath, P. (2019). A scoping review of the role and training of paraprofessionals delivering psychological interventions for adults with post-traumatic stress. *Journal of Depression and Anxiety*, 8(3).
- Church D, House D. (2018). Borrowing Benefits: Group Treatment With Clinical Emotional Freedom Techniques Is Associated With Simultaneous Reductions in Post-traumatic Stress Disorder, Anxiety, and Depression Symptoms. *Evid Based Integr Med*.
- Church, D., Stapleton, P., Mollon, P., Feinstein, D., Boath, E., Mackay, D., & Sims, R. (2018.) Guidelines for the Treatment of PTSD Using Clinical EFT (Emotional Freedom Techniques). *Healthcare*, 6(146).
- Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2018). Epigenetic effects of PTSD remediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion*, 32(1), 112-122. doi: 10.1177/0890117116661154 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Groesbeck, G., Bach, D., Stapleton, P., Banton, S., Blickheuser, K., & Church. D. (2018). The interrelated physiological and psychological effects of EcoMeditation: A pilot study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 23. doi: 10.1177/2515690X18759626
- Stapleton, P., Sandstrom, U., & Hamne, G. (2018.) Evaluating a 3-Week Model for Reducing Symptoms of Stress in Traumatized Youth Using the Trauma Tapping Technique (TTT) for Self-help: A Pilot Trial. *OMB Integrative and Complementary Medicine* 3(4), 36. doi:10.21926/obm.icm.1804036.

- Church, D., & Feinstein, D. (2017). The manual stimulation of acupuncture points in the treatment of post-traumatic stress disorder: A review of Clinical Emotional Freedom Techniques. *Medical Acupuncture*, August, ahead of print. doi:10.1089/acu.2017.1213
- Church, D., Stern, S., Boath, E., Stewart, A., Feinstein, D., & Clond, M. (2017). Emotional Freedom Techniques to treat post-traumatic stress disorder in veterans: Review of the evidence, survey of practitioners, and proposed clinical guidelines. *Permanente Journal*, 21(2), 16-23. doi: 10.7812/TPP/16-100
- Minewiser, L. (2017). Six sessions of Emotional Freedom Techniques remediate one veteran's combat-related post-traumatic stress disorder. *Medical Acupuncture*, June, ahead of print. doi:10.1089/acu.2017.1216
- Church, D., Sparks, T., & Clond, M. (2016). EFT (emotional freedom techniques) and resiliency in veterans at risk for PTSD: A randomized controlled trial. *Explore: The Journal of Science and Healing*, 12(5), 355-365. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Geronilla, L., Minewiser L., Mollon, P., McWilliams, M., & Clond, M. (2016). EFT (Emotional Freedom Techniques) remediates PTSD and psychological symptoms in veterans: A randomized controlled replication trial. *Energy Psychology: Theory, Research, and Treatment*, 8(2), 29–41. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Kalla, M. & Stapleton, P. (2016). How Emotional Freedom Techniques (EFT) may be utilizing memory reconsolidation mechanisms for therapeutic change in neuropsychiatric disorders such as PTSD and phobia: A proposed model. *Explore: The Journal of Science and Healing*, in press.
- Metcalf, O., Varker, T., Forbes, D., Phelps, A., Dell, L., DiBattista, A., & O'Donnell, M. (2016). Efficacy of Fifteen Emerging Interventions for the Treatment of Posttraumatic Stress Disorder: A Systematic Review. *Journal of Traumatic Stress*, Online first Jan 7. DOI:10.1002/jts.2207. **META-ANALYSIS / SYSTEMATIC REVIEW**
- Sebastian, B., & Nelms, J. (2016). The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis. *Explore: The Journal of Science and Healing*, 13(1), 16-25. doi:10.1016/j.explore.2016.10.001 **META-ANALYSIS / SYSTEMATIC REVIEW**
- Westfall, N. C., & Nemeroff, C. B. (2016). State-of-the-art prevention and treatment of PTSD: Pharmacotherapy, psychotherapy, and nonpharmacological somatic therapies. *Psychiatric Annals*, 46(9), 533-549.
- Al-Hadethe, A., Hunt, N., Al-Qaysi, G., & Thomas, S. (2015). Randomized controlled study comparing two psychological therapies for posttraumatic stress disorder (PTSD): Emotional Freedom Techniques (EFT) vs. Narrative Exposure Therapy

(NET). *Journal of Traumatic Stress Disorders and Treatment*, 4(4). doi: 10.4172/2324-8947.1000145 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Libretto, S., Hilton, L. Gordon, S. and Zhang, W. (2015). Effectives of integrative PTSD treatment in a military health setting. *Energy Psychology Journal*, 7(2). doi 10.9769/EPJ.2015.11.1.SL

Nemiro, A., Papworth, S., & Palmer-Hoffman, J. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial. *EnergyPsychology: Theory, Research, & Treatment*, 7(2). **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Wauthier-Freyman, Y. (2015). Simple versus complex trauma: A clinician's guide to indications, treatment plans, and therapeutic methods. *Energy Psychology Journal*, 6(2). doi: 10.9769/EPJ.2014.11.2.YF

Boath, E., Stewart, A. & Rolling, C. (2014). The impact of EFT and matrix reimplanting on the civilian survivors of war in Bosnia: A pilot study. *Curr. Res. Psychol.*, 5: 64-72.

Church, D., & Brooks, A. J. (2014). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing*, 10(1), 24-33.

Church, D., & Palmer-Hoffman, J. (2014). TBI symptoms improve after PTSD remediation with Emotional Freedom Techniques. *Traumatology*, 20(3), 172-181.

Church, D., & Brooks, A. J. (2014). Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing*, 10(3), 162–169. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Lake, J. (2014). A Review of select CAM modalities for the prevention and treatment of PTSD. *Psychiatric Times*; July 25, 2014.

Sheldon, T., (2014). Psychological intervention including emotional freedom techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Curr. Res. Psychol.*, 5: 40-63.

Church, D., & Brooks, A. J. (2013). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing*, 10(1), 24-33.

Church, D., Hawk, C, Brooks, A., Toukolehto, O., Wren, M., Dinter, I., Stein, P. (2013). Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. *Journal of Nervous & Mental Disease*, 201(2),153–160. **RANDOMIZED CONTROLLED CLINICAL TRIAL**



- Connolly, S.M., Roe-Sepowitz, D., Sakai, C., & Edwards, J. (2013). Utilizing Community Resources to Treat PTSD: A Randomized Controlled Study Using Thought Field Therapy. *African Journal of Traumatic Studies*, 3(1), 24-32. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gaffney, D. (2013). Established and emerging PTSD treatments. *Mental Health Clinician*, 2(7), 213-219. doi:10.9740/mhc.n131766
- Gallo, F. (2013). Energy for Healing Trauma Energy Psychology and the Efficient Treatment of Trauma and PTSD. *Energy Psychology Journal*, 5(1).
- Church, D., Feinstein, D. (2012). The psychobiology and clinical principles of energy psychology treatments for PTSD: A review. In T. Van Leeuwen and M. Brouwer Editors, *Psychology of Trauma*. Hauppauge, NY: Nova Publishers.
- Connolly, S.M., & Sakai, C.E. (2012). Brief trauma symptom intervention with Rwandan genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 13 (3), 161-172. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gurret, J-M., Caufour, C., Palmer-Hoffman, J., & Church, D. (2012). Post-Earthquake Rehabilitation of Clinical PTSD in Haitian Seminarians. *Energy Psychology: Theory, Research, and Treatment*, 4(2), 33-40.
- Hartung, J. & Stein, P. (2012). Telephone delivery of EFT (emotional freedom techniques) remediates PTSD symptoms in veterans. *Energy Psychology Journal*, 4(1), 33-40.
- Jain, S. et al. (2012). Healing touch with guided imagery for PTSD in returning active duty military: A randomized controlled trial. *Military Medicine*, 177(9), 1015. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Libby, D. J., Pilver, C. E., & Desai, R. (2012). Complementary and alternative medicine in VA specialized PTSD treatment programs. *Psychiatric Services*, 63(11), 1134–1136.
- Robson, P. & Robson, H. (2012). The Challenges and opportunities of introducing Thought Field Therapy (TFT) following the Haiti earthquake. *Energy Psychology Journal*, 4(1). doi:10.9769/EPJ.2012.4.1.PR
- Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents after EFT: A randomized controlled pilot study. *Traumatology*. doi:10.1177/1534765611426788 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Karatzias, T., Power, K., Brown, K., McGoldrick, T., Begum, M., Young, J., & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for posttraumatic stress disorder: Eye Movement Desensitization and Reprocessing vs. Emotional Freedom Techniques. *Journal of Nervous & Mental Dis-*

- Kwon, Y-J., & Cho, S-H. (2011). Oriental medical interventions for posttraumatic stress disorder: A model of Oriental Medicine for disaster mental health. *Journal of Oriental Neuropsychiatry*, 22(4), 77-86.
- Stein, P. & Brooks, A. (2011). Efficacy of EFT provided by coaches versus licensed therapists in veterans with PTSD. *Energy Psychology Journal: Theory, Research, & Treatment*, 3(1).
- Zhang, Ying; Feng, Bin; Xie, Jian-ping; Xu, Fang-zhong; and Chen, Jiong. (2011). Clinical Study on Treatment of the Earthquake-caused Post-traumatic Stress Disorder by Cognitive- behavior Therapy and Acupoint Stimulation. *Journal of Traditional Chinese Medicine*, 31(1): 60-63. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Burk, L. (2010). Single session EFT (Emotional Freedom Techniques) for stress-related symptoms after motor vehicle accidents. *Energy Psychology: Theory, Research, & Treatment*, (2010), 2(1), 65-72.
- Feinstein, D. (2010). Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective. *Psychotherapy: Theory, Research, Practice, Training*, 47(3), 385- 402.
- Sakai, C., Connolly, S., Oas, P. (2010). Treatment of PTSD in Rwandan child genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 12(1), 41-50.
- Stone, B., Leyden, L. & Fellows, B. (2010). Energy Psychology treatment for orphan heads of households in Rwanda: An observational study. *Energy Psychology: Theory, Research and Treatment*, 2(2).
- Church, D. (2009). The treatment of combat trauma in veterans using EFT: A pilot protocol. *Traumatology*, 15(1), 45-55.
- Church, D., & Geronilla, L. (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study. *International Journal of Healing and Caring*, 9:1.
- Dinter, I. (2009). Working with military service members and veterans: A field report of obstacles and opportunities. *Energy Psychology Journal* 1(1). doi: 10.9769/EPJ. 2009.1.1.ID
- Stone, B., Leyden, L., & Fellows, B. (2009). Energy Psychology treatment for posttraumatic stress in genocide survivors in a Rwandan orphanage: A pilot investigation. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 73-82.

- Swack, J. (2009). Elimination of Post Traumatic Stress Disorder (PTSD) and other psychiatric symptoms in a disabled Vietnam veteran with traumatic brain injuries (TBI) in just six sessions using Healing from the Body Level Up methodology, an energy psychology approach. *International Journal of Healing and Caring*, 9(3).
- Dinter, I. (2008). Veterans: Finding their way home with EFT. *International Journal of Healing and Caring*, 8(3).
- Feinstein, D. (2008). Energy psychology in disaster relief. *Traumatology*, 14(1), 124–137. doi: 10.1177/1534765608315636
- Nicosia, G. (2008). World Trade Center Tower 2 survivor: EP Treatment of long-term PTSD: A case study. Paper presented at the Tenth International ACEP (Association for Comprehensive Energy Psychology) conference, Albuquerque.
- Ruden, R. A. (2005). A neurological basis for the observed peripheral sensory modulation of emotional responses. *Traumatology*, 11(3), 145–158. doi: 10.1177/153476560501100301
- Swingle, P., Pulos, L., & Swingle, M. K. (2005). Neurophysiological indicators of EFT treatment of post traumatic stress. *Journal of Subtle Energies & Energy Medicine*, 15, 75-86.
- Greway, G. S (2003). Personality change in trauma victims by the use of eye movement desensitization and reprocessing, resource development and installation, and Emotional Freedom Techniques. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 64(4-B), 1902, <https://emdria.omeka.net/items/show/15451>  
**RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Folkes, C. (2002). Thought field therapy and trauma recovery. *International Journal of Emergency Mental Health*, 4, 99-103.
- Carbonell, J. & Figley, C. (1999). A systematic clinical demonstration project of promising PTSD treatment approaches. *Traumatology*, 5(1).

## Sports Performance

- Church, D., & Downs, D. (2012). Sports confidence and critical incident intensity after a brief application of Emotional Freedom Techniques: A pilot study. *The Sport Journal*, 15.
- Llewellyn-Edwards, T., & Llewellyn-Edwards, M. (2012). The effect of EFT (Emotional Freedom Techniques) on soccer performance. *Fidelity: Journal for the National Council of Psychotherapy*, 47, 14 – 19.

- Rotheram, M., Maynard, I., Thomas, O. Bawden, M. & Francis, L. (2012). Preliminary evidence for the treatment of Type 1 'Yips': The efficacy of the Emotional Freedom Techniques. *The Sports Psychologist*, 26, 551-570.
- Baker, A. H. (2010). A re-examination of Church's (2009) study into the effects of Emotional Freedom Techniques (EFT) on basketball free-throw performance. *Energy Psychology: Theory, Research, & Treatment*, 2(1), 39-44.
- Church, D. (2009). The Effect of EFT (Emotional Freedom Techniques) on athletic performance: A randomized controlled blind trial. *The Open Sports Sciences Journal*, 9, 94-99. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

## Stress

- Blacher, S. (2023). Emotional Freedom Technique (EFT): Tap to relieve stress and burnout. *Journal of Interprofessional Education & Practice*, 30, 100599. doi: 10.1016/j.xjep.2023.100599
- López-Del-Hoyo, Y., Fernández-Martínez, S., Pérez-Aranda, A., Barceló-Soler, A., Bani, M., Russo, S., Urcola-Pardo, F., Strepparava, M. G., & García-Campayo, J. (2023). Effects of eHealth interventions on stress reduction and mental health promotion in healthcare professionals: A systematic review. *Journal of Clinical Nursing*, 00, 1– 20. <https://doi.org/10.1111/jocn.16634>
- Lee, Seung & Han, Sang Yun & Lee, Soo Jin & Chae, Han & Lim, Jung. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuropsychiatry*. 33. 33-48. 10.7231/jon.2022.33.1.033
- Barraza-Alvarez, F. V. (2021). Callahan's thought field therapy in the management of emotions associated with stress. *World Journal of Biology Pharmacy and Health Sciences*, 7(2), 060-068. <https://doi.org/10.30574/wjbphs.2021.7.2.0085>
- Dincer, B., & Inangil, D. (2021). The effect of Emotional Freedom techniques on nurses' stress, anxiety, and burnout levels during the Covid-19 pandemic: A randomized controlled trial. *EXPLORE*, 17(2), 109-114. doi:10.1016/j.explore.2020.11.012 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Fernando Vicente Barraza-Alvarez (2021) Callahan's thought field therapy in the management of emotions associated with stress. Faculty of Agricultural Sciences of the University of Córdoba. Carrera 6 No. 77- 305, Montería, Córdoba, Colombia.. *World Journal of Biology Pharmacy and Health Sciences*. 07(02), 060–068
- Keppel, H. (2021) The Effects of a Thought Field Therapy Stress Reduction Protocol on the Stress and Empathy Levels of Parents of Children with Autism Spectrum Disorder

- Maryana, M., & Dewi, S. (2021). Spiritual emotional freedom technique increased patient self efficacy (for patients with Type 2 Diabetes Mellitus). *Bali Medical Journal*, 10(3), 1138-1141. doi:http://dx.doi.org/10.15562/bmj.v10i3.2830 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Patel, V. & Pandey, N. (2021). Effectiveness of EFT on suicidal ideation among young adults. *International Journal of Indian Psychology* 9(3). ISSN 2348-5396.DIP: 18.01.192.20210903, page2image50281920DOI: 10.25215/0903.192
- Church, D., Stapleton, P., Sabot, D. (2020). App-based delivery of clinical Emotional Freedom Techniques: Cross-sectional study of app user self-ratings. *JMIR Mhealth Uhealth* 2020;8(10):e18545 DOI: 10.2196/18545
- Pandey, N. & Mitra, P. (2020). Emotional Freedom Technique as an intervention tool in dealing with stress among mothers of the children with intellectual disability. *Tathapi (UGC Care Journal)* ISSN:2320-0693 19(4)
- Liu, J., Yang, L., Chen, J. (2017). Effect of Emotional Freedom Technique on perceived stress, anxiety and depression in cancer patients: A preliminary experiment. *Modern Clinical Nursing*, 16(10):34-38. doi: 10.3969/j.issn.1671-8283.2017.10.008
- Z, D., & Avianti, N. (2017). Spiritual Emotional Freedom Technique (SEFT) decreasing stress in patients with cervical cancer. *Jurnal Ners*, 9(1), 91–96. doi: 10.20473/jn.v9i1.3233 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Christina, D., Panagiotis, K., Liza, V., & George, C. P. (2016). Stress management for the treatment of sleep disorders in lawyers: Pilot experimental study in Athens, Hellas. *Journal of Sleep Disorders: Treatment and Care*, 5(2). doi: 10.4172/2325-9639.1000171
- Patterson, S.L. (2016). The effect of Emotional Freedom Technique on stress and anxiety in nursing students. *Nurse Education Today* (2016), 104-110. doi: 10.1016/j.nedt.2016.02.003
- Yuniarti, Y., Suwondo, A., Runjati, R., Maharani, S. I., Ofiwijayanti, H., & Anastasia, S. (2016, May). Influence of Spiritual Therapy Emotional Freedom Technique (SEFT) on cortisol levels and immunoglobulin E (study of anxiety in pregnant women in independent practice midwives Semarang). *ASEAN/Asian Academic Society International Conference Proceeding Series*, 4th annual. Retrieved from <http://aa-sic.org/proc/aasic/article/view/193>
- Banerjee, P., Puri, A., & Luqman, N. (2015). Emotional Freedom Technique: An alternative therapy in destressing. *International Journal of Application or Innovation in Engineering and Management (IJAEM)*, 4(9), 19–26.

- Rogers, R. & Sears, S. (2015). Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study. *Energy Psychology Journal*, 7(2). doi 10.9769/EPJ.2015.11.1.RR **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Steel, J. (2015). The use of TAT® (Tapas Acupressure Technique®) in reducing stress and increasing self-esteem: A self-study using phenomenological theme analysis.
- Panda, S. (2014). Stress and health: Symptoms and techniques of psychotherapeutic management. *Indian Journal of Positive Psychology*, 5(4), 516.
- Bougea, A., Spandideas, N., Alexopoulos, E. et al. (2013). Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension- Type Headache Sufferers: A Randomized Controlled Trial. *Explore*, 9(2), 91–99. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Puspitaningrum, I., & Wijayanti, D. Y. (2012). *Effectiveness of Spiritual Emotional Freedom Technique (SEFT) intervention in schizophrenia with depression anxiety stress*. Presented at Java International Nursing Conference, October 6–7, 2012, Semarang. Retrieved from *Diponegoro University Institutional Repository*: <http://eprints.undip.ac.id/40379>
- Church, D., Yount, G. & Brooks, A. (2011). The effect of Emotional Freedom Technique (EFT) on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 200(10), 891–896. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Varvogli, L., & Darviri, C. (2011). Stress Management Techniques: Evidence-based procedures that reduce stress and promote health. *Health Science Journal*, 5(2), 74-89.
- Haynes, T. (2010). Effectiveness of Emotional Freedom Techniques on Occupational Stress for Preschool Teachers. PhD Dissertation. UMI 3412819. *UMI Dissertation Publishing*.
- Scott, J. (2008). Emotional freedom technique: Energy psychology integration in the workplace setting. *Counseling at Work*, Winter 2008/2009, 9-12.

## Theoretical and Review Papers

- Freedom, J., Hux., M. & Warner, J. (2022) Research on acupoint tapping therapies proliferating around the world. *Energy Psychology Journal*, 4(1). doi: 10.9769/EPJ.2022.14.1.JF
- Mavranouzouli, I., Megnin-Viggars, O., Grey, N., Bhutani, G., Leach, J., Daly, C., Dias, S., Welton, N. J., Katona, C., El-Leithy, S., Greenberg, N., Stockton, S., & Pilling, S. (2020) Cost-effectiveness of psychological treatments for post-traumatic stress dis-



order in adults. *PLoS One*, 15(4): e0232245. <https://doi.org/10.1371/journal.pone.0232245>

Feinstein, D. (2019). Words to tap by: The use of language in energy psychology protocols. *Energy Psychology: Theory, Research and Treatment*, 11(1).

Harbottle, L. (2019). Potential of emotional freedom techniques to improve mood and quality of life in older adults. *British Journal of Community Nursing* (24)9, 432-435. [doi.org/10.12968/bjcn.2019.24.9.432](https://doi.org/10.12968/bjcn.2019.24.9.432)

Yount, G., Church, D., Rachlin, K., Blickheuser, K., & Cardonna, I. (2019). Do Noncoding RNAs Mediate the Efficacy of Energy Psychology? *Global Advances in Health and Medicine* (8).

Church, D., Stapleton, P., Yang, A., Gallo, F. (2018). Is Tapping on Acupuncture Points an Active Ingredient in Emotional Freedom Techniques? A Systematic Review and Meta-analysis of Comparative Studies. *J Nerv Ment Dis.*, 206(10):783-793. doi: 10.1097/NMD.0000000000000878. **META-ANALYSIS / SYSTEMATIC REVIEW**

Feinstein, D. (2018) Energy psychology: Efficacy, speed, mechanisms, *EXPLORE: The Journal of Science and Healing*.

Leskowitz, E. (2017). Integrative Medicine for Military Injuries: Special Issue of Medical Acupuncture. *Medical Acupuncture*, 29(4). Doi: 10.1089/acu.2017.29058.1es

Gallo, F. (2016). Mindful energy psychology: History, theory, research, and practice. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 40-54. doi:10.9769/EPJ.2016.8.1.FG

Kos, J.L. (2016). A Study of Energy Psychology and the efficacy of Emotional Freedom Techniques in trauma-focused therapy. Doctoral dissertation, California Southern University, ProQuest Dissertations Publishing, 2016. 10195462.

Wauthier-Freyman, Y. (2015). Simple versus complex trauma: A clinician's guide to indications, treatment plans, and therapeutic methods. *Energy Psychology Journal*, 6(2). doi: 10.9769/EPJ.2014.11.2.YF

Aung, S. K., Fay, H., & Hobbs, R. F., 3rd (2013). Traditional Chinese Medicine as a Basis for Treating Psychiatric Disorders: A Review of Theory with Illustrative Cases. *Medical acupuncture*, 25(6), 398–406. doi:10.1089/acu.2013.1007

Fox, L. (2013). Is Acupoint Tapping an Active Ingredient or an Inert Placebo in Emotional Freedom Techniques (EFT)? A Randomized Controlled Dismantling Study. *Energy Psychology: Theory, Research, and Treatment*, 5(2), 15-26. **RANDOMIZED CONTROLLED CLINICAL TRIAL**

- Boath, E., Stewart, A. and Carryer, A. (2012). A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT). Staffordshire University, CPSI Monograph. **META-ANALYSIS / SYSTEMATIC REVIEW**
- Kevin, R. C. (2011). Energy Psychology: Time for a second look. *North Carolina Psychologist*, 63(1), 8-9.
- Feinstein, D. (2010). The case for energy psychology. *Psychotherapy Networker*, Nov/Dec 2010.
- Jeong, Y-J. (2010). EFT for freedom of mind and body: A review. *Journal of the Korean Society of Jungshin Science*, 14(2), 61-75.
- Baker, A. H., Carrington, P., Putilin, D. (2009). Theoretical and methodological problems in research on Emotional Freedom Techniques (EFT) and other meridian therapies. *Psychology Journal*, 6(2), 34-46.
- Feinstein, D. (2009). Facts, paradigms, and anomalies in the acceptance of energy psychology: A rejoinder to McCaslin's (2009) and Pignotti and Thyer's (2009) comments on Feinstein (2008a). *Psychotherapy: Theory, Research, Practice, Training*. 46, 262-269. doi 10.1037/a0016086
- Feinstein, D. (2009). Controversies in energy psychology. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 45-56.
- McCaslin, D. (2009). A review of efficacy claims in energy psychology. *Psychotherapy: Research, Practice, Training*, 46, 249-256. doi:10.1037/a0016025
- Pignotti, M., & Thayer, B. (2009). Some comments on "Energy psychology: A review of the evidence." Premature conclusions based on incomplete evidence? *Psychotherapy: Theory, Research, Practice, Training*, 46(2), 257-261. doi: 10-1037/a0016027.
- Feinstein, D. (2008). Energy psychology: a review of the preliminary evidence. *Psychotherapy: Theory, Research, Practice, Training*. 45(2), 199-213.
- Ruden, R. A. (2005). A neurological basis for the observed peripheral sensory modulation of emotional responses. *Traumatology*, 11(3), 145–158. doi: 10.1177/153476560501100301
- Hooke, W. (1998). A review of thought field therapy. *Traumatology*, 3(2).

## Trauma

- Feinstein, D. (2022). Uses of energy psychology following catastrophic events. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.856209>

- Popescu, A. (2021). Trauma-based energy psychology treatment is associated with client rehabilitation at an addiction clinic. *Energy Psychology Journal*, 13(1). doi: 10.9769/EPJ.2021.13.1.AP
- Seidi, P. A., Jaff, D., Connolly, S. M., & Hoffart, A. (2021). Applying Cognitive Behavioral Therapy and Thought Field Therapy in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts. *EXPLORE*, 17(1), 84-91. doi:10.1016/j.explore.2020.06.003
- Stapleton, P., Crichton, G., Sabot, D., & O'Neill, H. M. (2020). Reexamining the Effect of Emotional Freedom Techniques on Stress Biochemistry: A Randomized Controlled Trial. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <http://dx.doi.org/10.1037/tra0000563> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Bangpan M., Felix L., & Dickson, K. (2019). Mental health and psychosocial support programmes for adults in humanitarian emergencies: a systematic review and meta-analysis in low and middle-income countries. *BMJ Global Health* 4:e001484. <https://gh.bmj.com/content/4/5/e001484> **META-ANALYSIS / SYSTEMATIC REVIEW**
- Friedman, P. (2019) Healing from Anxiety, Depression, Trauma Using Forgiveness, Self-Compassion, and Energy Psychology while Tracking Change Over Time, Part 2. Society for the Advancement of Psychotherapy.
- Church, D., Sparks, T., & Clond, M. (2016). EFT (emotional freedom techniques) and resiliency in veterans at risk for PTSD: A randomized controlled trial. *Explore: The Journal of Science and Healing*, 12(5), 355-365. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Robson, R., Robson, P., Ludwig, R., Mitabu, C. & Phillips, C. (2016). Effectiveness of Thought Field Therapy Provided by Newly Instructed Community Workers to a Traumatized Population in Uganda: A Randomized Trial. *Current Research in Psychology*, in press. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Brodie, E. (2015). Treating trauma using shamanic and non-local methods: Theory, mechanisms, and relevance to current clinical practice. *Energy Psychology: Theory, Research, and Treatment*, 7(2), 45-56. doi:10.9769/EPJ.2015.11.1.EB
- Gurda, K. (2015). Emerging trauma therapies: Critical analysis and discussion of three novel approaches. *Journal of Aggression, Maltreatment and Trauma*, 24(7), 773-793. doi:10.1080/10926771.2015.1062445
- Nemiro, A., Papworth, S., & Palmer-Hoffman, J. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 7(2). **RANDOMIZED CONTROLLED CLINICAL TRIAL**

- Wauthier-Freyman, Y. (2015). Simple versus complex trauma: A clinician's guide to indications, treatment plans, and therapeutic methods. *Energy Psychology Journal*, 6(2). doi: 10.9769/EPJ.2014.11.2.YF
- Boath, E., Stewart, A. & Rolling, C. (2014). The impact of EFT and matrix reimplanting on the civilian survivors of war in Bosnia: A pilot study. *Curr. Res. Psychol.*, 5: 64-72.
- Dunnewold, A.L., (2014). Thought field therapy efficacy following large scale traumatic events. *Curr. Res. Psychol.*, 5: 34-39.
- Sheldon, T., (2014). Psychological intervention including emotional freedom techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Curr. Res. Psychol.*, 5: 40-63.
- Church, D., Hawk, C, Brooks, A., Toukolehto, O., Wren, M., Dinter, I., Stein, P. (2013). Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. *Journal of Nervous & Mental Disease*, 201(2), 153–160. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gallo, F. (2013). Energy for Healing Trauma Energy Psychology and the Efficient Treatment of Trauma and PTSD. *Energy Psychology Journal*, 5(1).
- Connolly, S.M., & Sakai, C.E. (2012). Brief trauma symptom intervention with Rwandan genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 13 (3), 161-172. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Gurret, J-M., Caufour, C., Palmer-Hoffman, J., & Church, D. (2012). Post-Earthquake Rehabilitation of Clinical PTSD in Haitian Seminarians. *Energy Psychology: Theory, Research, and Treatment*, 4(2), 33-40.
- Rahmi, T. (2012). Efektivitas Emotional Freedom Technique dalam mengatasi trauma gempa Ibu Tumah Tangga [The efficacy of Emotional Freedom Techniques (EFT) for treating trauma in a female population following an earthquake in Indonesia]. *Pedagogi*, 12(2), 107-114.
- Robson, P. & Robson, H. (2012). The Challenges and opportunities of introducing Thought Field Therapy (TFT) following the Haiti earthquake. *Energy Psychology Journal*, 4(1). doi:10.9769/EPJ.2012.4.1.PR
- Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents after EFT: A randomized controlled pilot study. *Traumatology*. doi:10.1177/1534765611426788 **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Karatzias, T., Power, K., Brown, K., McGoldrick, T., Begum, M., Young, J., & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for posttraumatic stress disorder: Eye Movement Desensitization and

Reprocessing vs. Emotional Freedom Techniques. *Journal of Nervous & Mental Disease*, 199(6), 372-378. doi: 10.1097/NMD.0b013e31821cd262 **RANDOMIZED CONTROLLED CLINICAL TRIAL**

Stein, P. & Brooks, A. (2011). Efficacy of EFT provided by coaches versus licensed therapists in veterans with PTSD. *Energy Psychology Journal: Theory, Research, & Treatment*, 3(1).

Burk, L. (2010). Single session EFT (Emotional Freedom Techniques) for stress-related symptoms after motor vehicle accidents. *Energy Psychology: Theory, Research, & Treatment*, (2010), 2(1), 65-72.

Feinstein, D. (2010). Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective. *Psychotherapy: Theory, Research, Practice, Training*, 47(3), 385- 402.

Sakai, C., Connolly, S., Oas, P. (2010). Treatment of PTSD in Rwandan child genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 12(1), 41-50.

Church, D. (2009). The treatment of combat trauma in veterans using EFT: A pilot protocol. *Traumatology*, 15(1), 45-55.

Church, D., & Geronilla, L. (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study. *International Journal of Healing and Caring*, 9:1.

Diepold, J. H., Jr., & Goldstein, D. (2009). Thought field therapy and QEEG changes in the treatment of trauma: A case study. *Traumatology*, 15, 85-93.

Dinter, I. (2009). Working with military service members and veterans: A field report of obstacles and opportunities. *Energy Psychology Journal* 1(1). doi: 10.9769/EPJ. 2009.1.1.ID

Lubin, H. & Schneider, T. (2009). Change Is possible: EFT (Emotional Freedom Techniques) with life-sentence and veteran prisoners at San Quentin state prison. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 83-88.

Schulz, K. (2009). Integrating energy psychology into treatment for adult survivors of childhood sexual abuse. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 15-22.

Stone, B., Leyden, L., & Fellows, B. (2009). Energy Psychology treatment for posttraumatic stress in genocide survivors in a Rwandan orphanage: A pilot investigation. *Energy Psychology: Theory, Research, & Treatment*, 1(1), 73-82.

- Church, D. (2008). *Measuring physiological markers of emotional trauma: A randomized controlled trial of mind-body therapies*. Paper presented at the 10th annual Association for Comprehensive Energy Psychology (ACEP) conference, May 2008. **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Dinter, I. (2008). Veterans: Finding their way home with EFT. *International Journal of Healing and Caring*, 8(3).
- Feinstein, D. (2008) Energy psychology in disaster relief. *Traumatology* 141:1, 124-137.
- Flint, G., Lammers, W. & Mitnick, D. (2006). Emotional Freedom Techniques: A safe treatment intervention for many trauma based issues. *Journal of Aggression, Maltreatment and Trauma*, 12 (1-2), 125-50. doi:10.1300/J146v12n01\_07
- Swingle, P., Pulos, L., & Swingle, M. K. (2005). Neurophysiological indicators of EFT treatment of post traumatic stress. *Journal of Subtle Energies & Energy Medicine*. 15, 75-86.
- Bray, R.L. (2003). Working through traumatic stress without the overwhelming responses. *Journal of Aggression, Maltreatment and Trauma*, 12, 103-124.
- Greway, G. S (2003). Personality change in trauma victims by the use of eye movement desensitization and reprocessing, resource development and installation, and Emotional Freedom Techniques. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 64(4-B), 1902, <https://emdria.omeka.net/items/show/15451> **RANDOMIZED CONTROLLED CLINICAL TRIAL**
- Folkes, C. (2002). Thought field therapy and trauma recovery. *International Journal of Emergency Mental Health*, 4, 99-103.
- Green, M.M. (2002). Six trauma imprints treated with combination intervention: Critical Incident Stress Debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT). *Traumatology*, 8(1), 18.
- Kober, A., Scheck, T., Greher, M., Lieba, F., Fleischhackl, R., Fleischhackl, S., Randunsky, F., & Hoerauf, K. (2002). Prehospital analgesia with acupressure in victims of minor trauma: a prospective, randomized, double-blinded trial. *Anesthesia and analgesia*, 95(3). doi: 10.1097/00000539-200209000-00035
- Johnson, C., Shala, M., Sejdijaj, X., Odell, R., & Dabishevci, D. (2001). Thought Field Therapy: Soothing the bad moments of Kosovo. *Journal of Clinical Psychology*, 57(10), 1237- 1240.
- Carbonell, J. & Figley, C. (1999). A systematic clinical demonstration project of promising PTSD treatment approaches. *Traumatology*, 5(1).