

The Veterans Stress Project: America Has a Solution to PTSD Right Now



S O U L M E D I C I N E
I N S T I T U T E

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"I frequently use EFT for my patients with great results."

Eric Robins, MD, Kaiser Permanente

"A projection of these clinically and statistically significant results onto the U.S. economy suggests that the country would save at least \$65 billion annually."

Dawson Church, PhD

Editor of *Energy Psychology: Theory, Research, & Treatment*

"EFT is a simple, powerful process that can profoundly influence gene activity, health, and behavior."

Bruce Lipton, PhD

New York Times best-selling author of *The Biology of Belief*

"One of my bad Vietnam war memories involved an enemy attack where I had to pull bodies out of the rubble. After EFT, I can think of the same incident with little or no intensity. It is no longer part of my dreams. That's a kind of freedom I never thought I would have."

Bob Culver, Vietnam Veteran

"Take a look at EFT and other such innovative approaches for the treatment of service members and veterans dealing with PTSD."

Carl Levin, D-MI,

Chair, Senate Armed Services Committee

Soul Medicine Institute Research has Produced Remarkable Breakthroughs

Soul Medicine Institute is a 501(c) (3) nonprofit that has initiated or collaborated on several landmark scientific studies (www.SoulMedicineInstitute.org). They demonstrate the remarkable ability of Energy Psychology (EP) and its most popular form, EFT (Emotional Freedom Techniques), to shift deep-rooted psychological problems such as PTSD and depression. EFT also remediates physical problems such as pain, cravings, fibromyalgia, and seizure disorders. EFT is effective in very brief time frames: just one to six sessions. These studies, published in peer-reviewed journals or presented at professional conferences, represent a paradigm shift in medicine and psychology. The results they show are completely beyond the scope of conventional treatments in speed, power, and ease of use. Yet their experimental rigor means that, taken together, they provide a solid base of empirical evidence to support the following propositions:

1. 86% of veterans with clinical PTSD are rehabilitated (permanently sub-clinical) after EFT (p < .0001):

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

Church, D., Hawk, C., Brooks, A., Toukolehto, O., Wren, M., Dinter, I., & Stein, P. (2012). Psychological trauma in veterans using EFT: A randomized controlled trial. *Journal of Nervous and Mental Disease*.

Stein, P., & Brooks, A. (2011). Efficacy of EFT provided by coaches vs. licensed therapists in veterans with PTSD. *Energy Psychology: Theory, Research, & Treatment*. 3(1), 31-44.

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

Church, D. (2010). The treatment of combat trauma in veterans using EFT : A pilot protocol. *Traumatology*, 16(1), 55-65.

2. Pain diminishes by an average of 68% with EFT (p < .001):

Church, D. & Brooks, A. (2010). The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*. 9(4), 40-44.

Karatzias, T., Power, K., Brown, K., McGoldrick, T., Begum, M., Young, J., Loughran, P. Chouliara, Z, & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for post-traumatic stress disorder: EMDR vs. EFT. *The Journal of Nervous and Mental Disease*, 199(6), 372-378.

Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*. 7(4), 30-35.

3. EFT affects the human body as an epigenetic intervention, changing the hormonal, nervous, immune, and neurotransmitter systems:

Church, D., Yount, G., & Brooks, A. (2012). The effect of EFT on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*. October.

Feinstein, D. & Church, D. (2010). Modulating gene expression through psychotherapy: The contribution of non-Invasive somatic interventions. *Review of General Psychology*, 14, 283-295.

Lane, J. (2009). Using acupuncture as a method of desensitization during psychotherapy: The biochemistry of counterconditioning. *Energy Psychology: Theory, Research, & Treatment*. 1(1), 31-44.

Swingle, P. (2010). EFT as an effective adjunctive treatment in the neurotherapeutic treatment of seizure disorders. *Energy Psychology: Theory, Research, & Treatment*. 2(1), 27-38.

Church, D. (2011). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti-Aging Medical Therapeutics*, 13, 35-42.

4. Depression, anxiety, cravings, and other psychological problems diminish drastically after a brief course of EFT:

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

Gallo, F. (2009). Energy psychology in rehabilitation: Origins, clinical applications, and theory. *Energy Psychology: Theory, Research, & Treatment*. 1(1), 57-72.

Church, D., De Asis, M. A., & Brooks, A. (2010). Brief group intervention using EFT for depression in college students: A randomized controlled trial. *Depression Research & Treatment*, 2012.

Stapleton, P., & Sheldon, T. (2011). A Randomized Clinical Trial of Cognitive Behavioral Therapy versus Education Support versus a Meridian-Based Intervention for Food Cravings. *Behavior Change*, 28(1), 1-16.

5. When delivered to groups of people, online, or by telephone, EFT is effective:

Brattberg, G. (2008). Self-administered EFT in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*. 7(4), 30-35.

Hartung, J., & Stein, P. (2012). Telephone delivery of EFT remediates PTSD symptoms in veterans. *Energy Psychology: Theory, Research, & Treatment*, 4(1), 33-40.

Church, D. & Brooks, A. (2010). A review of the EFT method, research, and application. *Integrative Medicine: A Clinician's Journal*, 9(4), 46-48.

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.

6. EP provides fast and effective trauma relief in natural and human-caused disasters:

Feinstein, D. (2008). Energy psychology in disaster relief. *Traumatology*, 14(1), 124-137.

Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial. *Traumatology*, in press.

Lubin, H., & Schneider, T. (2009). Change is possible: EFT with life-sentence and veteran prisoners at San Quentin State Prison. *Energy Psychology: Theory, Research, and Treatment*, 1(1), 83-88.

7. The positive results of EP treatment persist over time:

Feinstein, D. (2008). Energy psychology: a review of the preliminary evidence. *Psychotherapy: Theory, Research, Practice, Training*, 45(2), 199-213.

Palmer-Hoffman, J., & Brooks, A. (2011). Psychological symptom change after group application of EFT. *Energy Psychology: Theory, Research, & Treatment*, 3(1), 44-51.

8. EP can save the US economy \$65 billion/year:

Church, D. (2010). The economic cost savings of energy psychology treatment. *Energy Psychology: Theory, Research, & Treatment*, 2(1), 9-12.

The Veterans Stress Project

The Veterans Stress Project is a network of over 200 coaches and psychotherapists offering free or low-cost EFT treatments to veterans (www.StressProject.org). Some of these work within the Veterans Administration system. It is also a hub for the study of the effect of EFT on veterans with PTSD. It is the largest program of Soul Medicine Institute.

What the Veterans Stress Project Needs

We currently treat hundreds of veterans a year, free of charge. We need the funding to be able to treat thousands. We also need funding to complete the next round of scientific studies, showing the epigenetic effects on the body of healing PTSD.

The Foundation for Epigenetic Medicine

The Foundation for Epigenetic Medicine is the research arm of Soul Medicine Institute. It has completed many scientific studies showing the beneficial effects on pain, depression, and PTSD that result from EFT treatment. The US Congress has appropriated and spent some \$800 million over the last few years on PTSD and TBI research. This is twice the amount of money it would cost to provide successful EFT treatment to every single Iraq and Afghanistan veteran suffering from PTSD! Our research proposals have been judged by peer review panels to be of high scientific merit, and EFTs results far exceed anything obtainable with the current treatment paradigm, making this work one of the most exciting frontiers in health.

What the Foundation Needs

We've done all the research possible on a limited budget. The next, exciting step is to demonstrate the changes in immune genes and stress genes that accompany shifts in belief, attitude, and energy medicine. We have many research partners standing by once we receive funding. These include professors at the University of Arizona, California Pacific Medical Center (CPMC), Marshall University Medical School, University of California Berkeley, and Walter Reed Army Medical Center. Research designs are in place, and once funding is received, we can proceed rapidly to completing studies that show the powerful biological effects of emotional healing. We will also hire the staff necessary to treat thousands of PTSD-positive veterans per year, rather than the hundreds we can reach with volunteers.
