

RESEARCH SUPPORT FOR CLINICAL CLAIMS THAT ARE EXPLICIT OR IMPLICIT IN EFT AND OTHER “ACUPOINT TAPPING” COURSES*

David Feinstein, Ph.D.
www.EnergyPsychEd.com

The following claims are inherent in course announcements that include some version of:

“Acupoint tapping” protocols have been shown to be effective with a range of psychological and physical conditions. Along with these clinical improvements, desirable changes in biological markers such as stress chemicals and gene expression have also been confirmed. The stimulation of acupuncture points has been shown to be a necessary ingredient in this demonstrated effectiveness of “acupoint tapping” protocols, beyond exposure, expectation, a healing relationship, and other placebo or non-specific factors.

Eight Clinical Claims Inherent in the Above Generic Course Description

- 1. EFT/TAPPING protocols are effective in the treatment of depression.**
- 2. EFT/TAPPING protocols are effective in the treatment of PTSD.**
- 3. EFT/TAPPING protocols are effective in the treatment of other anxiety disorders.**
- 4. EFT/TAPPING protocols are effective in the treatment of food cravings and addictive behavior.**
- 5. EFT/TAPPING protocols are effective in the treatment of pain.**
- 6. EFT/TAPPING protocols are effective in reducing physiological symptoms.**
- 7. EFT/TAPPING protocols produce clinically beneficial shifts in stress chemicals and gene expression.**
- 8. Acupoint tapping is a necessary ingredient in the strong effect sizes demonstrated in the clinical trials of EFT and other acupoint tapping protocols.**

Journal Articles Since 2012 Backing Each of the Eight Claims

- 1. EFT/TAPPING protocols are effective in the treatment of depression.**

Chatwin, H., Stapleton, P., Porter, B., Devine, S., Sheldon, T. (2016). The effectiveness of Cognitive Behavioral Therapy and Emotional Freedom Techniques in reducing depression and anxiety among adults: A pilot study. *Integrative Medicine*, 15(2), 27-34.

Church, D., De Asis, M., & Brooks, A. J. (2012). Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A

* Most of the research has been conducted on EFT, but some studies investigate other tapping protocols such as Thought Field Therapy.

randomized controlled trial. *Depression Research and Treatment*, 2012, 1-7.
doi:10.1155/2012/257172.

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*, 13(6), 416-426. doi:10.1016/j.explore.2016.08.001

Stapleton, P., Church, D., Sheldon, T., Porter, B., & Carlopio, C. (2013). Depression symptoms improve after successful weight loss with Emotional Freedom Techniques: A randomized controlled trial. *ISRN Psychiatry*, 2013, 1-7. doi:10.1155/2013/573532.

Stapleton, P., Devine, S., Chatwin, H., Porter, B., & Sheldon, T. (2014). A feasibility study: Emotional Freedom Techniques for depression in Australian adults. *Current Research in Psychology*, 5(1), 19-33.

2. EFT/TAPPING protocols are effective in the treatment of PTSD.

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

Boath, E., Stewart, T., & Rolling, C. (2014). The impact of EFT and Matrix Reimprinting on the civilian survivors of war in Bosnia: A pilot study. *Current Research in Psychology*, 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., Hawk, C., Brooks, A. J., 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 and Mental Disease*, 201, 153-160.

Church, D., Piña, O., Reategui, C., & Brooks, A. J. (2012). Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial. *Traumatology*, 18(3), 73-79. doi:10.1177/1534765611426788

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.

- Church, D., Stern, S., Boath, E., Stewart, A., Feinstein, D., & Clond, M. (2017). Emotional Freedom Techniques to treat posttraumatic 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
- Connolly, S.M., Roe-Sepowitz, D., Sakai, C.E., & Edwards, J. (2013). Utilizing community resources to treat PTSD: A randomized controlled study using Thought Field Therapy. *African Journal of Traumatic Stress*, 3(1), 24-32.
- 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.
- 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. K. (2012). Telephone delivery of EFT remediates PTSD symptoms in veterans. *Energy Psychology: Theory, Research, and Treatment*, 4(1), 33-40.
- 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).
- Nemiro, A., Papworth, S. (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), 13-25. doi:10.9769/EPJ.2015.11.1.AN
- 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
- Stein, P. K., & Brooks, A. J. (2011). Efficacy of EFT provided by coaches vs. licensed therapists in veterans with PTSD. *Energy Psychology: Theory, Research, and Treatment*, 3(1), 11-18.

3. EFT/TAPPING protocols are effective in the treatment of other anxiety disorders.

- 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., Carryer, A., & Steward, A. (2013). Is Emotional Freedom Techniques (EFT) generalizable? Comparing effects in sport science students versus complementary therapy students. *Energy Psychology: Theory, Research, and Treatment*, 5(2), 29–34.
- Boath, L. 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).
- Clond, M., (2016). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis. *Journal of Nervous and Mental Disease*, 204(5), 388-395. doi:10.1097/NMD.0000000000000483.
- Gaesser, A.H., & Karan, O.C. (2016). 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
- Irgens, A.C., Hoffart, A., Nysæter, T.E., Haaland, V.Ø., Borge, F.M., Pripp, A.H., Martinsen, E.W., Dammen T. (2017). Thought Field Therapy compared to Cognitive Behavioral Therapy and wait-list for agoraphobia: A randomized, controlled study with a 12-month follow-up. *Frontiers in Psychology*, 8. doi: 10.3389/fpsyg.2017.01027.
- 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
- Patterson, S. L. (2016). The effect of emotional freedom technique on stress and anxiety in nursing students: A pilot study. *Nurse Education Today*, 40, 104-110.
- 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

4. EFT/TAPPING protocols are effective in the treatment of food cravings and addictive behavior.

- Church, D., & Brooks, A. J. (2013). The effect of EFT (Emotional Freedom Techniques) on psychological symptoms in addiction treatment: A pilot study. *Journal of Scientific Research and Reports*, 2(2).

- 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
- 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*, 8(2), 232–257. doi:10.1111/aphw.12070
- 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, the Journal of Science and Healing*, 12(2), 113-122.
- Stapleton, P., Porter, B., & Sheldon, T. (2013). Quitting smoking: How to use Emotional Freedom Techniques. *International Journal of Healing and Caring*, 13(1), 1-9.

5. EFT/TAPPING protocols are effective in the treatment of pain.

- 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.
- Ortner, N., Palmer-Hoffman, J., & Clond, M. A. (2014). Effects of Emotional Freedom Techniques (EFT) on the reduction of chronic pain in adults: A pilot study. *Energy Psychology: Theory, Research, and Treatment*, 6(2), 14–21. doi:10.9769.EPJ.2014.6.2.NO
- 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.

6. EFT/TAPPING protocols are effective in the treatment of physiological symptoms.

- Babamahmoodi, A., Arefnasab, Z., Noorbala, A. A., Ghanei, M., Babamahmoodie, F., Alipour, A., . . . Darabi, H. (2015). Emotional Freedom Technique (EFT) effects on psychoimmunological factors of chemically pulmonary injured veterans. *Iranian Journal of Allergy, Asthma and Immunology*, 14(1), 37.
- 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), 136-142.

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., Rezaabakhsh, 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

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. *JBIR Database of Systemic Reviews and Implementation Reports*, 12(2).

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

Lee, J. H., Chung, S. Y., & Kim, J. W. (2015). A comparison of Emotional Freedom Techniques–Insomnia (EFT-I) and Sleep Hygiene Education (SHE) in a geriatric population: A randomized controlled trial. *Energy Psychology: Theory, Research, and Treatment*, 7(1), 1–8. doi:10.9769/EPJ.2015.07.01.JL

7. EFT/TAPPING protocols produce clinically beneficial shifts in stress chemicals and gene expression.

Bougea, A. M., Spandideas, N., Alexopoulos, E. C., Thomaides, T., Chrousos, G. P., & Darviri, C. (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: The Journal of Science and Healing*, 9(2), 91-99. doi:10.1016/j.explore.2012.12.005

Church, D., Yount, G., & Brooks, A. J. (2012). The effect of Emotional Freedom Techniques (EFT) on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 200(10), 891-896. doi:10.1097/NMD.0b013e31826b9fc1

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2016). Epigenetic effects of PTSD remediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled pilot study. *American Journal of Health Promotion*, 1-11. doi:10.1177/0890117116661154

Maharaj, M.(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

8. Acupoint tapping is a necessary ingredient in the strong effect sizes demonstrated in the clinical trials of EFT and other acupoint tapping protocols.

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

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), 15–28.
doi:10.9769/EPJ.2013.5.2.LF

Reynolds, A. E. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques (EFT)? A controlled trial of teacher burnout. *Energy Psychology: Theory, Research, and Treatment*, 7(1), 14-21. doi:10.9769/EPJ.2015.07.01.AR

Rogers, R., & Sears, S. (2015). Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study. *Energy Psychology: Theory, Research, and Treatment*, 7(2), 26-32. doi:10.9769/EPJ.2015.11.1.RR