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.


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


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


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


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 the treatment of physiological symptoms.**


Baker, B. Hoffman, C. (2014). Emotional Freedom Techniques (EFT) to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with


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.


