

Dissertations, Research Studies and Review Articles in Energy Psychology Published in English Language Books or Peer-Reviewed Journals

In Reverse Chronological Order

Updated September 2022

In addition to the papers in this database, more than 90 clinical trials reporting investigations of energy psychology have been published in foreign language journals. They report encouraging outcomes with a wide range of issues, such as anxiety disorders, aggression, addictions, dementia, depression, diabetes, post-traumatic symptoms, and post-operative pain. These studies were not included in this database because only the abstracts had been translated, and so they could not be reviewed for methodological rigor. Also not included are English-language publications for which ACEP was unable to verify the legitimacy of the journal. See separate section on this website for research studies published in regional and non-English journals.

2022

- Anālayo, B., Steffens-Dhaussy, C., Gallo, F. *et al.* (2022). Energy Practices and Mindfulness Meditation. *Mindfulness* 2022.. <https://doi.org/10.1007/s12671-022-01923-6>
<https://link.springer.com/article/10.1007/s12671-022-01923-6#citeas>
- Bustamante-Paster A. (2022). The Efficacy of EFT on the Symptoms of Depression, Anxiety and Stress among College Students' during the COVID-19 Pandemic: Basis for the Development of Psychological Acupuncture Intervention. *International Journal of Multidisciplinary Research and Analysis*,;5(7):1626-41.
- Church, D., Kip, K., Stapleton, P. (2022). Corrigendum supports therapeutic contribution of acupoint tapping to EFT's observed effects. *J Nerv Ment Dis*, 210: 143-47. doi: 10.1097/NMD.0000000000001439
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- DiLauro, M. (2022). Expanding the social work toolbox: Utilizing Emotional Freedom Techniques in practice. *Health & Social Work*, 47(1), 63–67. <https://doi.org/10.1093/hsw/hlab026>
- Feinstein, D. (2022). Integrating the manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of Psychotherapy Integration*.
<https://doi.org/10.1037/int0000283>
- Feinstein, D. (2022). Uses of energy psychology following catastrophic events. *Frontiers in Psychology*, 13, 856209. [doi:10.3389/fpsyg.2022.856209](https://doi.org/10.3389/fpsyg.2022.856209)

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. [Web article]. Published by the *Society for the Advancement of Psychotherapy* (Division 29 of APA: the American Psychological Association)

<http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy>

Lee, S. H., Han, S. Y., Lee, S. J., Chae, H., & Lim, J. H. (2022). Effects of Emotion Freedom Techniques on Academic Stress in Korean Medical Students: A Single-Group Pre-Post Study. *Journal of Oriental Neuro-psychiatry*, 33(1), 33–48. <https://doi.org/10.7231/JON.2022.33.1.033>

McGreevy, S. & Boland, P. (2022). Touch: An integrative review of a somatosensory approach to the treatment of adults with symptoms of post-traumatic stress disorder. *European Journal of Integrative Medicine*, 54, 2022, 102168, ISSN 1876-3820, <https://doi.org/10.1016/j.eujim.2022.102168>.
<https://www.sciencedirect.com/science/article/pii/S1876382022000695>

Souilm, N., Elsakhy, N. M., Alotaibi, Y. A., & Ali, S. (2022). Effectiveness of emotional freedom techniques (EFT) vs sleep hygiene education group therapy (SHE) in management of sleep disorders among elderly. *Scientific reports*, 12(1), 6521. <https://doi.org/10.1038/s41598-022-10456-w>

Spielmann, G. & Rosen, G. (2022). Corrigendum compounds errors and again fails to support the specificity of acupoint tapping. *J Nerv Ment Dis*, 210(2): 139-42. [doi: 10.1097/NMD.0000000000001376](https://doi.org/10.1097/NMD.0000000000001376).

Stapleton, P., Oliver, B., O'Keefe, T. & Bhuta, S. (2022). Neural changes after Emotional Freedom Techniques treatment for chronic pain sufferers. *Complementary Therapies in Clinical Practice*, 49, 101653, ISSN 1744-3881. <https://doi.org/10.1016/j.ctcp.2022.101653>.
<https://www.sciencedirect.com/science/article/pii/S1744388122001219>

Wati, N.L., Sansuwito, T.B., Rai, R.P., Darmawati, I., Anggareni, R., Amir, M.D., & Nasiatin, T. (2022). The Effect of EFT (Emotional Freedom Technique) to the Self Esteem among Nurses. *Malaysian Journal of Medicine and Health Sciences* (eISSN 2636-9346)
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<https://doi.org/10.3889/oamjms.2022.7919>

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This article presents the first theoretical and methodological analysis of the practice of a contemporary psychotherapeutic technique called Emotional Freedom Techniques (EFT), to be discussed in academic literature. This analysis has emerged from an epistemological reflection on a qualitative research study that explored user's experiences of EFT for deepening physical chronic disease healthcare. This study was underpinned by a biopsychosocial view of health, and a personhood approach to healthcare. In establishing the methodological framework for this study, the researcher analyzed the EFT therapeutic approach against the principles of constructivist psychotherapeutic approaches. The analysis suggested that the EFT practice borrows at least four key facets of constructivist psychotherapeutic approaches, namely: exploration and resolution of early life issues, construction of new meanings, client as a change agent, and outlook towards emotions. Each of these facets is explored in this article, in light of some participant case examples from the study. The analysis presented in this article may assist the conceptualization and design of future qualitative and mixed-methods research studies involving EFT.

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- Objectives:** The aim of this study was to evaluate the effects of EFT-I (EFT program for insomnia) for insomnia in the elderly as a preliminary study.
- Methods:** This study was a single group pre-post comparative study that involved 10 elderly women (mean age=76.3-|4.29), who visited a senior welfare center, complained of insomnia symptoms. Subjects received 8 sessions (twice a week for 4 weeks and 1 hour for each session) of EFT-I group training. Insomnia severity, depression, state-anxiety, and life satisfaction of each subject were evaluated twice at pre and post of EFT-I. Korean Sleep Scale, Short form of Geriatric Depression Scale(SGDS), State-Trait Anxiety Inventory(STAI), and life satisfaction scale were used as evaluation tools. The data were analyzed using paired-samples T-test.
- Results:** Insomnia severity, life satisfaction, depression, and state-anxiety were significantly improved by EFT-I. **Conclusions :** Result of this study showed that EFT-I can be a useful treatment program for elderly insomnia. Larger clinical trials are needed to verify effect of EFT-I as a community-based insomnia management program for the elderly
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