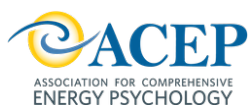


## QUICK FACTS

# The Science Behind Energy Psychology



### Over 200 Research Studies Document Energy Psychology's (EP's) Effectiveness

- 103 randomized controlled trials
- 95 pre-post clinical outcome studies
- 99% of these studies show EP to be effective
- Randomized controlled trials document positive physiological outcomes for energy psychology: gene expression, immunological changes and stress biochemistry.
- 5 fMRI studies document neurological changes after energy psychology interventions

#### Plus

- 9 meta-analyses show effectiveness for depression, anxiety and PTSD
- Research documented 86% of veterans no longer had PTSD symptoms after energy psychology treatment.
- 10 systematic reviews of EP modalities
- 27 comparative reviews - comparing EP & other therapies. All reviews document EP effectiveness.
- 8 studies comparing cognitive behavior therapy (CBT) and energy psychology (EP) show that energy psychology is either equivalent to or more effective than CBT. EP methods achieve similar results in significantly less time.

In total, 400+ research studies, meta-analyses systematic reviews and review articles have been published in professional, peer-reviewed journals.

*Multiple research studies show that EP is an effective treatment for:*

- Pain
- Anxiety
- Depression
- Food cravings
- Trauma and PTSD
- Peak athletic performance

There are over 600 identified forms of psychotherapy, many of which have little or no research to validate them.

*Energy psychology is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities.*

## The Evidence Base for Energy Psychology 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 controlled trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019 - 2025 5 fMRI studies document neural changes after EFT treatment  
3 studies show significant drops in cortisol after EFT  
Research documents physiological & immunological changes and changes in gene expression with EP methods  
Over 100 clinical trials of EFT and SEFT (Spiritual Emotional Freedom Technique) published in regional and non-English journals  
Randomized controlled trials now total 99

### Continuing Validation for Energy Psychology Methods

- In 2016, TFT (Thought Field Therapy) was validated by NREPP (the National Repertory of Evidence Based Practices and Procedures, a division of SAMHSA in the U.S.) as an evidence-based treatment. Read more [on our blog](#).
- ACEP and EFT International made a joint submission of the research evidence for EFT and TFT as treatments for PTSD to NICE (the National Institute for Health and Care Excellence) in the UK. NICE has created a specific category for EFT, TFT and Somatic Experiencing called "CSACTS" (Combined Somatic and Cognitive Therapies), and acknowledged that they are "worthy of further research."
- In 2017, the U.S. Veterans Administration added EFT to List 2, approving it as a "generally safe therapy."
- In 2019, EFT (Emotional Freedom Techniques) was approved for use in the South Korean medical system.

Explore a comprehensive list of studies [energypsych.org/research](http://energypsych.org/research)

Discover ACEP's Science of Energy Healing courses (and free master class) [energyhealingscience.com](http://energyhealingscience.com)

*Updated March 2025*

[energypsych.org](http://energypsych.org)

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