



# The Science Behind Energy Psychology

## Quick Facts

*Over 100 research studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.*

This includes:

- 43 randomized controlled trials
- 39 outcome studies
  - 98% of the above 82 studies show positive results
- 3 meta-analyses
- 4 systematic reviews
- Hundreds of case studies
- 2 more meta-analyses studies are in press, and will be published in 2016. They analyze a series of studies documenting the efficacy of EFT for anxiety, depression and PTSD

*The pace of research on energy psychology has accelerated and the quality of research has improved.*

- 2000 - 2012 18 randomized control trials
- As of 2016 47 randomized control trials
- 2014 - 2016 3 meta-analyses show strong support for energy psychology. 2 more studies will be published in 2016
- 2 randomized control trials using biologic or genetic outcome measures show positive effects for energy psychology.

*And here is more good news*

- Earlier 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. You can read more about it [on our blog](#).
- EFT (Emotional Freedom Techniques) is currently under review by NREPP in the U.S., and by NICE (the National Institute for Clinical Excellence) in the UK. We expect to receive the results of their reviews soon.
- There are over 400 identified forms of psychotherapy, most of which have little or no research to validate them. Energy psychology is both evidence-based and in the top 10% in terms of research for psychotherapy modalities.

Visit [energypsych.org/research](http://energypsych.org/research) to view and access a comprehensive list of studies.

We'd love to welcome you into our family of professionals who are dedicated to using energy healing methods with their clients. [Learn more](#) about the Association for Comprehensive Energy Psychology (ACEP).