



*Tapping Solution*

# Science, Data & Research

TAPPING RESEARCH STUDIES

RESEARCH STUDY

# mHealth Study on The Tapping Solution App shows Significant Decrease in Self-Reported Stress and Anxiety among 270,461 users<sup>A</sup>

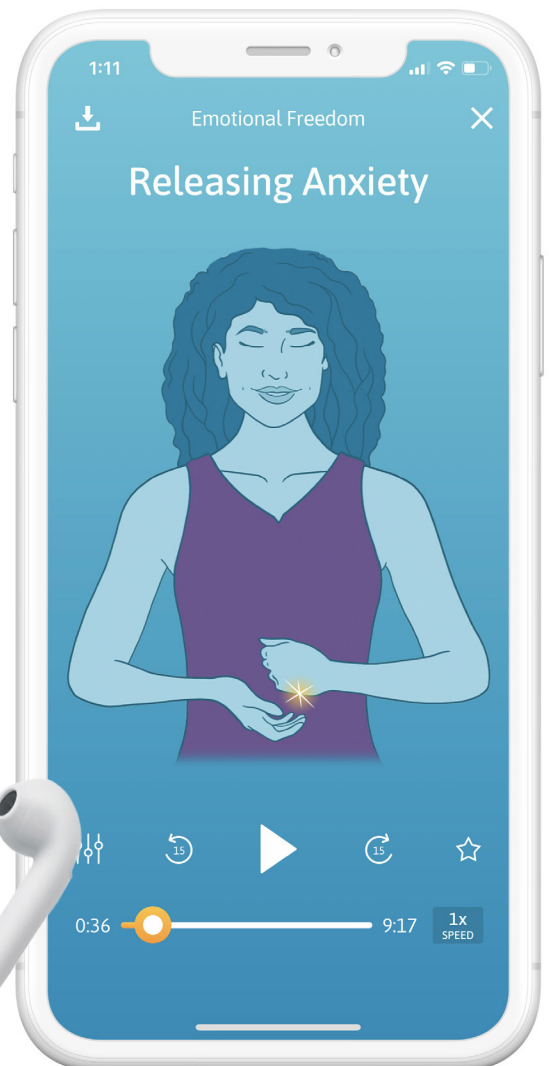


**After a guided session with The Tapping Solution app, users reported an average of**



This study analyzed data from 270,461 Tapping Solution App users between October 2018 and October of 2019. Only pre- and post-session ratings from 23 Tapping sessions about either anxiety or stress were included in the analysis. A total number of 380,034 sessions were played, averaging about 1.4 plays per user.

Although levels of psychological distress were measured using self-reported user ratings in this study, the results suggest evidence of statistically significant differences between pre-session and post-session for self-ratings of psychological distress following app use. This study offers preliminary evidence to support the immediate and large effect of The Tapping Solution App in improving ratings of psychological distress in app users.



**Reference:**

Dawson Church, Peta Stapleton, Debbie Sabot. App-Based Delivery of Clinical Emotional Freedom Techniques: Cross-Sectional Study of App User Self-Ratings. Originally published in JMIR mHealth and uHealth (<http://mhealth.jmir.org>), 14.10.2020. <https://mhealth.jmir.org/2020/10/e18545/>

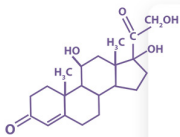
RESEARCH STUDY

# EFT Tapping Lowers the Stress Hormone Cortisol by 43%: Replication Study on Stress Biochemistry Shows Tapping Works<sup>B</sup>

EFT TAPPING GROUP

43%

DECREASE IN CORTISOL LEVELS



READING MAGAZINES GROUP

2%

INCREASE IN CORTISOL LEVELS

PSYCHOEDUCATION GROUP

19%

DECREASE IN CORTISOL LEVELS

Bond University replicated the landmark cortisol study, conducted by Dr. Dawson Church in 2012<sup>(1)</sup> with great success and in 2020 their findings were published by the APA (American Psychological Association).

In both studies, participant stress hormone levels (cortisol levels) were measured before and after treatment via salivary cortisol assays. The original study showed the following reductions in salivary cortisol levels after treatment.

### Cortisol (stress hormone) Reduction Levels:

2012 STUDY		2020 STUDY	
EFT Tapping	24%	EFT Tapping	43%
Psycho-education	14%	Psycho-education	20%
Non-treatment	14%	Non-treatment (reading magazines)	2%

The replication study confirmed the original outcome: 1 hour of EFT Tapping results in a significant decrease in the stress hormone cortisol. 53 participants were randomly allocated to one of three 60-minute group interventions: EFT Tapping, psycho-education, and no treatment. The only change made to the original study was that treatment was offered in groups instead of individually.

This study not only demonstrates the impact of EFT Tapping on the body's biochemistry, but also shows that using EFT Tapping is effective both when used in a group setting and one on one.

Reference:

(B) Stapleton, P., Crighton, G., Sabot, D., & O'Neill, H. M. "Reexamining the Effect of Emotional Freedom Techniques on Stress Biochemistry: A Randomized Controlled Trial" *Psychological Trauma: Theory, Research, Practice, and Policy*. 2020 Mar 12. Advance online publication. <http://dx.doi.org/10.1037/tra0000563>

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

\*See Study #1 on page 13 for more on this study.



RESEARCH STUDY

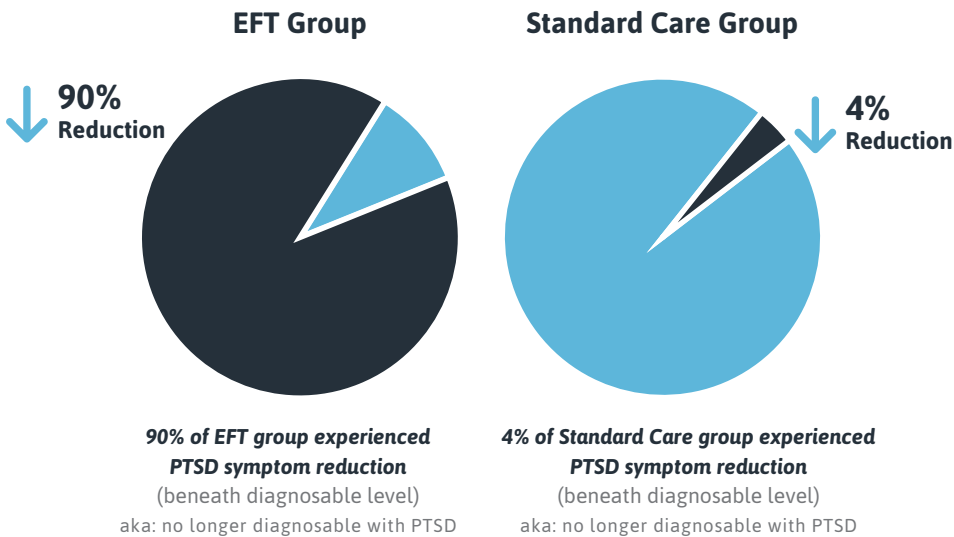
# Long-Lasting and Profound Relief for Veterans with PTSD<sup>C</sup>

Study Shows 90% Drop in PTSD Symptoms after 6 weeks of EFT Treatment

In this study, not only did EFT far outperform the effects of standard care for PTSD, but the results were also substantially maintained at the 3- and 6-month marks.

For this study, a group of veterans meeting the clinical criteria for PTSD were randomly assigned to either EFT treatment (30 in total) or standard care (29 in total). Over the course of 6 weeks, each participant in the EFT treatment group received one 60-minute EFT session per week with a practitioner.

After the 6 weeks, 90% of participants who received EFT no longer met criteria for PTSD (moreover, they would no longer be diagnosed with PTSD). For the group that received standard care only 4% no longer met the criteria for PTSD, moreover, 96% of that group still were clinically diagnosable with PTSD.



## EFT Group Still in Remission

3 MONTHS LATER

86%

still in remission

6 MONTHS LATER

80%

still in remission

These results were consistent with other published reports showing EFT's efficacy in treating PTSD and comorbid symptoms and its long-term effects.

## RESEARCH STUDY

# Tapping Positively Influences Gene Expression in 72 Genes<sup>D</sup>

One Hour of EFT Tapping Increases Immunity and Decreases Inflammation

In a small pilot study on the physiological effect of EFT Tapping, genetic expression changed in numerous genes implicated in overall health. Generally, immunity genes were up-regulated while inflammation genes were down-regulated.

This pilot study compared an hour-long EFT Tapping session with a placebo session (where subjects thought they were getting treatment, but it did not have an active component). This study, while small, had incredible results.

After the EFT Tapping session, differential expression in 72 genes occurred.

### THIS INCLUDED GENES ASSOCIATED WITH:

- suppression of cancer tumors
- protection against ultraviolet radiation
- regulation of type 2 diabetes insulin resistance
- immunity from opportunistic infections
- antiviral activity
- synaptic connectivity between neurons
- synthesis of both red and white blood cells
- enhancement of male fertility
- building white matter in the brain
- metabolic regulation
- neural plasticity
- reinforcement of cell membranes
- reduction of oxidative stress

This was a profound outcome and the first of its kind in this field.

Article link: <https://energypsychologyjournal.org/differential-gene-expression-emotional-freedom-techniques-eft-treatment-novel-pilot-protocol-salivary-mrna-assessment/>  
Reference: Dr. Peta Stapleton *The Science Behind Tapping*



## EFT Tapping Regulates Body's Inflammation Response<sup>E</sup>

### Veterans Experience Improved Mental Health as Gene Expression Changes after EFT Tapping Sessions

Another study examined the regulation of six genes associated with inflammation and immunity after EFT treatment. In the study of 16 war veterans with PTSD who received 10 hour-long EFT sessions, interleukins, which are responsible for regulating our body's inflammation response, decreased significantly in expression. Meanwhile, "good" genes associated with improved functioning of the immune system were upregulated (or turned on). There was also a significant association between improvement in the veterans' mental-health symptoms and positive changes in the expression of their genes related to stress hormones.

Article link: [https://s3.amazonaws.com/eft-academic-articles/Gene\\_Study\\_Published2.pdf](https://s3.amazonaws.com/eft-academic-articles/Gene_Study_Published2.pdf)  
Reference: *American Journal of Health Promotion*



## RESEARCH STUDY

# Study shows EFT Tapping is a Fast, Long-Lasting Treatment for Anxiety<sup>F</sup>

76% of Patients Treated with EFT Experienced Complete Remission & Brain Scans Confirm Changes

In a study of 5000 patients conducted over 5.5 years, patients were grouped into one of 3 groups:

1. Traditional psychological treatment
2. Cognitive-behavioral therapy (CBT) that included medication if needed
3. Acupoint treatment (precursor to EFT) with no medication

The study used randomized samples, control groups, and double-blind assessment and is worthy of note because of the enormous differences between the approaches. For EFT Tapping to achieve the same outcomes as CBT in three sessions is incredible, and this study was really the start of these comparisons.

This study included an inspection of brain changes after treatment for anxiety. It was the first EFT Tapping study to do so and used pre- and post-treatment functional brain imaging (through computerized EEG, evoked potentials, and topographic mapping).

The brain scans show a shift toward normal levels of brain activity in patients treated with acupoint (EFT). The images shift from red (highly dysfunctional waves) to blue (calmer state), and this corresponded with a decrease in the frequency and intensity of anxiety symptoms.

Patients who received CBT with medication also showed similar changes in their scans, but they took a longer treatment time to achieve this, and after 1 year, CBT patients' scans were more likely to have returned to their pretreatment levels than the acupoint (EFT) patients.

## EFT Group Still in Remission

COMPLETE REMISSION

**76%** **51%**  
acupoint group CBT group

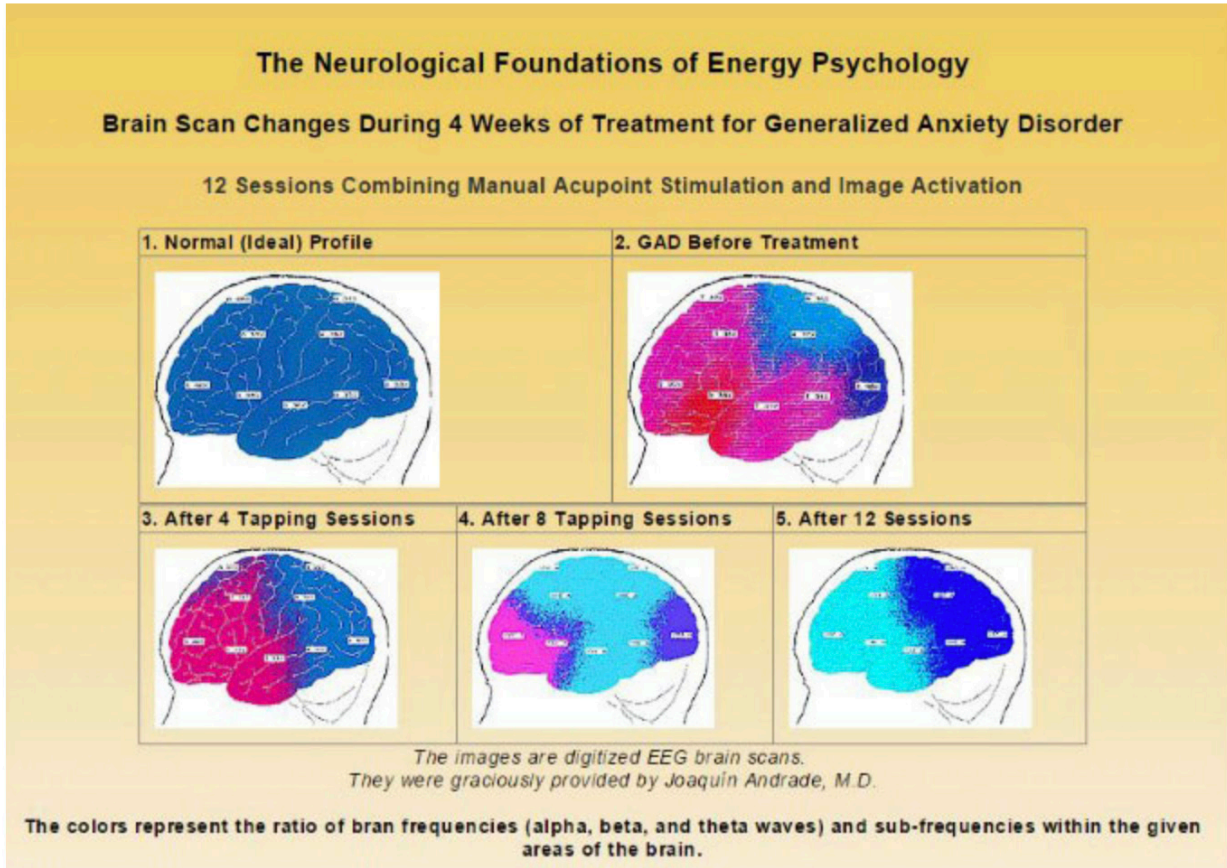
SOME IMPROVEMENT TO COMPLETE REMISSION

**90%** **63%**  
acupoint group CBT group  
(after an average of 3 sessions) (after an average of 15 sessions)

MAINTAINED THEIR IMPROVEMENTS AFTER 1 YEAR

**78%** **69%**  
acupoint group CBT group

Patients who mainly only took antianxiety medication still reported a reduction of symptoms, but their brain scans did not show noticeable changes in the wave patterns. This may have indicated that the medication was suppressing the symptoms without addressing the underlying wave-frequency imbalances.



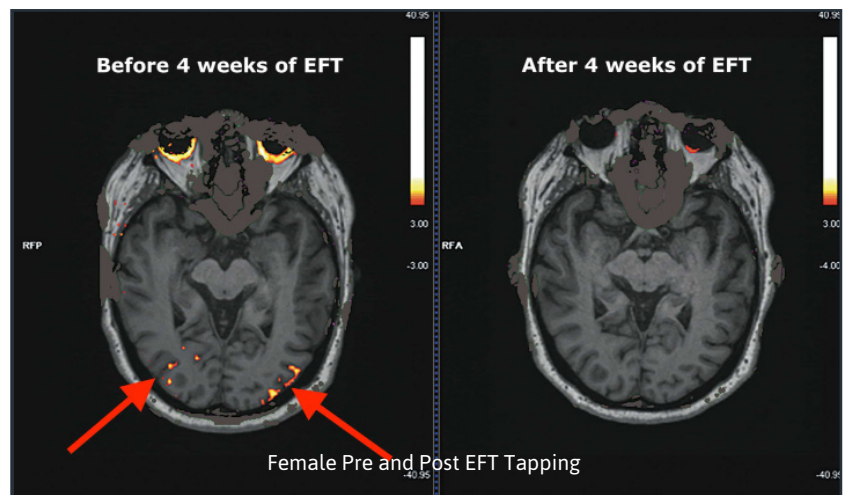
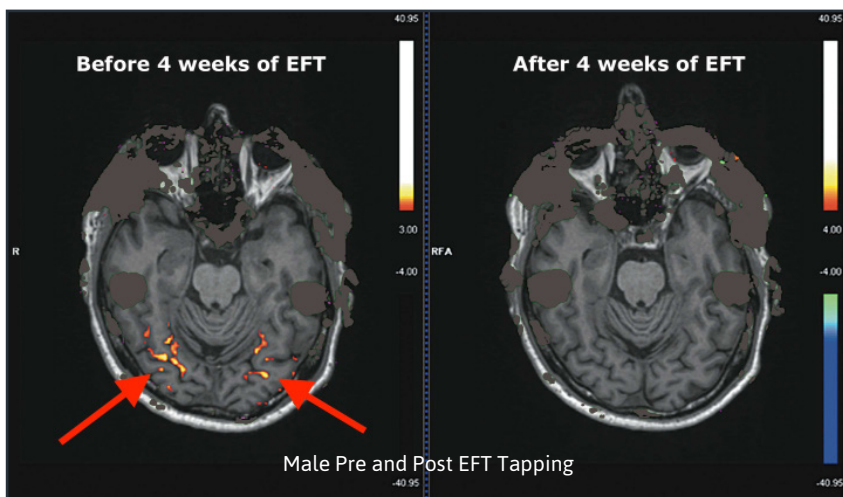
<b>Blue</b>	normal ratio of wave frequencies (according to databases)
<b>Turq.</b>	slightly dysfunctional ratio
<b>Pink</b>	moderately dysfunctional ratio
<b>Red</b>	highly dysfunctional ratio of wave frequencies



## RESEARCH STUDY

# EFT Tapping Produces Changes in the Brain: Food Cravings Reduced<sup>G</sup>

After 4 weeks (2 hours per week) of EFT Tapping, participants' brain scans showed a remarkable reduction in food cravings.



## IN 4 WEEKS OF EFT TAPPING TREATMENT, PARTICIPANTS EXPERIENCED:

- Decreased Cravings for Carbohydrates & Fast-Food
- Increased Power-Over-Food
- Measurable Changes in Brain Activity

This study shows that the subjective changes in cravings were mirrored by changes in brain activity while viewing images of high-calorie foods.

This study consisted of 15 obese adult participants. 10 were allocated to an EFT Tapping treatment group, and 5 to a control group (where they received no intervention for their cravings).

When the pre- and post-treatment fMRI scans were compared, the parts of the brain that once lit up when the images of high-calorie foods were shown, didn't light up as much, or even at all, for the EFT Tapping group.

Meanwhile, the control groups' scans still showed activation in the same parts of the brain (associated with reward and loss).



## RESEARCH STUDY

# Burnout in Health Care Workers Dramatically Reduced by EFT Tapping<sup>H</sup>

4-hours of EFT Tapping produces a significant reduction in psychological distress, pain, and cravings in health care workers.

This study investigated 216 health-care workers who attended 5 professional conferences over a year. They included alternative-medicine practitioners, nonmedical personnel, chiropractors, and physicians (76% were female, and the average age was 48 years). The study was primarily measuring burnout in workers. Immediately before and after the workshop, participants completed a measure of their pain levels, emotional distress, and food cravings. Everyone received a 2-hour workshop on EFT Tapping and then a 2-hour session where they self-applied the technique. After the 4-hours, they reported significant improvements in their pain levels, emotional distress, and food cravings.

90 days later all the participants were contacted to see if they had continued to self-apply EFT Tapping once a week, 3 times a week, or not at all. Higher use of EFT Tapping was associated with a steeper decrease in psychological symptoms. There were 70 people who indicated they were using EFT Tapping at least 3 times a week. The study found EFT Tapping to be effective for immediate and prolonged relief from issues typical in burnout: pain, distress, and cravings.

### EFT TAPPING FOUND EFFECTIVE IN REDUCING SYMPTOMS TYPICAL OF BURNOUT:

- ↓ pain
- ↓ distress
- ↓ cravings

### SYMPTOM SEVERITY IMPROVED BY AN AVERAGE OF

# 45%

(measured by GSI from the lowest possible normal baseline values)

### SYMPTOM BREADTH IMPROVED AN AVERAGE OF

# 40%

(measured by PST)

# Tapping Research:

From Case Studies to Meta-Analyses





## Overview of the Research

There's mounting research behind EFT across a range of areas. Many single case studies started the process and then grew into clinical trials, and now meta-analyses (this means so many trials have been conducted in one area that we can develop a single conclusion that has the greater statistical power). While psychological trials typically use measurements of self-report, in which a participant subjectively indicates their mood state and so on through a questionnaire, the studies of tapping have now expanded to measure physiological changes, such as cortisol levels and DNA expression. We also have the first neural brain scans of EFT treatment, and more of these studies are underway.

There have been 100s of studies conducted on EFT Tapping. This document includes many of the studies conducted on EFT Tapping, but we've included a list to illustrate all the topics, populations, and conditions that have been studied with EFT Tapping.

### **Populations that have been studied with EFT Tapping include:**

- College students
- Veterans
- Pain patients
- Overweight adults
- Hospital patients
- Athletes
- Health-care workers
- Gifted students
- Chemotherapy patients
- Phobia sufferers



**Disorders and conditions that have been studied with EFT Tapping:**

- General Anxiety
- Test anxiety
- Phobias
- Obsessive-compulsive disorder
- PTSD
- General trauma
- Stress
- Depression
- Addiction
- Pain, including fibromyalgia and tension headaches
- Frozen shoulder
- Psoriasis
- Insomnia
- Seizure disorders
- Sporting / athletic performance
- Learning disabilities / educational challenges
- Epigenetic and physiological functioning
- General psychological functioning

**EFT TAPPING FOR STRESS AND ANXIETY**

In the United States, anxiety affects about 18% of the population, yet only about a third of these individuals receive any treatment. This is despite the fact that it is considered a highly treatable condition. The World Health Organization has said that between 1990 and 2013, the number of people suffering from depression and/or anxiety increased by nearly 50%. In addition, mental disorders are accounting for 30% of the global non-fatal disease burden.





### **Cortisol Reduced by 24% After One Hour of EFT Tapping<sup>1</sup>**

A landmark study published in 2012 in the prestigious *Journal of Nervous and Mental Disease*, found that EFT Tapping lowered cortisol significantly more than traditional talk therapy or resting. In a randomized, controlled trial, cortisol levels were measured via the saliva of participants before and after treatment. Each group received treatment for 50 minutes and cortisol was measured in their saliva before and after as well as psychological symptoms. The EFT Tapping group had a 24% drop in cortisol, while the non-treatment group and sympathetic listening groups only had a 14% drop in cortisol. The decrease in cortisol was also associated with a corresponding decrease in psychological distress. The psychological symptom reduction was between 42%-51% for the EFT group, 13%-17% in the non-treatment group, and 14%-17% in the sympathetic listening group. This shows the subjective and objective impact of EFT Tapping on reducing stress levels, and because stress is linked to so many health issues, this has huge implications for physical, mental, and emotional health.

### **Lasting Changes in Psychological Health After 3-Day EFT Tapping Workshop<sup>2</sup>**

In a study of 102 people from the general community who were attending a three-day EFT Tapping workshop, researchers found significant improvements in global and specific psychological distress (e.g., somatization, obsessive-compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, psychoticism). Everyone completed questionnaires about those symptoms one month before the workshop, immediately prior, immediately after the EFT Tapping workshop, and also one and six months later. 11 aspects of psychological health were measured, and all showed improvement after the three-day EFT Tapping workshop. Furthermore, at the 6-month mark, global and specific improvements in psychological distress were maintained.

### **EFT Tapping Has Lasting Positive Effects Overall Wellbeing and Health: Study Examines Heart Rate Variability and Other Physiological Components of the Central Nervous System<sup>3</sup>**

EFT Tapping research has been conducted on heart rate variability and heart coherence, the circulatory system using resting pulse rate and blood pressure, the endocrine system using cortisol, and the immune system using salivary immunoglobulin A.

All of this added up to being one extensive measurement of the central nervous system (CNS). The CNS controls most functions of the body and mind and consists of two parts: the



brain and the spinal cord. So basically this study was looking at the impact of EFT Tapping on all of this. The study also looked at changes in the psychological symptoms of anxiety, depression, PTSD, pain, cravings, and happiness.

The 31 participants were attending a five-day workshop and being taught 16 modules of EFT in a group, with 12 hours of practice. All of those measurements mentioned were taken at the start and end of the workshop and the participants reported reductions in these areas:

- Anxiety (39%)
- Depression (46%)
- PTSD (32%)
- Pain (66%)
- Food cravings (80%)

They also reported their happiness increased (by 13%) as did their immune system (by 61%). They also had significant improvements in their resting heart rate (by 8%), their stress hormone cortisol levels (by 49 percent), their systolic blood pressure (by 6%), and diastolic blood pressure (by 11%). Systolic blood pressure refers to the pressure inside your arteries when your heart is pumping; diastolic pressure is the pressure inside your arteries when your heart is resting between beats.

These were some impressive gains over the five days. A downward trend was observed for heart rate variability, along with an upward trend for heart coherence, suggesting an improvement in cardiovascular health and function. Although the trend was not statistically significant, the authors determined that an additional 13 participants would have impacted the statistical significance of those measurements. What was exciting was that 60 days later when the researchers followed up with the attendees, everyone indicated they had maintained the gains in their psychological symptom improvements.

### **Observable Positive Effects on Mental Health from Only 5 EFT Tapping Sessions<sup>4</sup>**

Researchers in the United Kingdom conducted an evaluation of 39 individuals who sought out EFT treatment and attended an average number of five individual sessions in Sandwell. They observed significant decreases in psychological distress, anxiety, and depression, in addition to improvement in well-being and self-esteem among the clients. What was also noteworthy was that only four to five sessions were required to observe an effect, possibly suggesting EFT to be a cost-effective treatment. This again supports the case that tapping





works quickly and often more efficiently than comparable therapy approaches.

### **Meta-Analysis Shows EFT Tapping Significantly Decreases Anxiety<sup>5</sup>**

A meta-analysis of 14 randomized controlled trials of EFT Tapping for anxiety disorders investigated 658 people who had been treated with EFT Tapping or were in a control group (where they received no treatment). The researcher in charge found a very large treatment-effect size for EFT Tapping compared with the controls. It showed an effect size of  $d=1.23$ , while the effect size for combined controls was 0.41 (ranging from 0.17–0.67). Even when accounting for the effect size of the control treatment, the EFT Tapping treatment was associated with a more significant decrease in anxiety scores.

What this means is that when  $d=1.23$ , 88% of the EFT Tapping treatment group was above the mean (average) of the control group. It also means 55% of the two groups overlapped, but that there was an 80% chance that a person picked at random from the treatment group would have a better score than a person picked at random from the control group. This was the first paper to report a meta-analysis of tapping for anxiety and clearly shows that EFT is a viable option for these conditions. It is not only cost-effective because of the reduced sessions needed to achieve results, but it outperforms other approaches.

### **Tension Headache Relief and Better Sleep from EFT Tapping<sup>6</sup>**

In a group of 35 patients who were randomly allocated to either standard care (control group) or EFT Tapping for tension-type headaches, the EFT Tapping group reported significant reductions in perceived stress and the frequency and intensity of headaches. They were instructed to use tapping twice a day for two months. The EFT patients also reported a significant improvement in their sleep after treatment.

### **Dental Anxiety Reduced by 35% after 4 minute EFT Tapping Intervention<sup>7</sup>**

A 2017 pilot study explored EFT Tapping as a treatment for dental anxiety. Eight dental patients with anxiety were assigned to the EFT Tapping group or a nontreatment control condition (reading a golf magazine; four patients in each group). Each patient was asked to visualize being present in a dental chair while the researcher recounted aloud a list of dental triggers specific to each participant. They then completed anxiety assessments and engaged in a four-minute tapping intervention or read a magazine.



After the four-minute intervention or reading period, they listened to the list of their specific dental triggers read aloud and were then retested while again listening to their list of triggers. The average before and after anxiety scores of the control group differed by only three points (a decrease of 6%). However, the average anxiety scores for the EFT group decreased by 26 points (35%). While this was a very brief one-session intervention compared to other trials, it and highlighted the effectiveness of EFT Tapping to rapidly reduce dental anxiety.

### **Nursing Students Reduce Anxiety & Stress after 4 Weeks Using EFT Tapping<sup>8</sup>**

A pilot study of 39 nursing students enrolled in an associate degree nursing program was conducted in a two-year college in the southeastern region of the United States. Those who volunteered learned EFT Tapping in a group setting and were encouraged to repeat it daily for stress and anxiety. Self-reported anxiety was measured at baseline and then weekly for four weeks using the Perceived Stress Scale (PSS) and the State-Trait Anxiety Inventory (STAI). The students also completed a qualitative questionnaire at the end of the four weeks about their experiences. The STAI and PSS were administered weekly.

The researcher showed that EFT Tapping resulted in significant decreases in anxiety ( $p=.05$ ), and the reduction in self-reported stress was statistically significant from the start to week four. The qualitative questionnaire also suggested that nursing students experienced a decrease in feelings of stress and anxiety, including a decrease in somatic symptoms.

### **Patients Reduce Pre-Surgery Anxiety by 72% after 20 minutes of EFT Tapping<sup>9</sup>**

Another study investigated the effectiveness of EFT Tapping for anxiety among women undergoing obstetric and gynecological surgeries. 50 women met the diagnostic criteria for moderate to severe anxiety; half were randomly allocated to the EFT Tapping group, and half to the control group. The modified Hamilton Anxiety Rating Scale was used to measure psychological and somatic anxiety.

The EFT Tapping group received two 10-minute EFT sessions. The first was on the day prior to surgery, and the second session was on the day of surgery. Both groups then received surgical treatment as usual.



The two groups were similar at the start with regards to anxiety, and immediately before surgery they were all reassessed. The control group did not have any change in anxiety; however, the anxiety scores in the EFT Tapping group decreased from 27.28 to 7.60, a 72% reduction in anxiety, and were highly statistically significant ( $p < 0.0001$ ). Their reductions in both psychological and somatic anxiety subscales were also significant ( $p < 0.002$ ).

Given the high levels of stress and anxiety, many people feel prior to surgery, EFT Tapping may be a cost-effective and brief intervention that has immense value in outcomes.

### **Public Speaking Anxiety Significantly Reduced by 45 Minutes of EFT Tapping<sup>10</sup>**

For this study, 36 adults were randomly allocated to a treatment or wait-list group. Given that this is such a common problem worldwide, studies like these are important. Everyone in this study completed a Personal Report of Confidence as a Speaker (PRCS), a Personal Report of Communication Apprehension, the State-Trait Anxiety Inventory, a Timed Behavior Checklist, and their own SUD rating.

The waitlist participants attended a counseling service by appointment but did not receive any other intervention at first. The EFT Tapping intervention (delivered by one of three psychologists working in counseling and trained in EFT Tapping) was delivered over 45 minutes, and participants then delivered a four-minute speech in front of a small group. This was video recorded and later scored by independent observers blinded to treatment conditions on the Timed Behavior Checklist.

There were significant reductions for everyone in public speaking anxiety on all the self-report measures but not on the behavioral observations. However, when the treatment group was examined alone, there were significant reductions in stated anxiety and the behavioral measures. Public-speaking confidence significantly increased in this group ( $p=0.005$ ), and there was a significant decrease ( $p=0.011$ ) in general anxiety.

A significant reduction was also observed within the first 15 minutes of EFT, with further significant reductions also demonstrated at 30 and 45 minutes. EFT was found to be a quick and effective treatment for this type of anxiety.



### **Stress and Insomnia Reduced by Treatment Program Utilizing EFT Tapping<sup>11</sup>**

It is well known that stressful life events are closely related to the occurrence of chronic insomnia. Greek researchers investigated stress and insomnia symptoms in 40 lawyers and allocated them to a stress-management technique program (which included progressive muscle relaxation, relaxation breathing technique, autogenic training, guided imagery, and EFT Tapping), or a waitlist (21 and 19 in the groups, respectively).

The stress-management group experienced a statistically significant reduction in depression symptoms ( $p=0.015$ ) and stress levels ( $p=0.029$ ). They also reported moderate improvement in insomnia and sleep quality (effect sizes 0.3 and 0.32, respectively).

## **EFT TAPPING AND DEPRESSION**

Depression is considered the leading cause of ill health and disability worldwide, with more than 300 million people living with this debilitating condition, and an increase of more than 18% between 2005 and 2015. It is vital we have a wider range of evidence-based solutions. The research trials and outcomes also show how using EFT Tapping for other conditions (e.g., food cravings) also reduces depressive symptoms.

The World Health Organization suggests major depressive disorder, or depression, is the fourth leading cause of disability worldwide. There are an estimated 350 million people of all ages suffering, and approximately 16.2% of the world's adult population experiences at least one depressive episode during their lifetime.

Anyone who has felt the depths of these dark episodes will know that they might do anything to relieve the feeling.

### **Depression Relief for College Students after 3 Weeks of EFT Tapping<sup>12</sup>**

In 2012, American researchers assessed 238 first-year college students using the Beck Depression Inventory (BDI) and found 30 students met the criteria for moderate to severe depression. They were randomly assigned to either an EFT Tapping treatment or a control group. The EFT Tapping group received four 90-minute group sessions of tapping, whereas the control group received nothing.





Those who received EFT Tapping were found to have significantly less depression three weeks later, with an average depression score in the nondepressed range following treatment, compared to the control group who demonstrated no change in depressive symptoms. Cohen's *d* was 2.28, indicating an extremely strong effect size.

Note that this study was limited in that it didn't have an active comparison treatment group, and the follow-up period wasn't very long, but it did highlight the potential usefulness of EFT as a therapy for depression.

### **Participants No Longer Diagnosable with Depression after Clinical EFT Tapping: Symptoms of Other Disorders Simultaneously Subside and Gains are Sustained<sup>13</sup>**

In this study the Mini-International Neuropsychiatric Interview (MINI) was used to diagnose psychiatric disorders in participants. They also completed Beck Depression Inventory-II, Depression Anxiety Stress Scales, and demographic information. The 11 adults then attended an eight-week, 16-hour group treatment program. This was two hours per week.

The first hypothesis asked whether Clinical EFT Tapping resolved major depressive disorder as a diagnosis. The data revealed that while the diagnosis was not completely resolved immediately after eight weeks for everyone, two members no longer met criteria. In addition, all 11 adults no longer met diagnosis for one or more other disorders they had when they started. These were disorders such as social anxiety disorder, obsessive-compulsive disorder, and generalized anxiety disorder. EFT Tapping impacted those diagnoses through the program too.

The second hypothesis asked whether Clinical EFT Tapping was effective at reducing the symptoms of major depressive disorder. In several cases individual adults reported clinical differences in symptoms. That is, the difference was enough so that if measured in a clinical setting, it would indicate treatment was successful. Therefore a clinically valid difference was achieved.

The third hypothesis asked whether the treatment effects of Clinical EFT Tapping were sustained after three months. Improvements were maintained, and many of the group members experienced a continual improvement in their symptoms over time.

Group members were also asked about their experience of the program each week. This survey indicated 88% found the Clinical EFT Tapping program information and skills to be useful, and 100% found the information easy to understand and apply. This was a starting



point, as this trial was only a pilot and did not have a comparison or control group. However, the nature of EFT to affect other comorbid conditions or co-occurring symptoms became evident.

### **EFT Tapping Shows Longer Lasting Effects than CBT in Treating Depression Symptoms<sup>14</sup>**

At the completion of that study, we compared EFT Tapping to CBT (a gold standard therapy) for sufferers of depression. Ten adults from the community were randomly assigned to an eight-week, 16-hour CBT or EFT group program, and all screened positive for a primary diagnosis of major depressive disorder using the MINI. We also included 57 members from the community who did not have any diagnosis, to see if the treatments would compare to their [normal] scores on measures of depression.

Two of the four participants in the CBT group and three of the six participants in the EFT Tapping group no longer met the diagnostic criteria for major depression at the end of the eight weeks. So effectively they both achieved results for 50% of each group. However, findings showed that the CBT group reported a significant reduction in depressive symptoms at the end of the eight weeks, but this *was not maintained over time*.

The EFT Tapping group reported a delayed effect and indicated a significant reduction in depression symptoms at the three- and six-month follow-up points. They did not report any differences over the eight weeks, but symptom reduction seemed to happen afterward. After six months, they were still reporting an absence of symptoms.

While this study was small and the first to examine and compare the effectiveness of a gold standard approach and EFT Tapping in reducing depression among adults, the findings did indicate that EFT Tapping may be an effective treatment strategy worthy of further investigation.

### **Meta-Analysis of EFT Tapping Studies Shows a ~41% Mean Symptom Reduction for Depression and Showed Stronger Effect than Antidepressant Drug Trials and Psychotherapy Studies<sup>15</sup>**

A meta-analysis study for EFT Tapping and depression examined 20 studies and included outcome studies (with 446 people), as well as randomized clinical trials (a total of 653 people: 306 EFT and 347 control subjects).



EFT Tapping demonstrated a very large effect size (Cohen's  $d$  across all studies was 1.31) in the treatment of depression.

This meant 90% of the treatment group was above the mean (average) of the control group, and there was an 82% chance that a person picked at random from the treatment group would have a better score than a person picked at random from the control group. The average amount of depression symptom reductions across all studies was 41%.

EFT Tapping was also more effective than diaphragmatic breathing, as well as psychological interventions such as supportive interviews and sleep-hygiene education. EFT Tapping was also superior to treatment as usual and achieved results in time frames ranging from 1 to 10 sessions. No significant treatment effect difference between EFT Tapping and EMDR was found (they achieved similar outcomes).

The effect size for EFT Tapping ( $d=1.31$ ) was larger than that measured in meta-analyses of antidepressant drug trials and psychotherapy studies.

EFT Tapping produced very large treatment effects for depression whether delivered in a group or individual format, and participants maintained their gains over time. This is very hard to ignore since the results are there. Including EFT Tapping in the treatment of depression should be essential.

### EFT TAPPING FOR FOOD CRAVINGS & WEIGHT ISSUES

We have over a decade of clinical trials that clearly show the effectiveness of tapping for reducing food cravings in overweight and obese adults, leading to weight loss over time. These studies have a minimum of one-year follow-up, which means it is easier to see the effectiveness lasting over time. This is the one area where we have neural brain scans that show the difference in the brain's activity before and after an EFT treatment program, and the results are extraordinarily exciting.

#### **Every Factor Measured Significantly Improved from EFT Tapping Treatment for Food Cravings<sup>16</sup>**

In this study 96 overweight and obese adults with severe food cravings were randomly



grouped into either a four-week, eight-hour EFT Tapping treatment program or a wait-list (where they did receive the EFT Tapping treatment but only after the other group finished). The waitlist allows us to see whether time affects any symptoms (e.g., maybe food cravings would go away with time). They didn't.

The study measured participant's weight and body mass index, the degree of food cravings, each individual's perception of the power of food over them, and their restraint capabilities and psychological symptoms at the start, end, 6 months later, and 12 months later. Participants were weighed at the beginning and end of the trial, and participants self-reported weight for the follow-up periods.

Every factor they measured significantly improved. The average weight loss over the 12 months was statistically significant (approximately 11 pounds). This study also demonstrated improvements in depressive and obsessive symptoms, interpersonal sensitivity, psychoticism, and hostility, which were all maintained 12 months following treatment. We started to hear things like this:

*"Amazingly I haven't had a bar of chocolate in two weeks, since I tapped on it!! Coke Zero and salt-and-vinegar chips have gone too, after many, many years of relying on them!"*

*"I found the program extremely enlightening, and it has helped me with some deep-seated emotional issues that I have carried since childhood (some 70 years)."*

In the same study, a small group of the EFT Tapping participants (40) were compared to 7 participants who were randomly allocated to cognitive behavioral therapy (CBT), a psychoeducation intervention (7), or a wait-list group (40). This was a preliminary study to assess the effectiveness of EFT Tapping against CBT, the gold standard psychological treatment.

The results indicated that the CBT group resulted in a significant reduction in total food cravings after the four-week treatment and an increase in the participants' power over food. An increase in restraint ability after the treatment also occurred for the psychoeducation group. The EFT Tapping group indicated significant reductions on all measures after treatment, except restraint ability, which increased at the 6- and 12-month points, indicating a time lag.





## Breakthrough Study Shows EFT Tapping Produces Changes in the Brain: Food Cravings Reduced and fMRI Scans Show Changes in Brain<sup>17</sup>

In a study conducted by Dr. Peta Stapleton at Bond University in Australia, they investigated the neural changes in overweight adults with food cravings using EFT Tapping. This study consisted of 15 obese adult participants. 10 were allocated to an EFT Tapping treatment group, and 5 to a control group (where they received no intervention for their cravings).

All participants' brains were scanned before and after the 4 weeks of treatment (or non-treatment) using fMRI scans. While participants were in the fMRI machine, they were shown images of high-calorie foods (e.g., chocolate, cookies, burgers, fries, ice cream sundaes) and the active parts of their brains were documented.

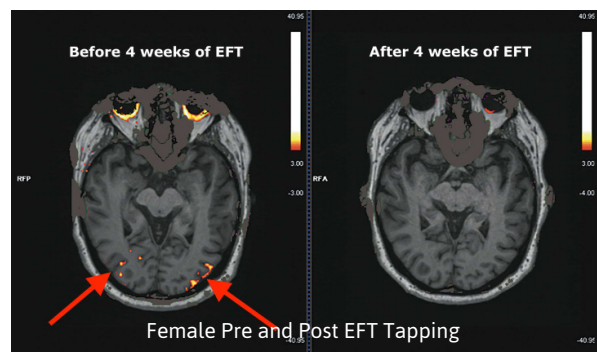
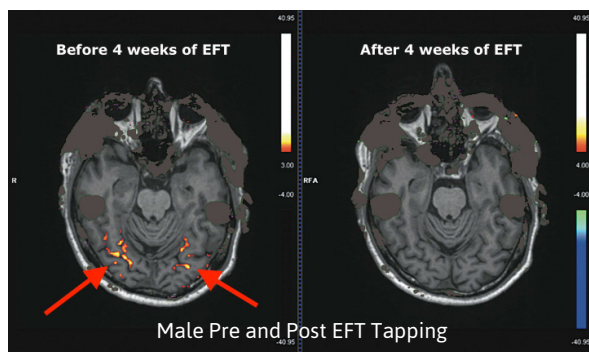
Participants also completed standard subjective measures of food cravings, and measures for power-over-food before and after treatment.

When the pre- and post-treatment scans were compared, researchers discovered a significant decrease in brain activation in the EFT Tapping participants; and in some of them, there was no activation at all. Moreover, the parts of the brain that once lit up when the images of high-calorie foods were shown, didn't light up as much or even at all.

Meanwhile, the control groups' scans still showed activation in the same parts of the brain (associated with reward and loss).

For the subjective measurements, the EFT Tapping group experienced a significant reduction in cravings for carbohydrates ( $p=0.049$ ) and fast-foods ( $p=0.015$ ) over time compared to the control group. The EFT Tapping group also experienced an increased power-over-food score ( $p=0.019$ ) as compared to the control group.

It appears that the EFT Tapping treatment resulted in symptom improvement that corresponded to a signal reduction in the brain.





## EFT TAPPING AND PTSD/TRAUMA

As of 2019, most research on EFT has been conducted on PTSD. It is suggested 8 out of every 100 people will have PTSD at some point in their lives; this rate is higher in military personnel. We now know that genes in sufferers of PTSD can be transformed through EFT, and these changes last over time.

After reviewing the extensive research and mounting evidence for the safety and efficacy of EFT Tapping, Clinical EFT Tapping was approved as a treatment therapy by the US Veterans Administration (VA).

### PTSD IN VETERANS:

#### **EFT Tapping Treatment Reduces PTSD Symptoms by 52% in Veterans<sup>18</sup>**

A study of 58 veterans who scored 50 or greater on the military PTSD checklist (indicating clinical symptom levels) were randomized into a treatment as usual (TAU) group (26 veterans) or an experimental group (32 veterans). The intervention group received six one-hour EFT sessions in addition to TAU. The EFT group showed a significant reduction in a PTSD score from  $65 \pm 8.1$  to  $34 \pm 10.3$ , while those in the TAU group showed no significant change. The TAU group was then treated with EFT and both groups combined for analysis (this is common so that individuals in the former “waitlist” group still receive an intervention). In the combined EFT group, post-treatment scores declined to an average of 34 (a decrease of 52%). The participants maintained these gains at three- and six-month follow-up, with an average six-month score of 34. Psychological conditions such as anxiety and depression also declined significantly, as did physiological markers of insomnia and pain. The study reported an effect size of Cohen’s  $d=3.44$  indicating a very large treatment effect.

#### **EFT Tapping for Veterans is a Promising Intervention for Post-Deployment: Trauma Protocol uses EFT to Reduce PTSD Symptoms in Participants<sup>19</sup>**

An initial 2010 EFT study to develop a trauma protocol by Dr. Dawson Church focused on a five-day treatment program for 11 veterans and their family members. They received follow-up 1, 3, and 12 months later as well. The results showed significant improvements in the measures of PTSD symptoms immediately after the five days and none of the veterans



scored in the clinical range for PTSD. The severity and breadth of their psychological distress decreased significantly, and most of the gains held over time. It was the first time EFT as a treatment was presented as being an effective intervention post-deployment.

### **EFT Tapping Quickly Reduces PTSD, Anxiety, and Depression by 50% in Veterans After a 6 Session Intervention <sup>20</sup>**

An observational study of seven veterans (three males and four females) in the same year investigated psychological symptoms change in veterans after six one-hour sessions of EFT delivered over one week. Two different practitioners delivered the EFT intervention, but it was a standardized form. While there was no active comparison group, and follow-up was only at three months, anxiety severity decreased significantly by 46 percent, depression by 49 percent, and PTSD by 50 percent. These gains were also maintained at three months.

### **Veterans and Their Spouses Experience Relief from PTSD Symptoms: 72% of Veterans No Longer Score in Clinical Range of PTSD After EFT Tapping<sup>21</sup>**

218 male veterans and their spouses attended a weeklong retreat to learn EFT Tapping and other energy psychology methods (EFT Tapping was delivered in a single four-hour group session and then three one-hour individualized sessions).

At the end of the week, only 28% of veterans still scored in the clinical range for PTSD, and spouses (who had never before been measured in a study) also demonstrated substantial symptom reductions. At the start of the week, 29% of spouses met clinical criteria for PTSD, but at the end, only 4% did. The veterans maintained their gains four and six weeks later, and the PTSD symptom decreases also continued for the spouses.

It is important to note that the other options in the study that week included massage, yoga, Reiki, and acupuncture. Furthermore, everyone participated in a half-day equine-assisted therapy session and a Native American ceremony at the beginning and end of the retreat. All of these options may have also impacted the EFT Tapping outcomes and PTSD-symptom reduction.



## **EFT Tapping Reduces the Risk of Developing PTSD Diagnosis in Veterans by 64%<sup>22</sup>**

In a recent 2016 study investigating subclinical PTSD symptoms as a risk factor for a later diagnosis, 21 veterans were tracked to see if they developed the disorder. They were randomized into a treatment as usual (TAU) wait-list group and an experimental group, which received TAU plus six sessions of EFT. Symptoms at the start of treatment indicated a score of  $39 \pm 8.7$  on the PTSD Checklist—Military Version (PCL-M), in which a score of 35 or higher indicates increased risk for PTSD. There were no differences between the two groups at the start. The TAU group had no changes during the waiting period and received the EFT treatment at the end of this period. For the collapsed groups after treatment (because both ended up receiving EFT), there was an average score of 25, which indicated a 64% reduction. The veterans maintained their gains at three- and six-month follow-up, with an average score of 27. A Cohen's  $d=1.99$  indicated a large treatment effect. This meant the differences between the veteran and the TAU groups would have been noticeable even to the layman. The study also showed reductions in traumatic brain injury symptoms and insomnia. The authors noted EFT Tapping may be protective against a later PTSD diagnosis.

## **EFT Tapping Treatment Shows Improvements After 6 Sessions: Study Shows Treatment Delivered by Phone is an Affordable and Effective Alternative to in Person Treatment<sup>23</sup>**

The method of delivery of EFT has been investigated with PTSD veteran sufferers, and a comparison of traditional face-to face delivery versus telephone delivery showed positive outcomes. Each group received six one-hour EFT sessions, which were manualized for standardization. In total, 24 veterans received telephone sessions, and 25 received face-to-face sessions. The telephone group improved significantly in PTSD symptoms after the six sessions, whereas the face-to-face group only took three sessions to achieve these gains. After six months, 91% of the face-to-face group no longer met criteria for PTSD, but only 67% of those treated via telephone no longer met it. While there was no comparison treatment, and veterans self-selected to the two groups rather than being randomly allocated, telephone delivery was effective for two-thirds of patients. It suggested that for some it might be a viable alternative for those unable to attend face-to-face sessions. Telephone-mediated psychotherapy is a resource for persons who have difficulty accessing office visits because of geography, economic restrictions, or fear of stigma.





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## **Study Finds EFT Tapping Treatment Yields Comparable Results to EMDR for Treating PTSD<sup>24</sup>**

EFT has been compared to EMDR for PTSD in 46 adults (the U.S. Department of Veterans Affairs has accepted EMDR as a viable treatment for veterans with PTSD). In this study the participants were randomly allocated to EFT or EMDR (23 in each), and results indicated both interventions produced significant outcomes at the end of treatment and three-month follow-up. While a slightly higher proportion of EMDR patients showed substantial clinical changes, the treatment effects were similar in both groups. Given EMDR is accepted as an evidence-based treatment, and EFT achieves similar outcomes in clinical trials, then it is a logical next step to consider EFT as a viable option.

## **EFT Tapping Found More Effective Than NET in Treating PTSD Symptoms<sup>25</sup>**

An evaluation of EFT and Narrative exposure therapy (NET) as treatments for PTSD investigated 60 male Iraqi students who met the DSM-IV PTSD criteria and were aged between 16 and 19 years. They were randomly divided into three groups, with 20 participants in each group. The EFT and NET groups received four therapy sessions each, while the control group received no treatment. The EFT group reported a significant difference in all PTSD cluster symptoms, although the NET group only reported a significant difference in avoidance and reexperience (not hyperarousal). There were no significant differences between the groups relating to social support, coping strategies, and religious coping. These changes were maintained for the EFT group at 3-, 6- and 12-month follow-up; and the effect size of EFT was higher than NET and the control group, thus indicating that EFT was more effective than NET.

## **EFT Tapping as Effective as CBT in Treating PTSD & Trauma Symptoms in Female Refugees<sup>26</sup>**

A 2015 publication reported on a comparison between cognitive behavioral therapy (CBT) and EFT for sexual gender-based violence (SGBV). The study included 50 internally displaced female refugees who had been victims of SGBV in the Democratic Republic of Congo (DRC). They all received two 2.5 hour sessions per week for four consecutive weeks (eight sessions in total). The women indicated significant post-test improvement in both groups on measures of trauma, PTSD symptoms, and general mental health. They also maintained their gains whether treated with EFT or CBT, and overall demonstrated the effectiveness and



non-inferiority of EFT to a gold standard intervention.

### **Meta-Analysis Shows That EFT Tapping is an Effective Treatment of PTSD<sup>27</sup>**

Another systematic review of 7 studies investigating EFT in the treatment of PTSD found a very large treatment effect (weighted Cohen's  $d=2.96$ ) for the studies that compared EFT to usual care or a wait list. Remember, above 0.8 for Cohen's  $d$  indicates a large treatment effect, and this review found an effect of 2.96!

The authors used the APA standards as their quality-control criteria when selecting studies for inclusion, and also found that a series of 4 to 10 EFT sessions was an efficacious treatment with no adverse effects for PTSD with a variety of populations. When we talk about the speed of EFT, this is precisely what we mean.

## **TRAUMA AND PTSD**

(outside of Veterans Affairs)

### **EFT Tapping Changes Brain Activity and Helps Adults with Car Accident Trauma<sup>28</sup>**

Ten adults who had been in an auto accident (within the past year) and were continuing to suffer from reported moderate to severe traumatic stress received two sessions of EFT. All clients had brain-wave assessments (using a quantitative electroencephalograph, qEEG) before and after EFT treatment. They also completed questionnaires relating to anxiety, depression, and avoidance of driving/riding in a motor vehicle. Everyone reported positive change immediately after the EFT treatment, but four reported no or negative changes at the time of the last brain assessment. Those who reported the benefit of EFT had increased 13–15 Hz amplitude over the sensory motor cortex, decreased right frontal cortex arousal, and an increased 3–7 Hz / 16–25 Hz ratio in the occiput (back of the head). The authors hypothesized that the improved subjects may have been more compliant with treatment recommendations whereas the unimproved clients were not. This is not an uncommon phenomenon across many therapeutic modalities.



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### **Healing After Natural Disaster, EFT Tapping Treatment Reduces PTSD to Subclinical Levels After 2 Days<sup>29</sup>**

Following the 2010 Haitian earthquake, which did widespread damage, 77 male seminarians were assessed for PTSD. The purpose of this study was to evaluate EFT delivery to a traumatized population, and 48 of the men (62%) exhibited scores in the clinical range for PTSD. While the study lacked a control group, after two days of EFT, not a single participant scored in the clinical range on the PTSD measure—this was an outstanding result. The average reduction of PTSD symptoms was 72% after the two days. The results were consistent with other studies and pointed to the potential of EFT for those experiencing natural disasters.

### **Adolescents in Prison Significantly Reduce PTSD Symptoms after One Session of EFT Tapping<sup>30</sup>**

A study randomized 16 males (aged 12 to 17) from an institution to which juveniles were sent by court order. This was usually due to being physically or psychologically abused at home. In this study the teens were assessed with a SUD rating and the Impact of Event Scale, which measures two components of PTSD: intrusive memories and avoidance symptoms. One group was treated with a single session of EFT, and the wait-list control group received no treatment. Thirty days later, participants were reassessed and there was no improvement for the wait list, but posttest scores for the EFT group improved to the point where all were nonclinical on the total score, as well as the intrusive and avoidant symptom subscales and SUD ratings. This was an outstanding result and consistent with studies in adults. It again points to the impact EFT has after relatively few sessions.

### **EFT Tapping Practitioner Survey Emphasizes the Efficacy and Efficiency of EFT in Treating PTSD<sup>31</sup>**

In 2017 a survey of 448 EFT practitioners was used to gather data on EFT treatment as for PTSD. 63% of practitioners reported that even complex PTSD can be remediated in 10 or fewer EFT sessions. Some 65% of practitioners found that more than 60% of PTSD clients are fully rehabilitated, and 89% stated that less than 10% of clients make little or no progress. Based on this feedback, the authors recommended a stepped care model, with 5 EFT therapy sessions for subclinical PTSD (when it doesn't quite meet full diagnosis) and 10 sessions for clinical PTSD, in addition to group therapy, online self-help resources, and social support.



## EFT TAPPING AND STUDENTS

This is a growing area of research focus and extends into school and academic issues: common student issues like perfectionism, test anxiety, as well as learning disabilities. Tapping can be effectively used in a classroom and the home environment. The next generation may truly benefit from this stress-reduction tool, and using it as a daily option in school situations is proving to be a worthy addition to any curriculum. The clinical trials are demonstrating solid outcomes for children and teens, and this will be an exciting area to watch in the future.

A common area of focus in research examining university students has been that of test or exam anxiety. EFT Tapping has been studied for this type of thing in students and adults; and because the technique results in a calmer physical state, it usually helps with memory and better grades. It is also particularly quick—one study has shown public-speaking anxiety reduced significantly after just 15 minutes of EFT Tapping, with further significant reductions at 30 and 45 minutes.

### **Test Anxiety in High School Students Reduced Significantly After EFT Tapping<sup>32</sup>**

In a large study, American researchers examined 312 high school students and identified 70 of them with high-level test anxiety using the Test Anxiety Inventory. They randomly assigned these 70 students to a control group that received progressive muscle relaxation (PMR) techniques or to an experimental group that received EFT Tapping treatment. Every student engaged in a sample examination before receiving a single treatment session. The control group received instruction in PMR and the experimental group in EFT Tapping. At the end of the session, all students again completed a sample examination. They were then all asked to continue self-treatment at home.

After two months, all students were retested with the Test Anxiety Inventory and 32 of the original 70 completed all requirements. Results showed a statistically significant decrease in the test anxiety scores of both the experimental and control groups. However, the EFT Tapping group had a significantly greater decrease than the PMR group ( $p < .05$ ). The EFT Tapping group also scored lower on the Emotionality and Worry subscales of the Test Anxiety Inventory ( $p < .05$ ). While the EFT Tapping group improved more on the sample exams after the intervention, both groups actually scored higher, and any differences were not statistically significant.



Ultimately while both groups reported a significant decrease in student anxiety, a greater decrease was observed for those who received EFT Tapping treatment.

### **Mathematics Anxiety Significantly Reduced by EFT Tapping in Secondary Schools<sup>33</sup>**

A 2014 study investigated the effects of numerical cognition and EFT Tapping on mathematics anxiety among senior secondary students in three public secondary schools in Ibadan, Nigeria. They had records of consistently low achievement in mathematics, and the researchers were able to obtain the academic records with school authority permission and cooperation.

There were 120 students included and a pseudo-dyscalculia scale was used to identify those with mathematics phobia. They also completed the Mathematics Anxiety Scale, the Mathematics Self-Efficacy Scale, and a mathematics achievement test.

Students were allocated to one of three groups: Numerical Cognition, EFT Tapping, or a control group. Numerical Cognition proposes students are more likely to find a solution to a problem when they concentrate on their successes rather than their failures. The trial occurred over 10 weeks during the school term.

The results showed the EFT Tapping intervention was more effective than the Numerical Cognition approach. It reduced students' mathematics anxiety more at post-test evaluation, especially among students with high mathematics efficacy.

### **EFT Tapping Reduces Academic Stress and Improves Self-Confidence in Adolescents<sup>34</sup>**

In this study, 204 15-year-old students from two Australian high schools participated: 80 were allocated to the EFT Tapping intervention group from one school, and 124 from the second school acted as a wait-list control (and they received the intervention at the end of the first group's course).

All students were engaged in academically advanced programs, and all EFT Tapping treatment was delivered in school time, with parental and school permission. The students all received five weekly sessions of 75 minutes each during normal school hours and a booster session one year later. All students completed questionnaires about self-esteem, resilience, their perceived strengths and difficulties, and their fear of failure at the start of





the program, at the end of the program, at six months, and a year later.

What was interesting was that the students' baseline resilience scores indicated the presence of anxiety levels commonly found in populations suffering from generalized anxiety disorder. The students' self-report measures indicated normal levels of self-esteem, however, so this was not impacted in the study. Overall what they did indicate as their main worries were self-perceived difficulties in life and a strong fear of failure.

The largest statistically significant change we saw was from the start of the program to a year later. Fear of failure was the most significantly affected variable, and students indicated in their survey 12 months later (compared with when they started the trial) that this was the most impacted area in their lives. This meant they did not feel anywhere near the same fear of failure as before they started the EFT Tapping.

We noted that most students did not continue Tapping beyond the end of the trial. However, the results achieved indicated a five-week EFT Tapping program had the potential to assist students' perceived difficulties and impact their fear of failure and remain stable a year later (memory reconsolidation theory may be the answer here). The potential improvements in student functioning, the ease of teaching EFT Tapping in a group, and the cost-effectiveness suggest that further research is warranted; but EFT Tapping may offer students significant benefits with low risks and low time demands, at a relatively low financial cost to schools.

### **EFT Tapping as Treatment for Dyslexia: A Promising Case Study on Treating the Emotional Distress of Learning Disabilities<sup>35</sup>**

There has been a case study completed on how EFT Tapping can be used for dyslexia (a learning condition which is evident in reading comprehension, spelling, and writing). Often the condition causes a child emotional distress as well. While this study is a single case study (often useful as the basis for larger trials), it is a starting point to learn what works and what doesn't and is worthy of note.

Fiona McCallion, a London therapist, worked with a woman in her 20s who suffered dyslexia and had sequencing, disorientation, and emotional feelings attached to it. They had three sessions and addressed all of these areas with EFT Tapping. They started with past memories of teachers who had ridiculed her in class when she was younger.



The second session focused on two specific incidents involving two teachers at school. One was a math class where she was not given the marks for correct answers because she couldn't explain the method she used to arrive at them. While she received marks for an incorrect answer (based on the method used), when she got the answer right, she got zero points because she couldn't explain the method. You can imagine how confusing this might be for a child.

By the end of the three EFT Tapping sessions, the client was able to read easily and fluently and understand sentences. The disorientation associated with the client's dyslexia had also reduced significantly to a point where it was no longer an issue. Using tapping to explore and assist with emotional distress attached to learning concerns is therefore highly recommended, and the applications in these settings may be boundless.



## Scientific Advisory Board

The Tapping Solution App is based on solid science. The form of tapping we use is called Clinical EFT. It's an "evidence-based" method that has been validated in over 100 clinical trials. If you'd like to find out more about this research, you can see a current list of studies at [Research.EFTuniverse.com](http://Research.EFTuniverse.com).

The Tapping Solution App has been evaluated in a scientific study and found to produce statistically significant reductions in anxiety and stress. The app developers consult regularly with the scientific advisory board members below.



### **DAWSON CHURCH, PHD**

Dawson is an award-winning author and researcher who has edited and written a number of books in the fields of health, psychology, and spirituality. His best-selling book *The Genie in Your Genes* has been hailed by reviewers as a breakthrough in our understanding of the link between emotions and genetics.

Earning his doctorate in Integrative Healthcare and postgraduate Ph.D. in Natural Medicine, Dawson founded the National Institute for Integrative Healthcare, a leading-edge 501(c)(3) nonprofit institution dedicated to education and research on evidence-based healing modalities.

His groundbreaking research has been published in prestigious scientific peer-reviewed journals. He is the editor of the professional journal *Energy Psychology* and a blogger for the Huffington Post.

His website, EFT Universe, is one of the largest alternative medicine resources on the web, through which he provides EFT learning opportunities, training, certifications, and a host of articles supporting the effectiveness and advancement of Tapping.



**DAVID FEINSTEIN, PHD**

David is a clinical psychologist and a pioneer in developing innovative therapeutic approaches, leading to nine national awards for his books on consciousness and healing. He and his wife, Donna Eden, have built the world's largest and most vibrant organization teaching energy medicine. Their latest award-winning book, *The Energies of Love*, achieved best-seller status on the NYTimes Relationship List. David has served on the faculties of The Johns Hopkins University School of Medicine, Antioch College, and the California School of Professional Psychology.

David received the 2002 "Outstanding Contribution" Award from the Association for Comprehensive Energy Psychology (and again in 2012), the U.S. Book News Award for the Best Psychology/Mental Health Book of 2007, the 2015 "Outstanding Leadership" Award from the Canadian Association for Integrative and Energy Therapies, and the Infinity Foundation's 2013 "Spirit Award" (with Donna) for their contribution to "the evolution of consciousness" and its "impact on society." A licensed psychologist (Oregon), he has contributed more than 100 articles to the professional literature.



**KIM D'ERAMO, D.O.**

Dr. Kim D'Eramo is a physician, bestselling author of *The MindBody Toolkit*, and founder of The American Institution of MindBody Medicine. She completed residency at Emory University in Atlanta, received board-certification in Emergency Medicine, and completed a fellowship in Osteopathic Medicine.

After healing herself from a chronic illness using MindBody Medicine, she has empowered thousands of patients to ignite their body's healing capacity and transform their

health and life.

Dr. D'Eramo assists clients all over the world to incorporate MindBody Medicine for healing through online programs and live retreats. Receive your complimentary MindBody tools now at: [DrKimD.com](http://DrKimD.com)



**LARRY BURK, MD, CEHP**

Larry Burk, MD, CEHP, is holistic radiologist and dream tapping coach, trained in hypnosis, acupuncture and EFT. He was co-founder of Duke Integrative Medicine, a founding board member of the American Board of Scientific Medical Intuition and former board president of the Rhine Research Center.

He is author of *Let Magic Happen: Adventures in Healing with a Holistic Radiologist and Dreams that Can Save Your Life: Early Warning Signs of Cancer and Other Diseases*. His many articles, video blogs and newsletters can be found at [letmagichappen.com](http://letmagichappen.com).



**PETA STAPLETON, PHD, MAPS, MCCLP, MCHP**

Dr Peta Stapleton has 20 years experience as a registered Clinical and Health Psychologist in the State of Queensland, Australia and has completed a Bachelor of Arts, Postgraduate Diploma of Professional Psychology and Doctor of Philosophy. She is a member of the APS Clinical College and Health College.

Peta clinically specialises in Eating Disorders; Obesity; Binge Eating Disorder; Food Cravings; women's health; adolescence; lap-band (bariatric) surgery; Complementary and alternative medicine/integrative medicine; energy psychology; and health psychology. She is active in researching the effectiveness of energy psychology techniques for food cravings.

Peta has been awarded many honours including the Australian Psychological Society Elaine Dignan Award for research into women's issues, and the 2014 Harvey Baker Award for excellence in Energy Medicine Research. She has served as the President of the Eating Disorders Association of Queensland numerous times and is a certified practitioner of Neuro Linguistic Programming, Timeline Therapy and the Emotional Freedom Technique. Peta is the founder of the Gold Coast Eating Disorders Association Inc., and facilitated the support groups for 8 years. Prior to her position at Bond University, Peta spent 14 years as an academic for Griffith University.





**MELANIE A. GOLD, DO, DABMA, DMQ, FAAP**

Professor of Pediatrics and of Population and Family Health, CUMC Medical Director, School Based Health Centers, NY Presbyterian Hospital Columbia University Medical Center

Over the past three decades, Dr. Gold has enhanced her patients' access to integrative medicine by developing and expanding her skills in osteopathic manipulation, hypnotherapy, Reiki, medical acupuncture, aromatherapy, mindfulness, Iyengar yoga, Ayurvedic Medicine and Transcendental Meditation. She is board certified by American Board of Medical Acupuncture since 2014. She completed a Doctorate in Medical Qi Gong in January 2017. She is a Reiki Master since 2008. She has been gradually expanding the use of integrative health care modalities in the school based health centers (SBHCs) at the New York Presbyterian Hospital by adding aromatherapy, acupuncture, mindfulness and self-hypnosis to the range of services offered by the SBHC staff. She completed the Foundations in Integrative Health Course, a 45-hour online course sponsored by the University of Arizona College of Integrative Medicine and the National Center for Integrative Primary Healthcare (NCIPH).



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