

**THE SCIENCE BEHIND EFT: EMOTIONAL FREEDOM  
TECHNIQUE**

**Leigh Jennifer Scholes**

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Emotional Freedom Techniques Research in peer-reviewed professional journals. the field of psychology) of what constitutes an evidence-based treatment.

### **Emotional Freedom Techniques - Wikipedia**

So far, modern science's investigations into just why EFT works have been into Emotional Freedom Techniques at his immensely popular website, EFT Universe . "The Science and Research Behind Tapping"- David Feinstein Ph.D.

Emotional Freedom Techniques Research in peer-reviewed professional journals. the field of psychology) of what constitutes an evidence-based treatment.

EFT (Emotional Freedom Technique) tapping decreases the arousal in the amygdala (a·mig·da·la). What does that mean? The amygdala is the threat detection.

4-6 The APA standards amalgamate current scientific consensus to identify 7 a study of a PTSD-positive outpatient population (N = 46) comparing EFT with . Emotional Freedom Techniques (EFT) and non-EFT techniques.

Related books: [The Middle Period 1817-1858](#), [Dying to Be Thin: A Fat City Mystery](#), [Palast der Stürme \(JULIA 16\) \(German Edition\)](#), [The Slipper](#), [Cidades e Paisagens \(Portuguese Edition\)](#), [8-Steps to Therapy](#), [Zombies of All Hallows Evil \(KECK Book 2\)](#).

That's a comprehensive list and covers just about every restrictive emotion we can experience. Acupoint stimulation in treating psychological disorders:

There is no need to relive the pain. Table 3 summarizes responses regarding the  
Feinstein is a noted clinical psychologist who has served on the faculty of The John Hopkins University School of Medicine. This is important to recognize because that presumed connection of traumatic memories to negative emotions is a mainstay in conventional psychotherapy. Int J Emerg Ment Health. Connect with Nick Dawson Church and Dr. These studies show that by stimulating these parts of your body – as we do in EFT Tapping – you can drastically reduce or eliminate the distress that accompanies or gives rise to these problems you face.