

# Preliminary Report of the First Large-Scale Study of Energy Psychology

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## SUMMARY

(complete paper follows)

In preliminary clinical trials involving more than 29,000 patients from 11 allied treatment centers in South America during a 14-year period, a variety of randomized, double-blind pilot studies were conducted. In one of these, approximately 5,000 patients diagnosed at intake with an anxiety disorder were randomly assigned to an experimental group (tapping) or a control group (Cognitive Behavior Therapy/medication) using standard randomization tables and, later, computerized software. Ratings were given by independent clinicians who interviewed each patient at the close of therapy, at 1 month, at 3 months, at 6 months, and at 12 months. The raters made a determination of complete remission of symptoms, partial remission of symptoms, or no clinical response. The raters did not know if the patient received CBT/medication or tapping. They knew only the initial diagnosis, the symptoms, and the severity, as judged by the intake staff. At the close of therapy:

63% of the control group were judged as having improved.

90% of the experimental group were judged as having improved.

51% of the control group were judged as being symptom free.

76% of the experimental group were judged as symptom free.

At one-year follow-up, the patients receiving tapping treatments were less prone to relapse or partial relapse than those receiving CBT/medication, as indicated by the independent raters assessments and corroborated by brain imaging and neurotransmitter profiles. In a related pilot study by the same team, the length of treatment was substantially shorter with energy therapy and related methods than with CBT/medication (mean = 3 sessions vs. mean = 15 sessions).

If subsequent research corroborates these early findings, it will be a notable development since CBT/medication is currently the established standard of care for anxiety disorders and the greater effectiveness of the energy approach suggested by this study would be highly significant. The preliminary nature of these findings must, however, be emphasized. The study was initially envisioned as an in-house assessment of a new method and was not designed with publication in mind. Not all the variables that need to be controlled in robust research were tracked, not all criteria were defined with rigorous precision, the record-keeping was relatively informal, and source data were not always

maintained. Nonetheless, the studies all used randomized samples, control groups, and double blind assessment. The findings were so striking that the team decided to report them.

The principal investigator was Joaumn Andrade, M.D. The report was written by Dr. Andrade and David Feinstein, Ph.D. The paper will appear in *Energy Psychology Interactive: An Integrated Book and CD Program for Learning the Fundamentals of Energy Psychology* (Ashland, OR: Innersource, in press, distributed by Norton Professional Books) by David Feinstein in consultation with Fred P. Gallo, Donna Eden, and the *Energy Psychology Interactive* Advisory Board.