

**The Veterans Stress Project:
We Have a Solution to PTSD Right Now**



**NATIONAL
INSTITUTE
FOR
INTEGRATIVE
HEALTHCARE**

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"I frequently use EFT for my patients with great results."

Eric Robins, MD, Kaiser Permanente

"A projection of these clinically and statistically significant results onto the U.S. economy suggests that the country would save at least \$65 billion annually."

Dawson Church, PhD

Editor of *Energy Psychology: Theory, Research, & Treatment*

"EFT is a simple, powerful process that can profoundly influence gene activity, health, and behavior."

Bruce Lipton, PhD

New York Times best-selling author of *The Biology of Belief*

"One of my bad Vietnam war memories involved an enemy attack where I had to pull bodies out of the rubble. After EFT, I can think of the same incident with little or no intensity. It is no longer part of my dreams. That's a kind of freedom I never thought I would have."

Bob Culver, Vietnam Veteran

"Take a look at EFT and other such innovative approaches for the treatment of service members and veterans dealing with PTSD."

Carl Levin

Former Chair, Senate Armed Services Committee (D-MI)

Research at the National Institute for Integrative Healthcare has Produced Remarkable Breakthroughs

The National Institute for Integrative Healthcare is a 501(c) (3) nonprofit that has initiated or collaborated on several landmark scientific studies (www.NIIH.org). They demonstrate the remarkable ability of Energy Psychology (EP) and its most popular form, EFT (Emotional Freedom Techniques), to successfully treat PTSD, anxiety and depression. Clinical EFT also remediates physical problems such as insomnia, pain, cravings, fibromyalgia, and traumatic brain injury. Clinical EFT is an evidence-based practice that combines acupuncture with cognitive framing. It is effective in very brief time frames: just one to ten sessions. The studies below, published in peer-reviewed professional journals, show rapid and permanent improvement in PTSD and a complex of related disorders.

1. 86% of veterans with PTSD are permanently rehabilitated after 6 EFT sessions (p < .0001):

- Sebastian, B. & Nelms, J. (2015). Emotional Freedom Techniques (EFT) for posttraumatic stress disorder: A systematic review and meta-analysis. *Explore: The Journal of Science and Healing*, (in press).
- Church, D., Hawk, C., Brooks, A., Toukolehto, O., Wren, M., Dinter, I., & Stein, P. (2013). Psychological trauma in veterans using EFT: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 201, 153–160.
- Libretto, S., Hilton, L., Gordon, S., Zhang, W., & Wesch, J. (2015). Effects of Integrative PTSD Treatment in a Military Health Setting. *Energy Psychology: Theory, Research, and Treatment*, 7(2), 33-44. doi:10.9769/EPJ.2015.11.1.SL
- Geronilla, L., McWilliams, M., & Clond, M. (2014, April 17). EFT (Emotional Freedom Techniques) remediates PTSD and psychological symptoms in veterans: A randomized controlled replication trial. Presented at the Grand Rounds, Fort Hood, Killeen, Texas.
- Nemiro, A., Papworth, S. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 7(2), 13-25. doi:10.9769/EPJ.2015.11.1.AN
- Church, D., Sparks, T., & Clond, M. (2015). EFT (Emotional Freedom Techniques) and resiliency in veterans at risk for PTSD: A randomized controlled trial. *Explore: The Journal of Science and Healing*, (in press).
- Stein, P., & Brooks, A. (2011). Efficacy of EFT provided by coaches vs. licensed therapists in veterans with PTSD. *Energy Psychology: Theory, Research, & Treatment*. 3(1), 31-44.

Feinstein, D. (2010). Rapid treatment of PTSD: Why psychological exposure with acupoint tapping is effective. *Psychotherapy: Theory, Research, Practice, Training*, 47, 385-402.

Church, D., Geronilla, L. & Dinter, I., (2009). Psychological symptom change in veterans after six sessions of EFT: an observational study. *International Journal of Healing and Caring*, 9(1).

Church, D. (2010). The treatment of combat trauma in veterans using EFT: A pilot protocol. *Traumatology*, 16(1), 55-65.

2. Pain diminishes by an average of 68% with EFT (p < .001):

Church, D. & Brooks, A. (2010). The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*. 9(4), 40-44.

Karatzias, T., Power, K., Brown, K., McGoldrick, T., Begum, M., Young, J., Loughran, P., Chouliara, Z., & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for post-traumatic stress disorder: EMDR vs. EFT. *The Journal of Nervous and Mental Disease*, 199(6), 372-378.

Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*. 7(4), 30-35.

Bougea, A. M., Spandideas, N., Alexopoulos, E. C., Thomaidis, T., Chrousos, G. P., & Darviri, C. (2013). Effect of EFT on perceived stress, quality of life, and cortisol salivary levels in tension-type headache sufferers: A randomized controlled trial. *Explore: The Journal of Science and Healing*, 9(2), 91-99.

Ortner, N., Palmer-Hoffman, J., & Clond, M. A. (2014). Effects of Emotional Freedom Techniques (EFT) on the reduction of chronic pain in adults: A pilot study. *Energy Psychology: Theory, Research, and Treatment*, 6(2), 14-21.
doi:10.9769.EPJ.2014.6.2.NO

3. EFT affects the human body as an epigenetic intervention, changing the hormonal, nervous, immune, and neurotransmitter systems:

Church, D., Yount, G., & Brooks, A. (2012). The effect of EFT on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 200, 891-896.

Maharaj, M. E. (2016). Differential gene expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA Assessment. *Energy Psychology: Theory, Research, and Treatment*, 8(1), 19-35.

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2015). Epigenetic effects of PTSD remediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion* (in press).

Feinstein, D. & Church, D. (2010). Modulating gene expression through psychotherapy: The contribution of non-Invasive somatic interventions. *Review of General Psychology, 14*, 283-295.

Lane, J. (2009). Using acupuncture as a method of desensitization during psychotherapy: The biochemistry of counterconditioning. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 31-44.

Swingle, P. (2010). EFT as an effective adjunctive treatment in the neurotherapeutic treatment of seizure disorders. *Energy Psychology: Theory, Research, & Treatment, 2*(1), 27-38.

Church, D. (2011). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti-Aging Medical Therapeutics, 13*, 35-42.

4. EFT successfully and quickly treats depression and anxiety:

Clond, M. (2015). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis. *Journal of Nervous and Mental Disease* (in press).

Nelms, J. & Castel, D. (2015). A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression. *Explore: The Journal of Science and Healing*, (in press).

Burke, L. (2010). Single session EFT for stress-related symptoms after motor vehicle accidents. *Energy Psychology: Theory, Research, & Treatment, 2*(1), 65-72.

Gallo, F. (2009). Energy psychology in rehabilitation: Origins, clinical applications, and theory. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 57-72.

Church, D., De Asis, M. A., & Brooks, A. (2012). Brief group intervention using EFT for depression in college students: A randomized controlled trial. *Depression Research & Treatment, 2012*, 1-7.

Church, D. (2014). Pain, depression, and anxiety after PTSD symptom remediation in veterans. *Explore: The Journal of Science and Healing, 10*(3), 162–169.

5. When delivered to groups of people, online, or by telephone, EFT is effective:

Church, D., & Brooks, A. J. (2014). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing, 10*(1), 24–33.

Brattberg, G. (2008). Self-administered EFT in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal, 7*(4), 30-35.

Hartung, J., & Stein, P. (2012). Telephone delivery of EFT remediates PTSD symptoms in veterans. *Energy Psychology: Theory, Research, & Treatment, 4*(1), 33-40.

Church, D. & Brooks, A. (2010). A review of the EFT method, research, and application. *Integrative Medicine: A Clinician's Journal, 9*(4), 46-48.

Stone, B., Leyden, L., & Fellows, B. (2009). Energy psychology treatment for posttraumatic stress in genocide survivors in a Rwandan orphanage: A pilot investigation. *Energy Psychology: Theory, Research, & Treatment, 1*(1), 73-82.

6. EP provides fast and effective trauma relief in natural and human-caused disasters:

Feinstein, D. (2008). Energy psychology in disaster relief. *Traumatology*, 14(1), 124-137.

Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial. *Traumatology*, 18(3), 73–79. doi:10.1177/1534765611426788.

Gurret, J-M., Caufour, C., Palmer-Hoffman, J., & Church, D. (2012). Post-earthquake rehabilitation of clinical PTSD in Haitian seminarians. *Energy Psychology: Theory, Research, and Treatment*, 4(2), 26-34.

Lubin, H., & Schneider, T. (2009). Change is possible: EFT with life-sentence and veteran prisoners at San Quentin State Prison. *Energy Psychology: Theory, Research, and Treatment*, 1(1), 83-88.

7. The positive results of EP treatment persist over time:

Feinstein, D. (2008). Energy psychology: a review of the preliminary evidence. *Psychotherapy: Theory, Research, Practice, Training*. 45(2), 199-213.

Palmer-Hoffman, J., & Brooks, A. (2011). Psychological symptom change after group application of EFT. *Energy Psychology: Theory, Research, & Treatment*, 3(1), 44-51.

8. EP can save the US economy \$65 billion/year:

Church, D. (2010). The economic cost savings of energy psychology treatment. *Energy Psychology: Theory, Research, & Treatment*. 2(1), 9-12.

The Veterans Stress Project

The Veterans Stress Project is a network of over 300 coaches and psychotherapists offering free or low-cost EFT treatments to veterans (www.StressProject.org). Some of these practitioners work within the Veterans Administration system. The Stress Project is also a hub for the study of the effect of EFT on veterans with PTSD. It is the largest program of the National Institute for Integrative Healthcare.

We currently treat hundreds of veterans a year, free of charge. With appropriate funding, we will treat hundreds of thousands. We also need funding to complete the next round of scientific studies, showing the epigenetic effects on the body of healing PTSD. The US Congress has appropriated and spent over \$1 billion over the last few years on PTSD and TBI research. This is twice the amount of money it would cost to provide successful EFT treatment to every single Iraq and Afghanistan veteran suffering from PTSD!

Research demonstrates that EFT is effective when delivered by life coaches as well as licensed mental health professionals. It is also effective in groups, and when delivered by telephone or video teleconferencing. A study of 218 veterans and spouses found a high degree of transferred PTSD in the spouses. PTSD was significantly reduced after group EFT (Church & Brooks, 2014).

The Battle Tap Virtual Online Therapist

EFT is now available on demand to veterans in the form of the Battle Tap online virtual therapist. This sophisticated program guides veterans through an EFT session that addresses their particular problem through personalized audio and video streaming. Battle Tap is available on the StressProject.org web site. It extends the reach of PTSD services, enabling veterans to use Clinical EFT whenever and wherever they need it.

EFT Training and Certification

Training and certification in Clinical EFT (ClinicalEFT.com) is straightforward. It requires three 2-day workshops, required reading and two online proficiency tests, and the completion of 50 supervised sessions. It is accredited for CME for doctors (American Medical Association) and nurses (American Nurses Credentialing Commission), as well as mental health professionals such as psychologists, social workers and psychotherapists (American Psychological Association).

The Next Steps in Implementation

This research must now be translated into a vigorous international campaign to make EFT available to every veteran, as well as the spouses and family members of veterans. With research having demonstrated that PTSD can be remediated in six sessions, the next step is to translate these findings into an action plan. A comprehensive program will include the following elements:

1. Designation by the VA of Clinical EFT as an approved therapy.
2. Training and certification of large numbers of VA personnel in Clinical EFT using training teams of Certified Trainers.
3. Referrals by VA clinicians to the practitioners listed on the Stress Project web site.
4. Dissemination of EFT research via VAnet, Clinician's Update and other VA publications.
5. Publicizing the availability of Battle Tap to VA clinicians and veterans.
6. Offering 90 minute introductions to EFT in the form of Grand Rounds in VA hospitals and Vets Centers.
7. The appointment of a single high-ranking central administrator with the authority to rapidly expand an EFT implementation program.
8. Mailing copies of *The EFT Manual* and *The Clinical EFT Handbook* to every VA clinician.
9. Providing links from government sites that serve veterans to the Stress Project.
10. Inviting veterans who have experienced EFT to write their stories for dissemination.
11. Introducing EFT to existing VA groups such as Twelve Step groups, Family Groups, and Group Therapy.
12. Offering EFT sessions to spouses and children of veterans.
13. Where independent clinicians receive payment from the VA for treating veterans, offering preference to those who become certified in EFT.
14. Maintaining an anonymous database of PCL-M scores pre-post EFT sessions.