

Iraq Vets Stress Project



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

Eric Robins, MD
Kaiser Permanente

"EFT is at the forefront of the new healing movement."

Candace Pert, PhD
*Author of *Molecules of Emotion**

"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, D-MI,

Chair, Senate Armed Services Committee

Soul Medicine Institute Research has Produced Remarkable Breakthroughs

The studies performed by Soul Medicine Institute, or on which SMI collaborated, show the remarkable ability of EP to shift deep-rooted psychological problems such as PTSD and depression, as well as physical problems such as pain and cravings, in very brief time frames. These studies, all published in peer-reviewed journals or professional conferences, represent a paradigm shift in medicine and psychology. The results they show are completely beyond the scope of conventional treatments in speed, power, and ease of use. Yet their experimental rigor means that, taken together, they provide a solid base of evidence support the following propositions:

1. PTSD can be remediated with EFT:

Church, D., Geronilla, L. & Dinter, I., (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study.

International Journal of Healing and Caring, January, 9:1.

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

Church, D., Hawk, C., Brooks, A., Toukolehto, O., Wren, M., Dinter, I., & Stein, P. (2009, September). Psychological trauma in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. Paper presented at the American Academy of Anti-Aging Medicine Conference, San Jose, Sept 9, 2009.

Church, D. (2009a). The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol. *Traumatology*, 15:4.

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

Church, D. & Brooks, A. (2009). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*. In press.

Brooks, A. J. (2010). Psychological symptoms, pain and cravings after EFT group treatment. Paper submitted for publication.

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

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

Feinstein, D. & Church, D. (2010). Modulating Gene Expression through Psychotherapy: The Contribution of Non-Invasive Somatic Interventions. In peer review.

4. Depression, anxiety, cravings, and other psychological problems diminish drastically after a brief course of EFT treatment:

Church, D. & Brooks, A. (2009). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*. In press.

Gallo, F. (2009). Energy Psychology in Rehabilitation: Origins, Clinical Applications, and Theory. *Energy Psychology: Theory, Research, & Treatment*. 1:1.

Stapleton, P., & Sheldon, T. (2010). A Randomised Clinical Trial of Cognitive Behavioural Therapy versus Education Support versus a Meridian-Based Intervention for Food Cravings. Study to be reported at the 12th annual ACEP conference, San Diego, CA, May.

Church, D., & Brooks, A. J. (2009). The effect of EFT (Emotional Freedom Techniques) on Psychological Symptoms in Addiction Treatment). Paper submitted for publication.
5. When delivered to groups of people, rather than individual counseling, EFT is effective:

Church, D. (2009). The treatment of combat trauma in veterans using EFT (Emotional Freedom Techniques): A pilot protocol. *Traumatology*, 15:4.

Church, D. & Brooks, A. (2009). A Review of the EFT (Emotional Freedom Techniques) Method, Research, and Application. *Integrative Medicine: A Clinician's Journal*. In press.

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.

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. (2009, October). Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial. Paper presented at the Eleventh Annual Toronto Energy Psychology Conference, October 15 - 19, 2009. Submitted for publication.

Lubin, H., & Schneider, T. (2009). Change Is Possible: EFT (Emotional Freedom Techniques) with Life-Sentence and Veteran Prisoners at San Quentin State Prison. *Energy Psychology: Theory, Research, and Treatment*, 1(1).

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.

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The Iraq Vets Stress Project

The Iraq Vets Stress Project is a network of over 100 coaches and psychotherapists offering free or low-cost EFT treatments to veterans. Some of these work within the Veterans Administration system. It is also a hub for the study of the effect of EFT on veterans with PTSD.

What the Vets Stress Project Needs

We currently treat hundreds of veterans a year, free of charge. We need the funding to be able to treat thousands. We also need funding to complete the next round of scientific studies, showing the epigenetic effects on the body of healing PTSD.

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The Foundation for Epigenetic Medicine

The Foundation for Epigenetic Medicine is the research arm of Soul Medicine Institute. It has completed many scientific studies showing the beneficial effects on pain, depression, and PTSD that result from EFT treatment.

What the Foundation Needs

We've done all the research possible on a limited budget. The next, exciting step is to demonstrate the changes in immune genes and stress genes that accompany shifts in belief, attitude, and energy medicine. We have many research partners standing by once we receive funding. These include professors at the University of Arizona, California Pacific Medical Center, Marshall University Medical School, and Walter Reed Army Medical Center. Research designs are in place, and once funding is received, we can proceed rapidly to completing studies that show the powerful biological effects of psychological and spiritual transformation.

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