

“Touchdown, Energy Psychology!” TFT Now Listed in National Registry of Evidence-Based Programs & Practices

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(by Robert Schwarz, PsyD, DCEP)

With the Super Bowl coming up in a few days, it seems appropriate to talk about another touchdown for our team. This time we’ve gone deep and achieved another major milestone. Thought Field Therapy, the grandfather of energy psychology, was listed as an evidence-based practice in the SAMHSA registry (NREPP). It was found to be effective or promising in 6 different areas. *This is a big deal.*

SAMSHA stands for the Substance Abuse and Mental Health Services Administration. It is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

The National Registry of Evidence-Based Programs and Practices (NREPP) is an evidence-based repository and review system designed to provide the public with reliable information on mental health and substance abuse interventions. All interventions in the registry have met NREPP’s minimum requirements for review. They have three different outcome ratings: 1) effective, 2) promising, and 3) ineffective.

Evidence Rating (by Outcomes)

- ✔ Personal Resilience/Self-concept
- ✔ Self-regulation
- ✔ Trauma and Stressor-related Disorders and Symptoms
- ✔ Depression and Depressive Symptoms
- ✔ General Functioning and Well-being
- ✔ Phobia, Panic, and Generalized Anxiety Disorders and Symptoms
- ✔ Unspecified and Other Mental Health Disorders and Symptoms

Thought Field Therapy was found to be *effective* for:

1. Trauma and Stressor-Related Disorders and Symptoms
2. Self-Regulation
3. Personal Resilience/Self-Concept

Thought Field Therapy was found to be *promising* for:

1. Phobia, Panic, and Generalized Anxiety Disorders and Symptoms
2. Depression & Depressive Symptoms
3. General Functioning & Well-Being

This is the *first time* that energy psychology has been rated by NREPP and these are good ratings. And it will not be the last. Emotional Freedom Techniques (EFT) has also been submitted and the results are due soon. It is fairly certain that they will be similar.

As practitioners of these approaches we all know they work. But we have to remember that the rest of the world does not know that. And frankly, there are plenty of things out in the world making claims that are not substantiated by facts. In 2012, the APA finally removed the ban on CE for energy psychology. Much has happened since then. Now TFT has been registered by a government agency as an effective treatment for PTSD, self regulation and personal resilience and EFT will also probably be registered in 2016.

Passing these milestones continues the process of legitimizing energy psychology (EP) in the eyes of the mainstream. It makes it easier for people accept that it is real. Recently someone asked me if she could say that EP was evidenced based. Here is another data point that allows us to say that EP has been found to be evidenced based – at least for trauma, stress, resiliency and emotional regulation.

So the score for the Super Therapy Bowl is:

Energy Psychology – 7 Skeptical Naysers – 0

We've got the ball. It's first down on their 5 yard line.

Robert Schwarz, PsyD, DCEP
Executive Director
Association for Comprehensive Energy Psychology
www.energypsych.org