

Hi Caroline

We know you've been getting a lot of emails from us recently - but that's because there's been a lot of great information to share with you. And here's something so important to our field (and all holistic healing), that we didn't want to wait to tell you.

Thought Field Therapy (TFT), the grandfather of energy psychology was recently 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.

Here is another data point allowing us to say that energy psychology has been found to be evidenced based – at least for trauma, stress, resiliency and emotional regulation. It's an important step toward the wider use of EP.

Emotional Freedom Technique (EFT) has also been submitted, and the results are due soon.

You can read all about this exciting news in Bob's blog post, just published.

Read the blog

This is such great news! Please forward this email widely to your colleagues so they can share in the joy.

Warm regards

Fred & Bob

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