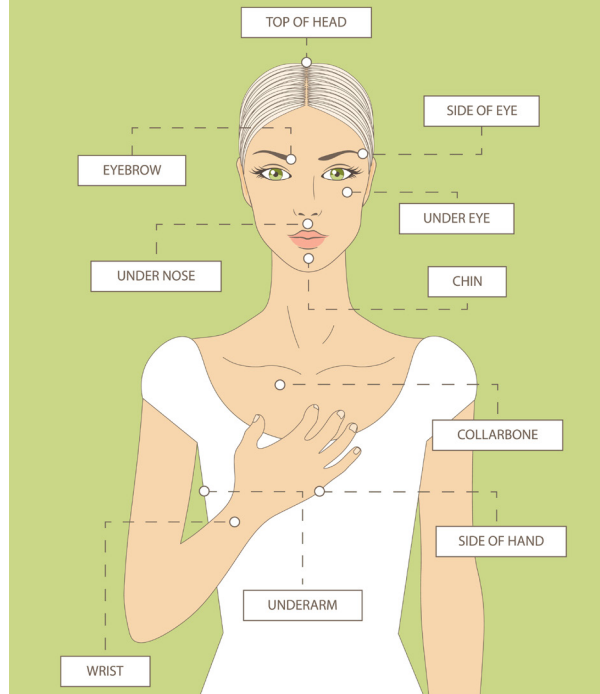


## EMOTIONAL FREEDOM TECHNIQUE



# NeuRA

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## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### What are emotional freedom techniques?

Emotional freedom techniques use established exposure methods and cognitive processing, along with stimulation of acupoints. During treatment, the client remembers a traumatic memory or emotional trigger and pairs it with cognitive reframing while tapping, holding, or massaging a set of acupoints. Like acupuncture, the tapping is thought to help access the body's energy and send signals to the part of the brain that controls stress. Rounds of mental exposure, cognitive processing, and acupoint stimulation are repeated until the client can bring the memory to mind with little or no subjective distress.

### What is the evidence for emotional freedom techniques?

Moderate to low quality evidence found a large improvement in PTSD symptoms after treatment with emotional freedom techniques. However, individual studies found no advantage for these techniques over other psychosocial interventions such as cognitive behavioural therapy.

For more information see the technical table



# NeuRA

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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.*

## HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate](http://neura.edu.au/donate)