

## Phobias

An excellent study by psychologist Steve Wells and his associates in Australia and the United States studied the effects of EFT on phobias of small animals and insects. This study is published in a leading peer reviewed journal, the Journal of Clinical Psychology.

The results of the study are impressive. Those subjects who had learned EFT, as compared to those in a comparison group who had learned a deep breathing method, showed significantly greater reduction in their fear of small animals and insects - both in terms of their ability to approach the feared animal after the treatment, and their self reported indexes of fear. What is more, these results held up just as well six to nine months later as they did at the time of the treatment, showing that the results of EFT are lasting - an important consideration. The deep breathing group improved also in their symptoms, but significantly less so. All told, this careful study represents a strong confirmation of EFT as a treatment for phobias and common fears. *Wells, S., Polglase, K., Andrews, H.B., Carrington, P., & Baker, A.H. (2003). Evaluation of a Meridian Based Intervention, Emotional Freedom Techniques (EFT), for Reducing Specific Phobias of Small Animals. Journal of Clinical Psychology, Vol. 59(9), 943-966.*