

Post Traumatic Stress Disorder

Research conducted by Dr. Paul Swingle and his colleagues, studied the effects of EFT on auto accident victims suffering from Post Traumatic Stress Disorder - an extremely disabling conditioning that involves unreasonable fears and often panic attacks, disabling physiological symptoms of stress, nightmares, flashbacks etc. These researchers found that three months after they had learned EFT (in two sessions) these auto accident victims showed significant positive changes in their brain waves and in self-reported symptoms of stress. Swingle, P., Pulos, L., & Swingle, M. (May, 2000). Effects of a meridian-based therapy, EFT, on symptoms of PTSD in auto accident victims. Paper presented at the annual meeting of the Association for Comprehensive Energy Psychology, Las Vegas, NV.