



Klinische Studien von Dawson Church, PhD Emotional Freedom Technique (EFT) & EcoMeditation

Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health.

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Abstract

Emotional Freedom Technique (EFT) is an evidence-based self-help therapeutic method and over 100 studies demonstrate its efficacy. However, information about the physiological effects of EFT is limited. The current study sought to elucidate EFTs mechanisms of action across the central nervous system (CNS) by measuring heart rate variability (HRV) and heart coherence (HC); the circulatory system using resting heart rate (RHR) and blood pressure (BP); the endocrine system using cortisol, and the immune system using salivary immunoglobulin A (SigA). The second aim was to measure psychological symptoms. Participants (N = 203) were enrolled in a 4-day training workshop held in different locations. At one workshop (n = 31), participants also received comprehensive physiological testing. Posttest, significant declines were found in anxiety (-40%), depression (-35%), posttraumatic stress disorder (-32%), pain (-57%), and cravings (-74%), all $P < .000$. Happiness increased (+31%, $P = .000$) as did SigA (+113%, $P = .017$). Significant improvements were found in RHR (-8%, $P = .001$), cortisol (-37%, $P < .000$), systolic BP (-6%, $P = .001$), and diastolic BP (-8%, $P < .000$). Positive trends were observed for HRV and HC and gains were maintained on follow-up, indicating EFT results in positive health effects as well as increased mental well-being.

<https://www.ncbi.nlm.nih.gov/pubmed/30777453>



The Interrelated Physiological and Psychological Effects of EcoMeditation.

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Abstract

This study investigated changes in psychological and physiological markers during a weekend meditation workshop (N = 34). Psychological symptoms of anxiety, depression, posttraumatic stress disorder (PTSD) and happiness were assessed. Physiological markers included cortisol, salivary immunoglobulin A (SigA), heart rate variability (HRV), blood pressure (BP), and resting heart rate (RHR). On posttest, significant reductions were found in cortisol (-29%, $P < .0001$), RHR (-5%, $P = .0281$), and pain (-43%, $P = .0022$). Happiness increased significantly (+11%, $P = .0159$) while the increase in SigA was nonsignificant (+27%, $P = .6964$). Anxiety, depression, and PTSD all declined (-26%, $P = .0159$; -32%, $P = .0197$; -18%, $P = .1533$), though changes in PTSD did not reach statistical significance. No changes were found in BP, HRV, and heart coherence. Participants were assessed for psychological symptoms at 3-month follow-up, but the results were nonsignificant due to inadequate sample size ($n = 17$). EcoMeditation shows promise as a stress-reduction method.

<https://www.ncbi.nlm.nih.gov/pubmed/29502445>