



Clinical EFT Handbook 1: A Definitive Resource for Practitioners, Scholars, Clinicians, and Researchers. Volume 1: Biomedical & Physics Principles, ... and Fundamental Techniques of Clinical EFT

By Dawson Church, Stephanie Marohn

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EFT (Emotional Freedom Techniques) is used by an estimated 10 million people worldwide. Yet a lack of standardization has led to a field in which dozens of forms of EFT, with varying degrees of fidelity to the original, can be found. This led to the establishment of Clinical EFT, the form of EFT taught in the original EFT Manual and associated materials, and validated in over 20 clinical trials. In this volume, the most noted scholars, researchers and clinicians in the field compile a definitive outline of the EFT protocol, as it is applied in medicine, psychiatry, psychotherapy, and life coaching. Chapters cover the clinical application of EFT to fields such as addiction treatment, sports, surgery, weight loss, social problems, and family therapy. Scientists explain the physiological mechanisms of action of EFT, as well as its sources in physics and chemistry. Researchers describe EFT's path to acceptance as an "evidence-based" practice. This handbook is essential reading for anyone wishing to understand EFT as validated in research, science, and best clinical practice. Contributors (in alphabetical order): Ann Adams • Suzanne D. Alfandari • Angela Amias • John Arden • Larry Burk • Valerie J. Burke • Dawson Church • Carol Crenshaw • Charles B. Crenshaw, Jr. • Karin Davidson • Peter Donn • David Feinstein • Bert Fellows • Alina Frank • Judith H. Frost • Fred P. Gallo • Brigitte Hansoul • Rue Anne Hass • Jenny Johnston • Willem Lammers • Lori Leyden • Bruce H. Lipton • Valerie Lis • Carrie McCabe • Betsy Bartter Muller • Rob Nelson • Annie O'Grady • James Oschman • Maurie Pressman • Claudia Schecter • Kathryn B. Sherrod • Mary T. Sise • Barbara Stone • Jan L. Watkins • Yves Wauthier • Garret Yount

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Editorial Review

About the Author

Dawson Church, PhD, is an award-winning author whose best-selling book, *The Genie in Your Genes*, has been hailed as a breakthrough in the field of epigenetics. He has published numerous scientific papers, with a focus on the remarkable self-healing mechanisms now emerging at the intersection of emotion and gene expression. He applies these breakthroughs to health and athletic performance through EFT Universe.com, which is one of the largest alternative medicine sites on the web. He was educated at Baylor University and Holos University, where he earned his doctorate under the tuition of Harvard-trained neurosurgeon Norm Shealy, MD, PhD, with whom he co-authored *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*. He is editor emeritus of the peer-reviewed journal *Energy Psychology: Theory, Research & Treatment*, and founded the nonprofit National Institute for Integrative Healthcare to research and train practitioners in energy psychology. He works with businesses and sports teams to achieve peak performance; he no longer accepts private clients but instead refers them to the certified practitioners at EFT Universe.

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