

## **Energy Psychology Bibliography**

### **Energy psychology**

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*Feinstein, David (2004) Energy psychology interactive*. Ashland, OR: Innersource.

Gallo, Fred (2004). *Energy psychology: Explorations at the interface of energy, cognition, behavior and health (2<sup>nd</sup> ed.)*. Boca Raton, FL: CRC Press (Taylor & Francis).  
**(Excellent section on comparing paradigms)**

Gallo, Fred (ed.) (2002) *Energy psychology in psychotherapy: A comprehensive sourcebook*. NY: Norton.

Gallo, Fred. (2000). *Energy tapping: How to rapidly eliminate anxiety, depression, cravings & more using energy psychology*. Oakland, CA: New Harbinger Press.

Tiller, William (1997) *Science and human transformation: Subtle energies, intentionality and consciousness*. Walnut Creek, CA: Pavior Press. **(Even if you know a lot about physics, be prepared to do some serious mental work--but it's worth it!)**

### **EFT**

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### **EFT Research**

Baker & Siegel (2005) Can a 45 minute session of eft lead to reduction of intense fear of rats, Spiders and water bugs?: a replication and extension of the wells et al. (2003) laboratory Study. Paper presented at the 7<sup>th</sup> International Conference for Comprehensive Energy Psychology, Baltimore, MD April 27-May 4.

McCarty, W.A. (2006). Clinical story of a 6-year old boy's eating phobia: an integrated approach Utilizing prenatal and perinatal psychology with energy's emotional freedom technique (EFT) in a surrogate nonlocal application. *Journal of Prenatal & Perinatal Psychology & Health*. 21(2), 117-139.

Rowe, J. (2005). The effects of eft on long-term psychological symptoms. *Counseling and Clinical Psychology Journal* (2)3, 104-114.

Swingle, P.G., Pulos, L., and Swingle, M.K. (2004) Neurophysiological indicators of EFT treatment. of post-traumatic stress. *Subtle Energies and Energy Medicine*, (15) 1, 75-86. **(A peer reviewed journal)**

Waite, L.W. & Holder, M.D. (2003). Assessment of the emotional freedom technique: An alternative treatment for fear *The Scientific Review of Mental Health Practice*, 2 (1) 20-26. **(Interesting finding, that although EFT was effective, it was any more so than traditional approaches, and that the “results do not support the idea that the purported benefits of EFT are uniquely dependent on the ‘tapping of meridians.’)**

Wells, S., Polgase, 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*, 59, 943-966.

## **Integrating Energy Psychology with Traditional Approaches**

Galina, H. *How this therapist uses cognitive behavioral therapy with EFT together.*  
<http://www.emofree.com/Articles2/CBT-galina.htm>.

Mollon, P. (2005) *Emdr and the energy therapies: Psychoanalytic perspectives.*  
London, England: Karnac Books.