

RESEARCH STUDY

Burnout in Health Care Workers Dramatically Reduced by EFT Tapping³

4-hours of EFT Tapping produces a significant reduction in psychological distress, pain, and cravings in health care workers.

This study investigated 216 health-care workers who attended 5 professional conferences over a year. They included alternative-medicine practitioners, nonmedical personnel, chiropractors, and physicians (76% were female, and the average age was 48 years). The study was primarily measuring burnout in workers. Immediately before and after the workshop, participants completed a measure of their pain levels, emotional distress, and food cravings. Everyone received a 2-hour workshop on EFT Tapping and then a 2-hour session where they self-applied the technique. After the 4-hours, they reported significant improvements in their pain levels, emotional distress, and food cravings.

90 days later all the participants were contacted to see if they had continued to self-apply EFT Tapping once a week, 3 times a week, or not at all. Higher use of EFT Tapping was associated with a steeper decrease in psychological symptoms. There were 70 people who indicated they were using EFT Tapping at least 3 times a week. The study found EFT Tapping to be effective for immediate and prolonged relief from issues typical in burnout: pain, distress, and cravings.

EFT TAPPING FOUND EFFECTIVE IN REDUCING SYMPTOMS TYPICAL OF BURNOUT:

- ↓ pain
- ↓ distress
- ↓ cravings

SYMPTOM SEVERITY IMPROVED BY AN AVERAGE OF

45%

(measured by GSI from the lowest possible normal baseline values)

SYMPTOM BREADTH IMPROVED AN AVERAGE OF

40%

(measured by PST)