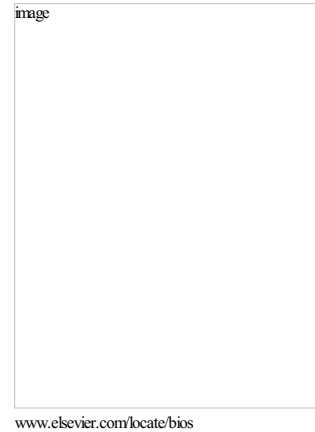


Author's Accepted Manuscript

NATURALLY THIN YOU: WEIGHT LOSS AND
PSYCHOLOGICAL SYMPTOMS AFTER A SIX
WEEK ONLINE CLINICAL EFT (EMOTIONAL
FREEDOM TECHNIQUES) COURSEOnline Clinical
EFT Treatment

Dawson Church, Peta Stapleton, Lily Sheppard, Brett
Carter



PII: S1550-8307(17)30096-4
DOI: <https://doi.org/10.1016/j.explore.2017.10.009>
Reference: JSCH2255

To appear in: *Explore: The Journal of Science and Healing*

Cite this article as: Dawson Church, Peta Stapleton, Lily Sheppard and Brett Carter, NATURALLY THIN YOU: WEIGHT LOSS AND PSYCHOLOGICAL SYMPTOMS AFTER A SIX WEEK ONLINE CLINICAL EFT (EMOTIONAL FREEDOM TECHNIQUES) COURSEOnline Clinical EFT Treatment, *Explore: The Journal of Science and Healing*, doi:10.1016/j.explore.2017.10.009

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**Naturally Thin You: Weight Loss and Psychological Symptoms after a Six Week
Online Clinical EFT (Emotional Freedom Techniques) Course**

Dawson Church¹, Peta Stapleton², Lily Sheppard², Brett Carter²

¹ National Institute for Integrative Healthcare, Fulton, CA., USA. Corresponding concerning this article should be addressed to Dawson Church, 3340 Fulton RD, #442, Fulton, CA 95439; e-mail: dawsonchurch@gmail.com. These data were presented at the conference of the Association for Comprehensive Energy Psychology, San Jose, CA, June 1, 2016.

² Bond University

All correspondence is to go to Dr Peta Stapleton, Associate Professor, School of Psychology, Bond University, Gold Coast, Queensland, 4229, Australia
Telephone: +61 7 55952 515, Facsimile: +61 7 55952 540, pstaplet@bond.edu.au

Running Head: Online Clinical EFT Treatment

Acknowledgments: Sophia Banton, Emory University School of Medicine

Author contribution: Details of all authors' involvement (study conception/design; data collection/analysis; drafting of manuscript; critical revisions for important intellectual content; supervision; statistical expertise; administrative/technical/material support)

Funding: None

Abstract

Background/Objective: Traditional methods of delivering therapeutic interventions have increasingly been supplemented by online courses. The current study investigated the effects of Clinical EFT (Emotional Freedom Techniques) in 76 participants enrolled in a six-week online course called Naturally Thin You. Weight, restraint, the power of food in the external environment, happiness, and post traumatic stress (PTSD) symptoms were assessed before and after the course and at one year follow-up. Method: Participants received six live group teleclasses, access to online course materials and a private social media group, and a year of monthly support teleclasses. No particular diet was recommended; the course focused instead on controlling emotional eating, and using EFT to treat the emotional triggers associated with

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