

## Sources for Statements in the David Gruder Interview

(also see [www.energymed.org/ep.htm](http://www.energymed.org/ep.htm))

- “Now there is a therapy that appears, in a series of clinical studies, to be more effective than conventional treatments. “

These studies are reviewed in [www.EnergyPsychEd.com/mechanisms.pdf](http://www.EnergyPsychEd.com/mechanisms.pdf)

- “PTSD is a mental health epidemic that disrupts the lives of more than five million people in the United States.”

[www.ptsd.va.gov/public/pages/how-common-is-ptsd.asp](http://www.ptsd.va.gov/public/pages/how-common-is-ptsd.asp)

- “Less than one in ten veterans who seek care for PTSD from the Department of Veterans Affairs actually complete the treatment as recommended.”

Seal, K. H., Maguen, S., Cohen, B., Gima, K. S., Metzler, T. J., Ren, L., . . . Marmar, C. R. (2010). VA mental health services utilization in Iraq and Afghanistan veterans in the first year of receiving new mental health diagnoses. *Journal of Traumatic Stress, 23*, 5- 16.

- “This past April, the results from a “randomized controlled design” – the gold standard in health care research – were presented at the prestigious Society of Behavioral Medicine Conference in Seattle.”

Church, D., Hawk, C., Brooks, A., Toukolehto, O., Wren, M., Dinter, I., & Stein, P. (2010, April). Psychological trauma in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. Poster session at the 31st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Seattle, April 7-10, 2010. Retrieved April 20, 2010, from [www.stressproject.org/documents/ptsdfinal1.pdf](http://www.stressproject.org/documents/ptsdfinal1.pdf)

- “ACEP has met every one of the APA’s published standards for CE credit approval many times over . . . ”

<http://www.energymed.org/ep/ACEP-on-APA-CE-Standards.pdf>

- “By 2006, more than 300,000 veterans from Iraq and Afghanistan were already suffering with PTSD and its symptoms, such as flashbacks, insomnia, nightmares, fractured relationships, and inability to concentrate or hold a job.”

<http://www.rand.org/news/press/2008/04/17/>

- “Energy Psychology treatments produce stronger outcomes than those found for other PTSD treatments.”

Documented in [www.EnergyPsychEd.com/mechanisms.pdf](http://www.EnergyPsychEd.com/mechanisms.pdf)

- “At least three international disaster relief organizations have adopted Energy Psychology as a core modality in treating mental health challenges of disaster survivors.”

Green Cross, ATFT Foundation, and Mexican Association for Crisis Therapy, as well as ACEP. See [www.energytraumatreatment.com](http://www.energytraumatreatment.com)