

Comparing AIT and EFT in reduction of negative emotions associated with a past memory: A Randomized Control Study

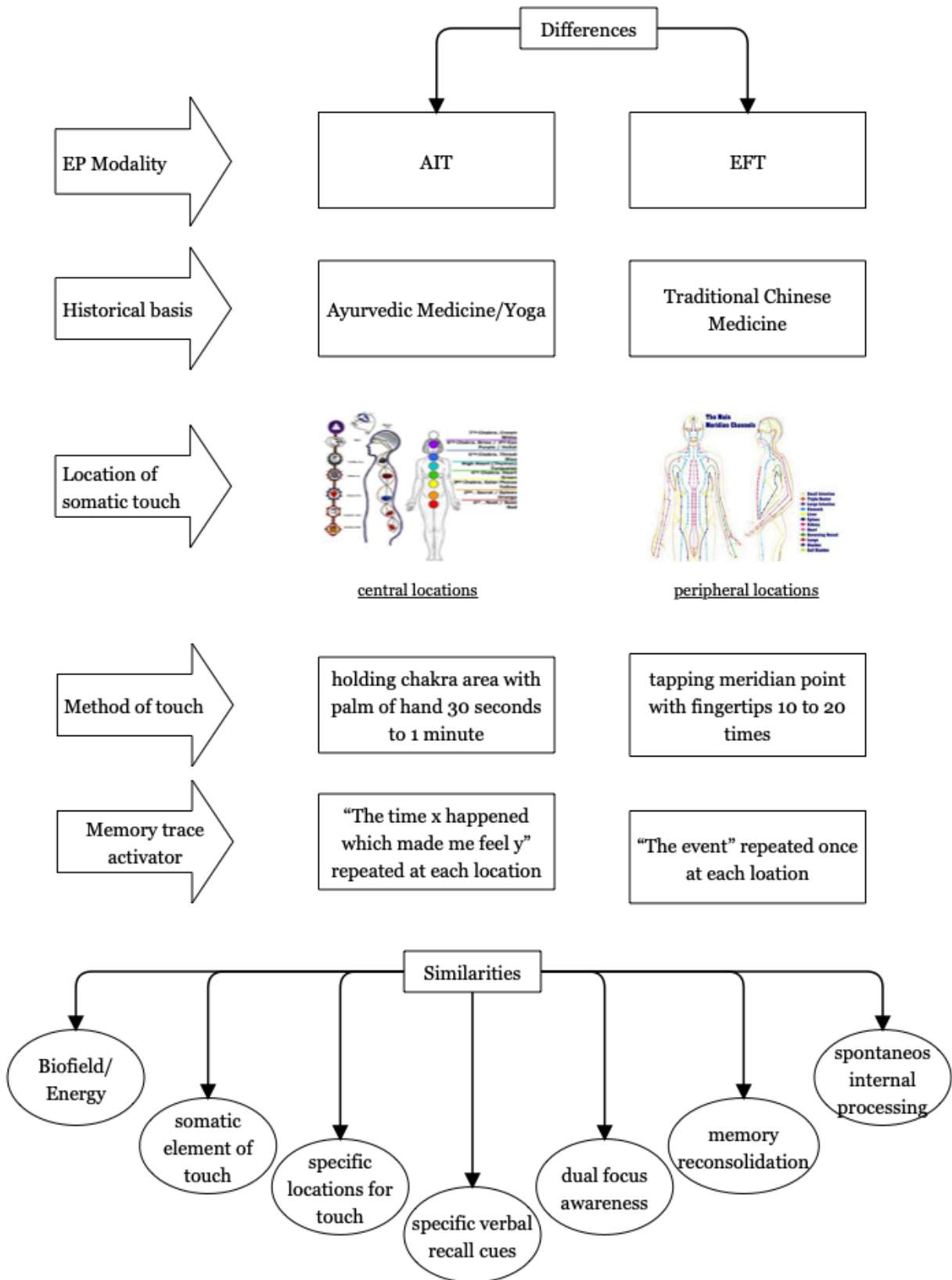
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Advanced Integrative Therapy [AIT] is an Energy Psychology-based system of intervention utilized by psychotherapists since the late 1990s. Recently, a study investigated the perceptions of therapists regarding the effectiveness of AIT in reducing negative emotions related to past traumatic events. Emotional Freedom Technique (EFT) is a well-researched Energy Psychology based intervention and has been established as an effective intervention for post-traumatic stress disorder. This study is the first to compare AIT and EFT in reducing negative emotions associated with a particular memory in a sample of college and professional students, randomly assigned to one intervention. A total of 72 students (intervention AIT: n=38, 52.8%) or EFT (intervention EFT: n=34, 47.2%), completed a pre/post survey consisting of Subjective Units of Distress (SUD), presence of the initial negative emotion, and presence of the original physical sensation. Both interventions led to a significant drop in SUD scores from over 4 (pre-intervention) to about 1 (post-intervention). There were no statistically significant differences observed in the post intervention mean SUD scores (1.03 ± 1.10 vs. 1.29 ± 0.71 , $p = 0.2$) and HRV (52.02 ± 20.68 vs. 47.23 ± 21.55 , $p = 0.4$) among both intervention arms. A significantly higher proportion of participants who underwent AIT required only one round of intervention to drop their SUD to either 0 or 1 as opposed to those with intervention EFT (47.4% vs. 14.7%, $p = 0.012$). The results of this trial suggest equivalence of AIT and EFT, that AIT provides the same degree of robust response already documented with EFT in reducing the negative emotions associated with traumatic past experiences. This first randomized control trial (RCT) of AIT compared with a known effective treatment, EFT, provides an initial set of data to suggest that AIT demonstrates similar efficacy in the reduction of negative emotions associated with past traumatic experiences.



Figure 1: Differences and Similarities Between AIT and EFT



EP = Energy Psychology, AIT = Advanced Integrative Therapy [Quick AIT Protocol], EFT = Emotional Freedom Technique