



Research on the success of EFT: EFT appears to move couples from distress to recovery in 12-16 sessions for 70-75% of cases, and creates improvements in 90% of couples coming in for therapy. EFT has been used with many different types of couples in private practice, university training centers and hospital clinics. These distressed couples include partners suffering from disorders such as depression, post- traumatic stress, and chronic illness.