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FOR IMMEDIATE RELEASE

October 24, 2014 (Albany, NY) – The UAlbany School of Social Welfare is currently recruiting participants nationally for a pilot study, using EFT (Emotional Freedom Technique) to treat Post Traumatic Stress Disorder (PTSD) in individuals 21 and older who have experienced a heart event. The research team includes Heather Larkin, PhD, Lara Kaye, PhD, and Ron Toseland, PhD, with Mary Sise, LCSW, who is supervising the interventionists.

EFT is a simple acupuncture technique that is showing promise for its ability to calm the part of the brain that becomes over-aroused or frozen during a traumatic event. It involves tapping on the Chinese meridian system of the body and a series of eye movements. Once the individual learns the technique they are then able to regulate their own mind/body system to eliminate the flashbacks, nightmares and terror that can plague them after a traumatic event.

Possible study participants are individuals 21 or older who had a heart event, such as heart surgery or heart attack and who may be experiencing symptoms such as: increased anxiety; difficulty falling asleep; nightmares; physical reactions to reminders of the event, such as pounding heart, rapid breathing, sweating and muscle tension; increased irritability; feeling jumpy or hyper alert; feeling alienated; or an increased use of alcohol or drugs to calm down.

Interested individuals are asked to email [EFT@albany.edu](mailto:EFT@albany.edu) or call 518-442-3824 to learn more about the study.

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