

EFT for strong phase transitions

Wednesday 26 November 2025 17:00 (25 minutes)

I present an EFT framework for strong, indeed the strongest, cosmological phase transitions this is precisely where standard high-temperature dimensional reduction fails. After reviewing high-temperature dimensional reduction for weak and intermediate transitions and pinpointing where its standard assumptions fail we construct EFTs that remain valid for very strong transitions. The approach applies to Higgs-like and multi-field models, including those with tree-level barriers.

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