# What if I want to Learn More?

**Join the EFT Mentor private group on Facebook:**
**https://www.facebook.com/groups/213333792437188/**

**EFT** is a lovely modality that works as an excellent self-help tool and to use therapeutically to support clients in a variety of settings.

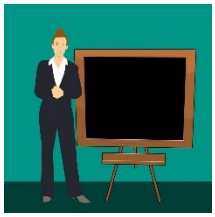
**Some** people just want to learn more about EFT to use it as a tool to stress less and feel calmer at the end of a day. A simple EFT manual can give you all the basics. A few sites where you can download a free EFT manual or buy one:

https://www.eftuniverse.com/eft-related-press-releases/your-free-gift-from-dawson

https://archive.org/details/EftManual

https://www.amazon.ca/s/?ie=UTF8&keywords=eft+manual&tag=googcana-20&index=aps&hvadid=208334514845&hvpos=1o1&hvnetw=g&hvrand=17899992769335370839&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001286&hvtargid=kwd-323970020874&ref=pd_sl_62qx5lc4yw_e

You can also find EFT Manuals at most libraries to read and learn from.
You may also want to check out other books on EFT from the library or Amazon etc. to learn and apply.



Taking an **EFT Level 1 Introductory Course** is also a great way to learn all the basics to apply to yourself and to use with others.

**WHAT IF I WANT TO GET TRAINED AND/OR CERTIFIED IN EFT?**
In person workshops or online workshops are a great way to get more training and in smaller groups.

**You can contact Debra Coffey at 780-660-1428 or debra@healthstreamwellness.com to ask about in person and online training and certification in EFT.**

- EFT Introductory Level – Basics and More (7-10 hours of training)
- EFT Intermediate Level – Moving Into More (14 hours of training)
- EFT Advanced Level – Icing on the Cake (14 hours of training)

There are 2 levels of certification Intermediate EFT Practitioner and Advanced EFT Practitioner. More details are provided when you decide to move toward certification.