

# Energy Psychology (EP) Learning Resources

## Web Sites

[www.emofree.com](http://www.emofree.com) – Gary Craig’s web site—the best place to start— has free EFT manual you can download and under “Resources” lists hundreds of clinical examples of EFT in action  
<http://www.eftmasters.com/> - This new web site, created by Gary Craig for the Master EFT practitioners  
[www.TATLife.com](http://www.TATLife.com) —Tapas Fleming’s web site— free ‘How to Do TAT’ download  
[www.innersource.net/energy\\_psych/energy\\_psychology.htm](http://www.innersource.net/energy_psych/energy_psychology.htm) - Donna Eden’s web site—this page on the site focuses on energy psychology techniques  
[www.masteringeft.com](http://www.masteringeft.com) - Patricia Carrington’s web site- Look for the “Choices Method” which adds positive affirmations to the EFT protocol  
[www.carollook.com/emotionalfreedom](http://www.carollook.com/emotionalfreedom) Carol Look’s web site. Carol specializes in dealing with addictive behaviors  
[www.meridiantherapy.org/](http://www.meridiantherapy.org/) information on EFT, TAT and other EP techniques

## Workshops

[www.emofree.com](http://www.emofree.com) - under “Resources” then “Find Workshops” lists workshops by state and also lists some teleconferences

## DVD’s, CD’s and MP3s

[www.emofree.com/EFTStore](http://www.emofree.com/EFTStore) Gary Craig’s learning DVDs—Start with the 16 hour “The EFT Course” (\$60)  
- Then go on to the more advanced DVD’s  
[www.TATLife.com](http://www.TATLife.com) —Tapas Fleming has a wide variety of CD’s, DVDs, video downloads and MP3s  
[www.theamt.com](http://www.theamt.com) — has a number of CD’s available  
[www.innersource.net](http://www.innersource.net) — the “Energy Psychology Interactive” is a 40 self-training CD for your computer  
[www.masteringeft.com](http://www.masteringeft.com) - Patricia Carrington has created a series of CD’s to teach EFT and her “Choices method”

## Free Podcasts and Videos

[www.eft-talk.com](http://www.eft-talk.com) - series of podcasts hosted by two EFT Masters, Carol Look and Rick Wilkes  
[www.youtube.com/watch?v=nKMFpFB1Ng8](http://www.youtube.com/watch?v=nKMFpFB1Ng8) — entitled “Try the EFT Shortcut Process” - the basics  
<http://video.google.com/videoplay?docid=-5842830317953039708&q=carol+tuttle&hl=en>  
Carol Tuttle does a video entitled “Use this technique to Overcome Food Cravings) - once here you will find links to many other Carol Tuttle EP videos  
[www.youtube.com/watch?v=dpAYDmJwmGg&mode=related&search=](http://www.youtube.com/watch?v=dpAYDmJwmGg&mode=related&search=) Entitled the “EFT Personal Peace Procedure” -