



## **Finding/Recruiting Your Own Immanuel Approach Facilitator**

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It probably won't surprise anyone to hear that we receive many, many requests along the lines of "Can you help me find a therapist/emotional healing minister who can facilitate Immanuel approach emotional healing for me?" We are working hard to train Immanuel approach facilitators, and to post information regarding these people on the "Immanuel Colleagues" page of our Immanuel approach website ([www.immanuelapproach.com](http://www.immanuelapproach.com)), but the small number of facilitators we are aware of are profoundly unable to provide sessions for the large number of people who want them. Therefore, an important part of the answer to these requests is for people to find or recruit their own Immanuel approach facilitators. With respect to *finding* your own facilitator, contact the Christian therapists in your area and ask them if they are familiar with our Immanuel approach to emotional healing, whether they have experience in using it, and whether they have seen good results. Ideally, you will find someone who is already experienced and getting good results. Another way to find your own facilitator is to look for a group running the *Healing* module of the *Thriving* program described above. Just as the group exercises in the Healing module are a good place to learn to facilitate for others, they are also a good place to receive Immanuel healing for yourself.

With respect to *recruiting* your own Immanuel approach facilitator, find someone with good right-brain interpersonal skills, maturity,<sup>1</sup> high capacity for being with people displaying negative emotions, and good spiritual discernment. Ideally, this person will also already have training and experience with other techniques that are effective in working through the unresolved content carried inside traumatic memories (such as EMDR or Theophostic®-based emotional healing). Then use any legal, ethical method you can find (prayer, requests, argument, begging, payment, barter, calling in old debts, leveraging relationship connections, etc.) to get them to learn the Immanuel approach. Along these lines, the condensed versions of the live sessions are one of the best ways to introduce people to the Immanuel approach. At fifteen to twenty minutes each, they require a very modest time investment that most are willing to make; and the powerful healings during the sessions and striking fruit apparent at the follow-up interviews tend to be very effective in convincing people that this is an approach to emotional healing that merits further investigation.<sup>2</sup>

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<sup>1</sup>Again, I use "right-brain interpersonal skills and maturity" to be more accessible to the average reader. For those who want to be more precise and who are familiar with "Brain Science, Psychological Trauma, and the God Who Is with Us ~ Part II," you can substitute the more accurate "right hemisphere pain-processing pathway maturity skills."

<sup>2</sup>There are currently four sets of condensed sessions available: *Live Emotional Healing Ministry ~ Four Condensed Sessions* (Live Ministry Series #8), *Live Emotional Healing Ministry ~ Four MORE Condensed Sessions* (Live Ministry Series #10), *Live Emotional Healing Ministry ~ Condensed Sessions, 3<sup>rd</sup> Set*, (Live Ministry Series #15), and *Live Emotional Healing Ministry ~ Condensed Sessions, 4<sup>th</sup> Set* (Live Ministry Series #20). We recommend starting with the first and the fourth sets if you will be sharing them with others as a first introduction to the Immanuel approach. These DVDs can be obtained through the store page of [www.kclehman.com](http://www.kclehman.com).

Note that it is okay to be very direct in asking a therapist whether or not she is already familiar with the Immanuel approach, whether she has experience with it, whether she has seen good results, or even whether or not she would be willing to learn it and give it a try. If a therapist is threatened and/or offended by these direct questions it is because she is triggered, *and this is not your fault*. Some really good therapists might be initially triggered and then get over it; but if the person you talk to is not able to handle this direct initial discussion, then you don't want to work with her. It is also okay to move to somebody new if the person you are working with does not seem able to facilitate the Immanuel approach as described in these essays and as portrayed in the live-session DVDs.

The bulimia case study posted on our website provides an important example. Mary would not have received life-changing healing if she had not been willing to move on to someone else when the first two therapists were not able to provide what she was looking for.<sup>3</sup>

Also, while recruiting someone who is already trained and experienced as a therapist may be necessary for more severe and/or complicated trauma, many less severe, less complicated traumatic memories can be resolved in the context of lay people facilitating for each other. That is, the "someone with good right-brain interpersonal skills, maturity, high capacity for being with people displaying negative emotions, and good spiritual discernment" might be a lay person, such as a close friend, a member of your prayer group, or your spouse. For example, in our church there are several groups of lay people that have gotten together to facilitate Immanuel approach emotional healing for each other, and this has gone fairly well. We also know of several different couples who have learned to facilitate Immanuel healing for each other.

If you and your prayer partner/the others in your group are all beginners, we recommend that you use the "safety nets" described in the discussion of group exercises at the end of "Brain Science, Psychological Trauma, and the God Who Is with Us ~ Part V." Even if you are facilitating one-on-one sessions for each other, as opposed to trying group exercises, we encourage you to use the group exercise "safety nets" when you are just getting started.<sup>4</sup>

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<sup>3</sup> See "Freedom from Bulimia: Case Study/Testimony," available as a free download from [www.kclehman.com](http://www.kclehman.com).

<sup>4</sup> People with severe trauma and poor discernment can still get into trouble, but most healing partners/learning groups should be able to practice safely if they carefully apply the safety nets recommended for group exercises.