

Basic Immanuel Approach Exercise for Groups and Beginners

(small tool box, alternative one page summary, Karl Lehman, M.D., Revised 2/14/2014)

Beginning of session: Coach the person to establish an interactive connection, go to a traumatic memory,³⁰ and offer the basic Immanuel invitation and request from inside the memory. Then use the following very small tool box of healing interventions and troubleshooting tools. **Remember – don't go to the traumatic memory if the recipient can't establish an initial interactive connection**

- 1) Primary healing intervention: As with super simple, coach the recipient to focus on Jesus, and to engage with Him at every point in the session, regarding every issue that comes up, and regarding every difficulty that she encounters. But feel free to use a little more discernment and varied vocabulary in coaching the person to ask Jesus for guidance, ask Jesus for healing, ask Jesus for resources, and ask Jesus for help.
- 3) Additional simple healing intervention: Help the person get words for whatever she is thinking, feeling, or experiencing, and then coach her to communicate this directly to Jesus.
- 4) Additional simple healing intervention: As always, after each interaction with Jesus coach the recipient to describe any thoughts, emotions, images, memories, or physical sensations that come into her awareness. But you can include more skilled coaching to help the recipient notice the content of her internal awareness, more persistent, skilled coaching to describe *everything* that comes into her awareness, and also more skilled help with recognizing the clues that come forward.
- 2) Simple troubleshooting: If the person loses perception of Jesus and connection with Jesus at any point in the session, help them reestablish connection: 1) coach simple invitation and request (“Jesus, I make a heart invitation for You to be with me here. Help me to perceive Your presence and to connect with You”), and then coach them to report “whatever comes into your awareness.” 2) If they do not perceive and connect, try VERY SIMPLE trouble shooting: “What’s in the way?” Coach to report whatever comes into his/her awareness. “What should we do? How do we cooperate with Your plan?” Coach to report whatever comes into his/her awareness, and then follow any guidance from Jesus. If this doesn't work fairly quickly (or at any point the facilitator and/or recipient feel uncomfortable with the session and/or feel they are getting in too deep), help recipient go back to initial positive connection.
- 5) “Safety net” troubleshooting tool: As with super simple, go back to the initial positive place, in that context ask Jesus for more guidance and help (including, “Why stuck in the other place?”), and then go back to the difficult place when ready. Note: can just stay in positive place, and end session there, if recipient doesn't feel ready to go back to difficult place.

Safety net: If, for any reason, the session feels stuck, or the recipient can't get all the way through to healing in the time available, just go back to the positive memory and interactive connection from the beginning of the exercise.

After emotional healing – The Immanuel story: Start at the point you first perceived God's presence with you. Tell each thing God did, and your reaction to it (blow by blow, details). Describe anything that changed as you engaged with God regarding the healing work.

³⁰If you are coaching participants to use the wider Immanuel approach for life, with the possibility of issues/agenda other than healing emotional trauma, you can coach the person to ask Jesus for guidance regarding what to do with the session, instead of helping her choose an appropriate traumatic memory.