Appendix B

Where/How Can I Get Training Regarding the Immanuel Approach?

An increasing number of people have been contacting me with questions along the lines of: “I would like to use the Immanuel Approach in my ____ (psychotherapy practice, ministry, church, small group, family, marriage, etc.). Where/how can I get training that will enable me to do this?” Unfortunately, at this time I do not have any kind of training institute, I do not offer internships/apprenticeships, and I am not providing regularly scheduled seminars designed to train people to use the Immanuel Approach. In the absence of these training resources, I offer the following thoughts regarding other options for Immanuel Approach training.

I. Other Trainers: Ideally, the core of Immanuel Approach training should be learning directly from someone who is already knowledgeable and experienced regarding the Immanuel Approach. There’s nothing like going to a training event where you can watch a live demonstration, get practical tips for the specific circumstances in which you will be practicing, and then have a calm, confident, experienced trainer supervising the small group exercises as you are actually taking the step of facilitating your first session. I am currently offering several such training events each year; and there is also a small but steadily growing handful of others who are providing Immanuel Approach training, such as pastor Patti Velotta (and those she has now trained), our young colleague Andy Ross, our friend Mark Hattendorf, Margaret Webb and Jessie Handy with Alive and Well, and David Bamford in Canada. Information regarding these trainers is available through the Immanuel Approach network directory (accessed from the “Referrals” page of our Immanuel Approach website, www.immanuelapproach.com), and information regarding additional trainers will become available through this same network directory as more people become trainers and post profiles.

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1. Our essays occasionally refer to mentoring groups. These groups must be kept small for a variety of reasons, and due to our limited availability we are only able to provide two of them. Therefore, unfortunately, we are not able to offer this kind of mentoring to the general public.

2. We do, occasionally, provide training events related to the Immanuel Approach, and all relevant information regarding these seminars will be posted in the “Events” section of the “Training” page of the Immanuel Approach website (www.immanuelapproach.com). We will also announce these occasional seminars in our e-newsletter. (You can sign up from the e-newsletter from the Immanuel Approach website.)

3. Note that different trainers may approach Immanuel training very differently. For example, pastor Velotta places more emphasis on biblical support for the Immanuel Approach and more emphasis on visual imagery, whereas the Alive and Well team places more emphasis on brain science and on body awareness. If you are not having a good experience with one trainer,
Furthermore, an increasing number of churches are embracing the Immanuel Approach, and these churches often offer a variety of Immanuel Approach training options to their congregations.

II. Supplemenary/Do-It-Yourself Resources: If you are able to learn from a trainer who is knowledgeable and experienced regarding the Immanuel Approach, then this supplementary material will augment your learning with the trainer. And if you are not able to find opportunities to learn from a trainer, then hopefully you can use these resources to put together a do-it-yourself program.

A. The Immanuel Approach: For Emotional Healing & for Life: The book you are holding in your hands provides some of the best supplementary material for augmenting any learning you get from a trainer, and it is also one of the best resources for do-it-yourself Immanuel Approach training.

As discussed earlier, each time a traumatic memory gets activated we get another chance to complete previously unfinished processing tasks, and if we are able to successfully complete these tasks the traumatic memory will be permanently resolved. Furthermore, if we have sufficient understanding with respect to how traumatic memories work, we can deliberately activate them, deliberately set up the conditions so that they can be modified, and then deliberately finish the processing tasks. As also discussed earlier, the Lord knows all this stuff and he wants to help us get healed. For people who are able to perceive the Lord’s presence clearly, establish an adequate interactive connection with him, stay synchronized with him, and receive help from him, the potentially complicated process of emotional healing can become very simple.

The Lord can help the person access the memories, he can set up the conditions so that the memories can be modified, and he can help the person successfully complete the remedial processing tasks. And the Lord can do all of this without us needing to explicitly manage any of the details. With people who are able to perceive the Lord’s presence clearly, establish an adequate interactive connection with him, and receive guidance from him, all we do is help them perceive the Lord’s presence, help them connect with him and synchronize with him, help them stay synchronized with him, coach them to keep asking him for guidance regarding the next step they need to take, and coach them to engage with the Lord directly whenever they encounter problems in the process.

When working with these people who are able to perceive the Lord’s presence, establish an adequate interactive connection with Jesus, and let him lead the process, the book you are holding in your hands provides most of what you need to know for facilitating the Immanuel Approach. If you already have good right-brain interpersonal skills, maturity, high capac-

please try working with another trainer before deciding that the Immanuel Approach is not worth pursuing.

4. I use the combination of “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
ity for being with people displaying negative emotions, and good spiritual discernment, then studying this book and watching one or more of the Immanuel Approach live-session DVDs may be enough to get you started. (Some people also like to include some of the practical tips and encouragement from Patti Velotta’s, *The Immanuel Approach: A Practicum*, described below.)

I have also found that recipients are able to cooperate with the process more easily when they have a basic understanding of what we are trying to do. If I am going to begin work with a new recipient, I therefore ask her to read the first three chapters, as an introduction to the Immanuel Approach, before I start working with her. And if I am going to work with a person on an ongoing basis, I also encourage her to read through to at least Chapter 19 as we continue working together. (I realize that this is a significant chunk of reading, but I think the benefits are worth the effort.) Chapters 16 and 17 especially help people to embrace the “describe everything that comes into your awareness” part of the Immanuel Approach process.

B. Advanced Material, Including the “Brain Science, Psychological Trauma, and the God Who Is with Us” Essays: Unfortunately, some people are not yet able to establish an adequate interactive connection with the Lord, stay synchronized with him, and receive guidance from him. When working with these people it is very helpful for us to understand more of the details with respect to traumatic memories and the processing pathway, and to deliberately apply this information as we lead the session.

Note that many recipients are initially, briefly unable to establish the interactive Immanuel connection that makes it possible for the Lord to lead, but then are able to identify and resolve the blockages that hinder Immanuel connection with a reasonable amount of the basic troubleshooting described in Chapters 12 and 13. And, again, the good news is that the average lay person can facilitate for these recipients. However, some people have complex blockages that are anchored to specific traumatic memories, and in these situations the recipient often needs to do substantial healing work as part of removing the blockages. When facilitating for these people, who have to work on traumatic memories without the benefit of the interactive Immanuel connection that makes it possible for the Lord to lead the sessions, the facilitator will need to lead the process.

Parts II, III, and IV of the “Brain Science, Psychological Trauma, and the God Who Is with Us” essay series discuss the specific processing tasks in the pain-processing pathway, describe how to deliberately activate traumatic memories, and describe how to set up the conditions so that they can be modified. To the extent the people you work with are not able to perceive the Lord’s presence clearly, establish an adequate interactive connection with him, stay synchronized with him, and receive guidance from him,

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“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.”
you will need to apply this information about the pain-processing pathway, trauma, and emotional healing as you lead the session.

Mastering this material is a LARGE task, but it is an appropriate investment for anyone who is routinely working with people who have severe, complicated trauma, who have complex blockages, and who are not able to maintain an adequate interactive connection with Jesus through the emotional healing process. A strategic approach that I especially encourage is for mental health professionals and others engaged in full-time emotional healing work to master this material, along with other emotional healing principles and tools such as EMDR, Theophostic,® and the material in the “Advanced Topics/Special Subjects” section of the “Resources” page of www.immanuelapproach.com. My first goal with respect to this strategic approach is to have an adequate number of advanced facilitators who can work with recipients who have particularly complex blockages.

Another goal with respect to this strategic approach is for the people with more advanced training and experience to provide consultation and backup for lay people, who want to use the Immanuel Approach but don’t have space in their lives to master the more advanced principles and tools. In my experience, there are many lay ministers who are willing to facilitate emotional healing in part-time volunteer settings, if there is someone available to provide consultation and backup when they encounter more difficult cases. Therefore, a small number of people able to provide this consultation and backup can be part of empowering a much larger force of part-time volunteer lay ministers.

C. Immanuel Approach Website (www.immanuelapproach.com): We are continually working on the Immanuel Approach website, www.immanuelapproach.com, in an effort to provide the best possible resources for helping people to learn about the Immanuel Approach, receive their own healing through the Immanuel Approach, use the Immanuel Approach to facilitate healing for others, train others with respect to the Immanuel Approach, and embrace the wider Immanuel Approach for life. Some of the resources already available include:

- A “Getting Started” page, presenting the video clips, essays, and chapters from *The Immanuel Approach (for Emotional Healing and for Life)* that we suggest for those who are just getting started with respect to learning about the Immanuel Approach.
- A “Biblical Basis” section on the “Resources” page, providing extensive discussion of the biblical support for the Immanuel Approach.
- A “Referrals” page (which includes the network directory), presenting information regarding trainers, facilitators, and people who are interested in Immanuel Approach study/practice groups.
• A “Testimonies” page, which shares encouraging stories from people who are using the Immanuel Approach for working with psychological trauma, and who are often also embracing the wider Immanuel Approach for life.

• A “Special Subjects/Advanced Topics” section of the “Resources” page, providing more in-depth and specialized resources for mental health professionals, people in full-time ministry, and others who are working with more advanced, complicated situations.

• An “FAQs” page, with answers to frequently asked questions such as “Can the Immanuel Approach be used with children?,” and “How do you include the Immanuel Approach in the care of people with clinical mental illnesses?” Note that the website FAQ page includes the material from Chapter 48 of this book, as well as additional FAQs. We will also continue to post more content on the website as new FAQs are identified and addressed.

D. Outsmarting Yourself: Catching Your Past Invading the Present and What to Do about It): Outsmarting Yourself provides additional theoretical foundation for the Immanuel Approach. It provides additional explanation regarding psychological trauma, and it especially provides a much more detailed discussion of how we can be traumatized by painful events that seem small, the ways in which these “small” traumas subtly affect us, and the ways in which our Verbal Logical Explainers and central-nervous-system cover-ups keep this humbling reality out of our conscious awareness. Outsmarting Yourself also presents practical insights and tools that will help you recognize when your own stuff is getting stirred up, and practical interventions for limiting the negative impact from your own triggering. Furthermore, since the facilitator’s unresolved issues getting stirred up is one of the most important hindrances to effective emotional healing work, and since the facilitator’s issues getting stirred up is the most common cause of “unexplained” difficulties, the material presented in Outsmarting Yourself will be especially valuable for if you are having “unexplained” difficulty with facilitating the Immanuel Approach.

E. Share Immanuel Booklet: This 2010 booklet by Jim Wilder and Chris Coursey provides a very brief discussion of the theory behind the Immanuel Approach, and then also presents a brief description of the Immanuel Approach exercises that are the safest and easiest to learn, the safest and easiest to use, and the safest and easiest to teach.

5. For information regarding availability, cost, shipping, etc. for Outsmarting Yourself, see the “Store” section of the “Resources” page at www.immanuelapproach.com.

6. For additional discussion of this point, see “Unresolved Issues in the Therapist/Facilitator: One of the Most Important Hindrances to Emotional Healing.” This essay is Available as a free download from www.kclehman.com.

It is important to note that the *Share Immanuel* booklet is designed to be part of a larger training program. For example, during his recent training in Sri Lanka, Dr. Wilder used these booklets as *one part* of the teaching to describe and explain the Immanuel exercises. And one of the most important purposes for these booklets was to help participants share with others about the Immanuel Approach *after having experienced several Immanuel encounters themselves*. A few people may be able to understand and successfully go through the Immanuel process with only the content from *Share Immanuel*; however, if people use this booklet as their primary/only resource, many will probably have the frustrating (triggering?) experience of feeling as if their understanding is inadequate (especially if they are actually trying to do the Immanuel process). Most people will have a better experience if they use this booklet in combination with augmenting material that can provide additional discussion, explanations, and examples.

**F. Immanuel: A Practicum:** This 2011 book by Pastor Patti Velotta focuses on very practical teaching regarding how to facilitate Immanuel Approach sessions. (It does not try to duplicate the discussions regarding theory and supporting evidence provided in this volume and my website essays.) Some have found Wilder and Coursey’s *Share Immanuel* to be particularly understandable and usable, others have found the way I present material regarding the Immanuel Approach to be especially easy to understand and apply, and still others have found *Immanuel: A Practicum* to be the best fit for the way they think and work. The extensive appendices presenting strong biblical support for the Immanuel Approach are also excellent—a valuable supplementary resource, going far beyond the material presented in Chapter 39 of this volume.

**G. Live-Session DVDs:** As we learn to facilitate Immanuel Approach emotional healing sessions, it is important to understand and apply certain concepts and principles. The left sides of our brains have been designed to learn and carry this kind of information, and we can learn this cognitive, conceptual information through language-based teaching, such as listening to a lecture or reading a book. As we learn to facilitate Immanuel Approach emotional healing sessions, there is also an interpersonal, behavioral *skill* component that we must master. For example, interpersonal, behavioral skill is required to be able to simultaneously communicate compassion, offer attunement, and supply firm redirection as I coach a client to keep engaging with Jesus as she works through a traumatic memory. The right sides of our brains have been designed to learn and carry this kind of information, and the best way to learn this interpersonal, behavioral skill information is to observe someone else successfully executing the task we are trying to learn—to have somebody else model “this is what it looks like.”

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8. For a description of Dr. Wilder’s recent trip to Sri Lanka, see Chapter 2, pages 27–29.

Putting all of this together: the best way to learn the right-brain, interpersonal-behavioral-skill component of facilitating the Immanuel Approach is to directly observe someone else actually doing it. The ideal is to have experienced trainers/mentors that you can observe; but, unfortunately, opportunities to observe experienced trainers/mentors facilitating live sessions can be hard to come by. The good news is that our live-session DVDs are an excellent alternative source for this “this is what it looks like” modeling.

Furthermore, in addition to “this is what it looks like” modeling for how to facilitate, our live-session DVDs also provide “this is what it looks like and feels like” information regarding various other aspects of the Immanuel Approach. For example, “this is what it looks like and feels like when a person perceives God’s presence,” “this is what it looks like and feels like when the recipient is experiencing an interactive connection with Jesus,” “this is what it looks like and feels like when the Lord comes with correction/guidance/healing,” and “this is the kind of fruit you see when a person has been able to work with the Lord to accomplish healing.”

Here is a brief summary regarding how the different live session DVDs can be used, either as supplementary training resources or as part of a do-it-yourself program:

1. **Immanuel Approach sessions:** We now have nine live-session DVDs that provide examples of the Immanuel Approach for emotional healing, including the initial steps of positive memory recall, deliberate appreciation, and refreshing connection with Jesus. Furthermore, most live-session DVDs beyond #29 in the Live Ministry Series will try to demonstrate the most current iterations of the Immanuel Approach. If you have studied Chapters 1 through 24 but are having trouble getting started, I would strongly encourage you to look at the following sessions:

   - **Maggie #2:** “If I Leave, She Could Die” (Live Ministry Series #12)
   - **Renaie: Healing Helps Parenting** (Live Ministry Series #17)
   - **Rita #3: Jesus Is Better Than Candy** (Live Ministry Series #18)
   - **Maggie #3: Labor and Delivery Trauma** (Live Ministry Series #19)
   - **Steve: “Just” Be with Jesus** (Live Ministry Series #21)

10. Our earlier live-session DVDs portray Theophostic-based emotional healing sessions, as opposed to emotional healing sessions using the Immanuel Approach. However, since Theophostic-based emotional healing and the Immanuel Approach share many important principles and techniques, even the earlier Theophostic-based sessions provide “this is what it looks like and feels like” information for many aspects of the Immanuel Approach.

11. You can also go to the “Live Ministry Series DVDs” section on the “Store” page at www.immanuelapproach.com for a brief session summary and a written commentary providing extensive explanatory comments for each of our live-session DVDs, and you can go to the “Getting Started” page for free download previews of each of these DVDs. Links from the “Store” page also provide information regarding availability, prices, ordering, shipping, etc.
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• **Bruce: Loss of Parents, Sibling Conflict, Daughter’s Illness** (Live Ministry Series #22)

• **Ian: “I’m not enough”** (Live Ministry Series #24)

• **Charlie: “See, this works!”** (Live Ministry Series #27)

• **Bob: Safety Net Demonstration** (Live Ministry Series #29)

• Most future live session DVDs beyond #29 in the Live Ministry Series.

These full-length sessions can also be helpful in giving your clients a very realistic picture of what to expect. The condensed-version sessions are very faith-building, inspirational, and helpful for introducing people to the Immanuel Approach. But when a person is wanting to actually receive Immanuel emotional healing, it is helpful for them to have realistic expectations regarding the flow of an hour and a half session (as opposed to expecting to go through the process in fifteen minutes, as portrayed in the condensed versions).

2. **Immanuel Intervention troubleshooting sessions:** We have three live-session DVDs that provide examples of extended troubleshooting with people who are initially unable to perceive the Lord’s presence. These three sessions show you what it looks like to keep turning to Jesus for guidance and help when the person is repeatedly unable to perceive his presence, and they are especially valuable in combination with Chapters 12, 13, and 30. If you have studied these chapters on troubleshooting but are still having difficulty in helping people identify and resolve the blockages hindering them from perceiving the Lord’s presence and/or connecting with him, I would strongly encourage you to look at **Doug: “Immanuel Intervention,” Intermediate** (Live Ministry Series #9), **Eileen: “Immanuel Intervention,” Intermediate** (Live Ministry Series #7), and **Rita #1: Advanced Immanuel Intervention** (Live Ministry Series #26).

3. **Other live-session DVDs:** The many other live-session DVDs include smaller blocks of troubleshooting regarding various aspects of the Immanuel connection not working. For example, **Dawn: Disarming the Lure of Affirmation** (Live Ministry Series #16), **Rocky: Father-Son Wounds** (Live Ministry Series #6), and **Patricia: First Session with Internal Parts** (Live Ministry Series #3) all include places where we identify and then resolve guardian lies that initially hinder the person from perceiving the Lord’s presence and/or fully being able to receive from him. And **Rita #2: Resolution of Bitterness toward Mother** (Live Ministry Series #14) includes troubleshooting in which we identify and resolve blockages caused by bitterness and demonic interference.

4. **Condensed versions of live sessions:** As already mentioned, the condensed versions of the live sessions are not so good for actually learning to facilitate the Immanuel Approach process; however, many have found them to be valuable for inspiration, encouragement, and building faith. The
condensed sessions are also 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.

**H. Forming,12 Restarting,13 and Belonging14 Groups:** I have never actually participated in one of these groups, but from what I understand, the exercises at the end of each group session provide opportunities to practice many of the building blocks of the Immanuel Approach. For example, the exercises in Restarting and Belonging include practice with the initial steps of the Immanuel process: 1) recalling previous experiences of positive connection with the Lord, 2) deliberate appreciation to prepare the brain for relational connection, and 3) re-entering these memories, and then re-establishing an interactive connection with the Lord in the present.

**I. Healing Module of Thriving: Recover Your Life:** Pastor Ed Khouri and team are working on the development of the Healing module of the Thriving: Recover Your Life program. When this is released, it will provide an excellent resource for learning the Immanuel Approach. The current plans are for the lecture content to include systematic teaching about each of the building blocks of the Immanuel Approach, and the exercises at the end of each session will include practice with these building blocks. The later session exercises will then lead the participants in progressively putting the pieces together, so that they will end up with the complete Immanuel Approach package, including the resolution of traumatic memories.

Note: Charlotte and I work closely with those developing the Thriving: Recover Your Life material (Pastor Ed Khouri, Dr. E. James Wilder, Pastor David Takle, and Pastors Chris and Jen Coursey), but we do not produce or distribute the material, and we are not involved with coordinating and/or keeping track of Thriving groups. For more information regarding Thriving groups, the Restarting, Forming, Belonging, and Healing modules of Thriving, Recover Your Life, and other Thriving: Recover Your Life materials, see www.thrivingrecovery.org.

**J. “This Is What It Looks Like” Models:** As mentioned above in the comments regarding our live-session DVDs, the best way to learn the right-hemisphere skill component of facilitating the Immanuel Approach is to watch someone else do it. In the ideal Immanuel Approach training package, you

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will find someone who is already getting good results with the Immanuel Approach and who can provide a live “this is what it looks like” model. The most straightforward way to get this piece is to participate in training events in which the trainer provides live demonstrations; but occasionally you will also be able to find other facilitators and recipients who will allow you to observe. It may not always be possible to find this, but it is ideal, and I encourage you to ask the Lord for guidance and then actively watch for opportunities in which you can observe effective facilitators. As mentioned above, our live-session DVDs can provide “this is what it looks like” modeling to some extent.

Unfortunately (or fortunately, depending on your perspective), at this early point in the journey regarding the Immanuel Approach, the Lord may be calling you to be one of the pioneers—one of the people who embraces the special challenge of helping to lead the way in learning and practicing something new. If this is the case, then may the Lord bless you to go forth with both boldness and humility, and then to provide modeling for others.

K. Consultation and Backup: In the ideal Immanuel Approach training package, you will also find someone who can provide ongoing consultation and backup as you learn. You will be able to experiment and practice much more comfortably if you have someone you can go to when you encounter things you don’t understand and/or don’t know how to handle. Ideally, you want to find someone who has high capacity, who has good right-brain maturity skills, who does their own healing work, who has a lot of experience with facilitating emotional healing, and who understands the pain-processing pathway, psychological trauma, defenses, troubleshooting, etc. This is the ideal, but anyone with more capacity, maturity, experience, and understanding than yourself will be helpful. One very specific possibility is to find a trainer or facilitator that you trust and respect from the network directory (or from the “Referrals” or “Training” pages) on our Immanuel Approach website, and then pay her (or him) for consultation time as you need it.

Again, at this early point in the journey regarding the Immanuel Approach, the Lord may be calling you to be one of the pioneers—one of the people who embraces the special challenge of helping to lead the way in learning and practicing something new. If this is the case, then may the Lord bless you to go forth with both boldness and humility, and then to provide consultation and backup for others.

L. Observation and Feedback: Yet another piece of the ideal Immanuel Approach training package is a coach who can observe you work and then offer feedback/constructive criticism. It is especially valuable to have someone else help you with identifying your blind spots. Again, the most straightforward way to obtain this kind of coaching is to participate in training events provided by the people/ministries in the “Trainers” section of the “Training” page of www.immanuelapproach.com routinely include live demonstrations.
events where an experienced trainer provides this kind of coaching as part of the practice sessions. However, there are also experienced facilitators who are not providing official training, but who would be willing to provide this kind of observation and feedback coaching. This is another “ideal” resource that may be difficult to find, but I encourage you to ask the Lord for guidance and then actively watch for opportunities.

One possibility available to anyone with a video camera is to record sessions, and then provide observation for yourself by watching your own sessions. You will be amazed by how many things you will notice, when watching the film, that you were unaware of during the actual session. (You would also be amazed by the clumsy, suboptimal facilitating displayed in the tapes of some of my sessions. Watching these tapes has been both painfully humbling and tremendously educational. The good news is that the people in these sessions still received healing from the Lord, in spite of my many imperfections. And in case you’re wondering, I have not yet had the courage to include one of these sessions in our collection of training DVDs.)

Once again, the Lord may be calling you to be one of the pioneers. If this is the case, then I gladly pray even more blessings for you as you go forth with both boldness and humility, and then provide observation and coaching for others.

M. Discussion/Practice Groups: Discussion/practice groups can be an excellent way to learn the Immanuel Approach. For example, I know of several groups that get together once each month for a long evening of Immanuel Approach study and practice. They share a pot-luck meal, discuss one of the chapters from this book, watch a demonstration by the group leader (an alternative is to watch a clip from one of the live-session DVDs), and then break up into smaller clusters to practice. The participants I have spoken with report that this has been very rewarding and effective. (The “Psychological Trauma, Implicit Memory, and the Verbal Logical Explainer” DVDs can also be a good resource for this kind of discussion/practice group.)

Note: it should be safe to practice the Immanuel Approach in the context of discussion/practice groups if you use the safety nets and exercise instructions described in Chapters 14 and 26. Without skilled, one-on-one, Immanuel-Intervention troubleshooting, some people may not be able to establish an interactive connection during the initial steps of the process. And these people will be disappointed when the safety net guidelines require that they not participate fully in the later steps of the process. Nevertheless,

16. Another possibility is to find someone you trust and respect from the network directory (or from the "Referrals" or "Training" pages) on the Immanuel Approach website, and then pay her (or him) for consultation time to provide observation and coaching for you.

17. This same material is also presented in the essay, "Immanuel Approach Exercises for Groups and Beginners, available as a free download from either the "Resources" or "Getting Started" pages of www.immanuelapproach.com.
it is very important to abide by these group exercise safety nets unless your group is full of experienced facilitators.\(^{18}\)

III. Go Back to the Basics If You Feel Overwhelmed: If you encounter any situation that seems like more than you can handle, and/or you feel overwhelmed for any reason, go back to three of the most trustworthy, basic principles:

A. Care for Your Own Connection with the Lord: When you encounter complicated, intense situations, there is no substitute for sensing the Lord’s presence and receiving his guidance. Do whatever you need to do to optimize the quality of your own, personal relationship and interactive connection with the Lord.

B. Build an Increasingly Strong and Accurate *Experiential* Knowledge of Who the Lord Is and How He Works: One of the most important tasks of the facilitator is to help the person discern whether the content coming into her awareness is from the Lord or from some other source. As discussed at great length in Chapter 36, one of the best ways to recognize counterfeits is to start with a strong and accurate *experiential* knowledge of the Lord’s true character and heart. That is, if you have a deep, clear, accurate *experiential* sense of who God is and how he works, you can quickly, intuitively recognize counterfeits because they just don’t feel right.

C. Get Your Own Healing: One of the most important things you can do to prepare for dealing with complicated, intense situations is to keep getting your own healing. As discussed at length in “Unresolved Issues in the Therapist/Facilitator: One of the Most Important Hindrances to Emotional Healing,”\(^{19}\) getting your own healing, and thereby removing blockages that hinder your connection with the Lord, is one of the most important things you can do to optimize your ability to perceive the Lord’s presence and receive his guidance. Getting your own healing is therefore one of the most important things you can do to address principle number one—caring for your own, personal connection with the Lord.

As also discussed at length in the same essay, getting your own healing, and thereby resolving toxic content that otherwise gets transferred onto the Lord, is one of the most important things you can do to address principle number two—growing in your ability to recognize counterfeits by knowing the genuine. Yet another point discussed at length in the essay just referenced is that getting your own healing will neutralize issues that impair your discernment in a variety of other ways.\(^{20}\) Furthermore, being triggered

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18. Groups with severe trauma and poor discernment can still get into trouble, but most discussion/practice groups should be able to practice safely if they carefully apply the safety nets recommended for group exercises.


20. See also “‘Triggered’ Positive Thoughts and Emotions” for additional discussion regarding how unresolved issues can impair your discernment, and, correspondingly, how healing can
and losing access to your relational circuits greatly impairs your interpersonal skills as well as greatly reducing your capacity for being with others in emotional distress, and getting your own healing will increasingly protect you from both of these liabilities.

IV. Additional Thoughts Regarding Do-It-Yourself Immanuel Approach Training Programs:

A. Beginners Can Use Group-Exercise Safety Nets as They Practice: If you are a beginner, and you want to start practicing but you do not have an experienced facilitator to provide backup, you can use the group exercise safety nets described in Chapters 14 and 26. For example, lay people who want to learn to use the Immanuel Approach with their friends and family should be able to practice safely with these safety nets in place.21

B. There Is a Wide Range with Respect to Difficulty, It’s Okay to Say, “This One Is too Much for Me:” It’s helpful to recognize that there is a wide range with respect to complexity and difficulty. Working with people who have minor trauma is easier than working with people who have severe trauma. Working with people who have trauma from adulthood or later childhood is easier than working with people who have early childhood trauma. Working with people who have simple and/or failing defenses is easier than working with people who have complex, strong, and well-maintained defenses. Working with people who have high capacity and well-developed maturity skills is easier than working with people who have low capacity and poor maturity skills. And most importantly, working with people who have memories for past positive experiences with Jesus, who can establish a strong interactive connection with him in the present, and who can obtain guidance and help from Jesus through the process is much easier than working with people who have difficulty with one or more of these pieces.

Remember that some emotional healing sessions are very simple and straightforward, and that it is okay to stay with emotional healing work appropriate to your level of experience, training, maturity, capacity, and discernment. If you are working with someone and you realize you don’t know how to handle the problems you are encountering, it’s okay to say, “This one is too much for me,” and then either refer the person to a more skilled facilitator or agree to postpone work with that particular person until you feel adequately prepared. Again, it is perfectly okay to say, “I’m just a beginner, so I need to stay with emotional healing work that is more straightforward.”

improve your discernment by resolving these issues. This essay is available as a free download from www.kclehman.com.

21. 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.
You can even do this with respect to different issues in the same person. For example, if you and a friend/colleague are learning by practicing on each other and you encounter a particular issue that is beyond your current level of skill, you can simply acknowledge this and then find a more manageable target, either referring her to a more skilled facilitator to address the complex issue or agreeing to postpone work on that particular target until you feel adequately prepared. I would greatly prefer that you start learning to facilitate, even though you only feel comfortable working with easy problems, than that you indefinitely postpone practicing with the Immanuel Approach because you are too intimidated by the possibility of encountering problems that are too difficult.

C. Interpersonal Skills, Capacity, Maturity, and Discernment: You will probably have noticed that I repeatedly mention right-brain interpersonal skills, capacity for being with people who are in emotional distress, maturity, and spiritual discernment as elements that are important for being able to successfully facilitate Immanuel Approach emotional healing. You will probably also have noticed that I mention getting your own healing as being important in order to prevent impairment. I am hoping to eventually write more about how to actively cultivate these assets specifically as part of focused preparation for facilitating emotional healing. As I am able to do this, the new material will be posted on the Immanuel Approach website (included in the “Where/How Do I Get Training Regarding the Immanuel Approach?” essay, and also posted in other appropriate places on the website).

In the meantime, see Chapter 45, see “Immanuel, Emotional Healing, & Capacity: Parts I & II.” and see “Brain Science, Psychological Trauma, and the God Who Is with Us ~ Part II.” Life Model Works (previously know as THRIVE) also provides a lot of good material regarding how to deliberately cultivate right-brain skills, capacity, and maturity.

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22. These presentations are available as teaching DVDs from the “Store” page of www.immanuelapproach.com, and also as free download essays from www.kclehman.com.


24. See www.thrivetoday.org for information regarding seminars and other training material provided by Life Model Works.