

Getting Started – Basic Immanuel Approach Training Seminar

Three day conference, 8:30 a.m. to 5:30 p.m. each day

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Detailed Schedule:

Day 1, Tuesday Nov 12

8:00-8:30 registration

8:30 -9:20 Session 1: Lecture explanation regarding positive memory recall, deliberate appreciation, and neurological relational circuits.

9:20-9:30 Short break - stretch your legs

9:30-10:30 Session 2: Practice exercises regarding positive memory recall, deliberate appreciation, and neurological relational circuits.

10:30-10:50 Break (20 minutes)

10:50-12:00 Session 3: Lecture explanation regarding interactive connection. *Start presentation with live session video clip*

12:00-1:00 Lunch on campus (pack lunches or meal boxes)

1:00-2:05 Session 4: Interactive connection practice exercise.

2:05-2:25 Break (20 minutes)

2:25-4:05 Session 5 Lecture explanation and practice exercise regarding interactive connection troubleshooting. *Start presentation with live session video clip*

4:05-4:25 Break (20 minutes)

4:25-5:30 Session 6: Lecture explanation regarding trauma-work safety nets. *Start presentation with live session video clip*

Day 2, Wednesday Nov 13

8:30-9:50 Session 7: live demonstration #1 – enhanced safety net, first variation of Immanuel Approach trauma resolution.

9:50-10:10 Break (20 minutes)

10:10-12:00 Session 8: Safety net practice exercise.

12:00-1:00 Lunch on campus (pack lunches or meal boxes)

1:00-2:05 Session 9: Lecture explanation regarding the pain processing pathway, psychological trauma, and Immanuel Approach trauma resolution. *Start presentation with live session video clip*

2:05-2:25 Break (20 minutes)

2:25-3:30 Session 10: Immanuel Approach trauma resolution first variation, first recipient.

3:30-3:50 Break (20 minutes)

3:50-5:30 Session 11: Immanuel Approach trauma resolution first variation, second and third recipients)

Day 3, Thursday Nov 14

8:30-9:50 Session 12: live demonstration #2 – second variation of Immanuel Approach trauma resolution.

9:50-10:10 Break (20 minutes)

10:10-11:30 Session 13: Immanuel Approach trauma resolution second variation, first recipient.

11:30-11:40 Short break - stretch legs

11:40-12:00 Question & Answer (20 min)

12:00-1:00 Lunch on campus (pack lunches or meal boxes)

1:00-2:45 Session 14: Immanuel Approach trauma resolution second variation, second and third

recipients)

2:45-3:05 Break (20 minutes)

3:05-4:05 Session 15: Lecture regarding a narrative of the healing experience as an important part of the process, variation of initial interactive connection focusing on perceiving the presence of the Divine in the present, as opposed to in the context of the positive memory. *Start presentation with live session video clip*

4:05-4:25 Break (20 minutes)

4:25-5:30 Session 16: Lecture explanation regarding intimacy with the Divine as the first priority, closing prayer, closing announcements.