

Getting Started – Basic Immanuel Approach Training Seminar

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

Karl D. Lehman, M.D.

Learning Objectives:

1. Participants will be able to briefly summarize the source of psychological trauma.
2. Participants will be able to describe the theoretical foundation for the positive-memory-appreciation safety net.
3. Participants will be able to coach recipients through the process of putting the positive-memory-appreciation safety net in place at the beginning of each session.
4. Participants will be able to deploy the safety net by coaching recipients to reconnect with the positive memory and appreciation established at the beginning of the session.
5. Participants will be able to coach recipients through the process of selecting traumatic memories appropriate for the conference practice exercises.
6. Participants will be able to describe how our brains function best in community.
7. Participants will be able to apply this brain science with respect to community by persistently coaching recipients to describe their mental content as they go through each step in the Immanuel Approach process.
8. Participants will be able to briefly summarize the theoretical foundation for the Immanuel Approach for resolving traumatic memories.
9. Participants will be able to describe the Immanuel Approach tools and techniques for helping recipients establish a therapeutic connection with the facilitator (therapist) and The Divine.
10. Participants will be able to apply, in the context of actual sessions, the Immanuel Approach tools and techniques for helping recipients establish a therapeutic connection with the facilitator (therapist) and The Divine.
11. Participants will be able to describe the basic Immanuel Approach tools and techniques for helping recipients resolve psychological trauma.
12. Participants will be able to apply, in the context of actual sessions, the basic Immanuel Approach tools and techniques for helping recipients resolve psychological trauma.
13. Participants will be able to describe several common, basic level blockages that can hinder the process of resolving traumatic memories.
14. Participants will be able to identify, in the context of actual sessions, several common, basic level blockages that can hinder the process of resolving traumatic memories.
15. Participants will be able to apply the two most basic interventions for addressing blockages that can hinder the process of resolving traumatic memories.
16. Participants will be able to deploy the positive-memory-appreciation safety net at the end of the session (should the recipient be unable to finish the trauma-resolution work in the time available).
17. Participants will be able to identify several common, intermediate level blockages that can hinder construction of the positive memory and appreciation safety net.
18. Participants will be able to describe interventions that address several common, intermediate level blockages that can hinder construction of the positive memory and appreciation safety net.
19. Participants will begin to be able to apply interventions that address two of the common, intermediate level blockages that can hinder construction of the positive memory and appreciation safety net.
20. Participants will be able to name three important guidelines for using the Immanuel Approach according to mental health professional ethical standards:
 - a) Give proper informed consent for use of the Immanuel Approach.

- b) Maintain client centered focus prioritizing client's needs, beliefs and goals.
- C) Give clients complete freedom to choose or refuse use of the Immanuel Approach.