

## **Intermediate-Advanced Immanuel Approach Training Seminar**

Two day conference (8:30 a.m. to 5:30 p.m. each day)

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**Narrative summary of Intermediate-Advanced Immanuel Approach Training Seminar (two day version):** The Intermediate/Advanced Immanuel Approach Conference (Two day version) includes **twelve sessions totaling 14 contact hours** (this is actual hours of instruction – it does not include meals or breaks). This conference provides intermediate/advanced content for mental health professionals, pastors, and lay volunteers who already have some knowledge and experience with the Immanuel Approach. It will address a number of intermediate/advanced issues, it will provide both lecture explanation and live demonstration with respect to troubleshooting for intermediate/advanced blockages that hinder resolution of traumatic memories, and it will include practice exercises for interventions that enable the positive memory and appreciation safety net to be effective in more intense and more complicated clinical scenarios.

**Brief summary of the Immanuel Approach:** The Immanuel Approach for resolving psychological trauma is designed for recipients who wish to include their Christian faith as part of the cultural context for receiving mental health care. It systematically integrates Christian spirituality as a resource into the therapeutic process. The Immanuel Approach increases the efficiency of care delivery, in that the basic tools can be used by trained lay volunteers, with supervision/consultation back-up from mental health professionals. This is an especially strategic value for low income countries and marginalized communities with high trauma burdens and minimal resources.<sup>1</sup>

The components of the Intermediate/Advanced Immanuel Approach include:

1. Coach the recipient to focus attention on a positive memory, and then help her generate appreciation/gratitude in the context of this positive memory.
2. Help the recipient to establish a sense of the Divine presence, in the context of the positive memory and appreciation.
3. Help the recipient choose an appropriate target for emotional healing work.
4. Help the recipient to process the target by coaching her to focus attention alternately between original thoughts and feelings associated with the target and any new thoughts, perceptions, and emotions that she perceives the Divine to be bringing into her awareness. Continue until adaptive resolution is reached.
5. Intermediate/Advanced troubleshooting to identify and resolve blockages that hinder the trauma resolution process.
6. Help the recipient to formulate a new, more adaptive narrative about the experience and its meaning with respect to herself.

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<sup>1</sup>The rationale for including lay volunteers is that they are numerous, affordable, and make care for psychological trauma more accessible to communities. There is robust evidence from a variety of settings in low income countries demonstrating that lay people can deliver effective psychological and psychosocial interventions. For additional discussion of including lay volunteers as a strategic resource for providing care for high-need, low-resource communities, see Anna Fiskin, Megha Miglani, and Colin Buzza. "Implications of Global Mental Health for Addressing Health Disparities in High-Income Countries." *Psychiatric Annals* Vol. 48, No. 3 (March 2018): pages 149-153; Vikram, Patel, N. Chowdhary, Helen Verdeli. "Improving Access to Psychological Treatments: Lessons from Developing Countries." *Behavior Research and Therapy* Vol. 49, No. 9 (September 2011): pages 523-528; and World Health Organization (WHO). *mhGAP Intervention Guide for Mental, Neurological, and Substance Use Disorders in Non-Specialized Health Settings. Mental Health Gap Action Programme (mgGAP)* ( Geneva, Switzerland: World Health Organization, 2010).

7. If full resolution cannot be achieved in the time available, deploy the “safety net” of helping the recipient get back to a calm subjective state by coaching her to return to the initial positive memory and gratitude. (Intermediate/Advanced iterations)

**Specific topics will include:**

1. Guidelines for using the Immanuel Approach according to mental health professional ethical standards.
2. A neuro-psychological phenomenon that contributes to inappropriate relationships: Neuro-psychological basis for the phenomenon, how to recognize it, and how to intervene to moderate/resolve it.
3. Several common, intermediate-level issues/phenomena that can hinder accessing and connecting with positive memories: Neuro-psychological source, how to recognize them, interventions for resolving them.
4. Several common, intermediate-level blockages that can hinder construction of the positive memory and appreciation safety net: Neuro-psychological source, how to recognize them, interventions for resolving them.
5. Tools (deliberate validation and attunement, persistent coaching, sequential use of multiple positive memories) that enable the positive memory and appreciation safety net to be effective in more intense and more complicated clinical scenarios: Neuro-psychological theory, practical instruction regarding how to apply.
6. Several common, intermediate-advanced-level blockages that can hinder resolution of traumatic memories (including dissociative disconnection): Neuro-psychological source, how to recognize them, interventions for resolving them.

**Teaching modalities will include:**

1. Lectures providing description and explanation.
2. Demonstration/modeling regarding how to apply the positive memory and appreciation safety net in more complicated and more intense clinical scenarios.
3. Full session live demonstrations, presenting issues/blockages that hinder resolution of traumatic memories, and also demonstrating/modeling interventions that resolve the blockages.
4. Practice exercises, to practice interventions that enable the positive memory and appreciation safety net to be effective in more intense and more complicated clinical scenarios.