

## Immanuel Approach Basic Seminar

**Karl D. Lehman M.D.**

Next seminar – to be arranged

[www.immanuelapproach.com](http://www.immanuelapproach.com) [www.immanuelapproach.com]

### Where:

Next seminar to be arranged

### When:

Next seminar to be arranged

### What:

Immanuel means “God with us.” This promise is the foundation of a growing movement of lay ministers and professionals who are using the Immanuel approach to deepen intimacy with God, discern God's ongoing guidance, and resolve past pain. This method is based on current brain science interpreted through Scripture and proven by repeated applications over the last fourteen years. The Immanuel approach has been developed by Dr Lehman and Dr. E. James Wilder working together in close collaboration, and Dr. Lehman remains one of the foremost experts regarding this new, exciting approach to life and emotional healing. Participants will receive teaching about basic-intermediate Immanuel approach principles and tools. (The importance of relational circuits, how appreciation turns them on, how our brains have been designed to work best in community, how our relationships are memory-mapped, how we can apply all of this brain science to establish interactive connections with the living presence of Jesus, very basic theory regarding resolution of psychological trauma, and how to facilitate healing for trauma in the context of an Immanuel session.) Participants will see these principles and tools modeled in video clips and live demonstrations, and they will then practice applying these principles and tools in “hands on” group exercises. Participants who already have some training and experience with the Immanuel Approach will benefit from additional practice with troubleshooting and using Immanuel Approach safety nets. They will also learn about teaching the Immanuel Approach and about leading group exercises as they observe Dr. Lehman modeling these advanced skills.



**Cost:** \$280 early registration (early registration ends Sept 1), \$300 regular registration (ends Oct 28), \$330 late registration (Through Nov 12). Plus the cost of meal boxes for those who pre-order them (\$10 each, Mon, Tues, Wed – or bring your own lunch). **Note: \$50 discount for combined basic and Intermediate-Advanced** (see last page of brochure)

**For online registration:** <https://www.immanuelapproach.com/online-registration/>

**For more information about hosting church:** <https://www.vineyardaz.com/>

### Who should attend:

- Christian lay people: Mature believers who already have some experience praying with others and who already have a good awareness of their own emotional and spiritual

strengths and weaknesses will find that this conference provides teaching and tools for a huge step forward, with respect to both their own healing and growth and their ministry to others. Believers who would like to pray with others, become more self-aware, and begin their own personal healing journey will find teaching and tools that will be tremendously helpful in getting started.

- People in ministry. The primary objective of the Immanuel approach for life is improving the depth and quality of our connection with God, and the Immanuel approach for emotional healing is the easiest, safest, and most effective method that we are aware of for resolving traumatic memories. The Immanuel approach for life and the Immanuel approach for emotional healing are perfectly suited for those in ministry, and especially for those in Christian emotional healing ministry.
- Christian mental health professionals. In developing the Immanuel approach, Dr. Lehman and Dr. Wilder have carefully integrated truth from scripture, observations from their combined 60+ years of clinical experience, and brain research regarding trauma, memory, and the neurological pathways for processing painful experiences. The Immanuel approach to emotional healing is also consistent with many of the principles and techniques from the psychotherapies with the most empirical research support, such as cognitive therapy, exposure therapy, and eye movement desensitization and reprocessing (EMDR). Furthermore, as mentioned above, in our experience the Immanuel approach to emotional healing has been the easiest, safest, and most effective method for resolving psychological trauma. Putting all of this together, the Immanuel approach principles and tools presented at this conference will provide an ideal foundation for faith-based psychotherapy work.
- Those who already have some training and experience with the Immanuel Approach: People at intermediate and advanced levels of training and experience with IA can benefit from getting additional practice with troubleshooting and using the IA safety nets. They can also learn how to teach the Immanuel Approach and how to lead group exercises (as they observe Dr. Lehman modeling these advanced skills).
- Note that this conference is *not* intended to provide intense work with people in crisis. Dr. Lehman will not be able to provide private consultations, individual ministry, or follow-up after the conference.

#### **More about content:**

- Lecture: Lecture explanations will present the theoretical foundations for each component of the Immanuel Approach, and will also provide practical tips for how to cooperate most effectively and safely with the group exercises. Note that *The Immanuel Approach: For Emotional Healing and for Life* provides additional explanation and practical coaching regarding each of the principles and tools presented in the conference lectures.
- Video clips: Video clips from actual emotional healing sessions will be interspersed throughout the conference, to provide inspiration, to build faith, and to provide real life examples of the principles and tools presented in the lectures.

- Live demonstrations: Full session live demonstrations will be included for each of the two variations of basic Immanuel Approach healing work taught at this conference. This is an especially powerful way of presenting, “This is what a basic Immanuel approach session looks like.” Dr. Lehman says, “My intention for the demonstrations will be to use only the basic Immanuel approach emotional healing tools that would be appropriate for beginners or for use in group exercises. I have done this at every basic training I have offered, and we have always been amazed at how effective it has been.”
- Group exercises: Group exercises, where participants practice applying the different Immanuel approach principles and tools, will be interspersed throughout the conference. The exercises will follow a careful, steady progression, initially practicing basic building blocks, and then eventually putting these pieces together into complete (basic) Immanuel approach sessions.
- Note that the special Immanuel approach “safety nets” – the safeguards that make it possible for beginners to safely experiment with this method of emotional healing and that make it possible to use the Immanuel approach in group settings -- will be explained in the lectures, and also included in the demonstrations and group exercises.

**Pre-conference preparation:** Dr. Lehman will be presenting more content than you will be able to fully absorb and integrate during the time of the conference. Therefore, you will get the most out of this conference if you do some pre-conference reading in preparation. The more you understand the basic concepts coming into the weekend, the more you will be able to see how all the pieces fit together as Dr. Lehman presents them at the conference, and the more you will feel fully oriented and confident when we get to the group exercise blocks. Dr. Lehman’s recommendation is to try to get through the first five chapters of *The Immanuel Approach: For Emotional Healing and for Life*. (He strongly recommends that all participants have a copy, to use in preparing for this conference, and also as an ongoing resource for the rest of their lives.) If you are feeling inspired, it would be ideal to also read through chapters 6 through 23. Finally, recalling positive memories will be an important part of the group exercises. The exercises will flow most smoothly and yield the best results if participants have taken some time before the conference to collect and think about 3-6 positive memories. (Note: some people have trouble recalling positive memories. This issue will be addressed at the conference.)

### **Tentative Schedule:**

Tuesday Nov 12

8:00-8:30 registration

8:30 -9:20 Session 1 (50 min: positive memory, appreciation, RC teaching)

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

9:30-10:30 Session 2 (60 min: positive memory, appreciation, RC exercise)

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

10:50-12:00 Session 3 (70 min: interactive connection teaching) **\*Video clip\***

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

1:00-2:10 Session 4 (70 min: interactive connection exercise)

2:10-2:25 **Short break – stretch your legs**

2:25-4:05 Session 5 (100 min: interactive conn troubleshooting, teach & exercise) **\*Vid clip\***

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

4:25-5:30 Session 6 (65 min: safety net teaching) **\*Video clip\***

### Wednesday Nov 13

- 8:30-10:20 Session 7 (110 minutes: safety net exercise)
- 10:20-10:40 **Break (20 minutes)**
- 10:40-12:00 Session 8 (80 min: live demonstration, trauma work variation 1)
- 12:00-1:00 **Lunch on campus (pack lunches or meal boxes)**
- 1:00-2:10 Session 9 (70 minutes: teaching PPP, trauma, IA healing) *\*Video clip\**
- 2:10-2:25 **Short break – stretch your legs**
- 2:25-3:30 Session 10 (65 minutes: Full IA session exercise 1, first recipient)
- 3:30-3:50 **Break (20 minutes)**
- 3:50-5:30 Session 11 (100 minutes: full IA session exercise 1, 2<sup>nd</sup> & 3<sup>rd</sup> recipients)

### Thursday Nov 14

- 8:30-9:50 Session 12 (80 minutes: live demonstration 2, 2<sup>nd</sup> variation trauma work)
- 9:50-10:10 **Break (20 minutes)**
- 10:10-11:30 Session 13 (70 minutes: full IA session exercise 2, first recipient)
- 11:30-11:40 **Short break – stretch legs**
- 11:40-12:00 Q&A (20 min)
- 12:00-1:00 **Lunch on campus (pack lunches or meal boxes)**
- 1:00-2:45 Session 14 (105 minutes: full IA session exercise 2, 2<sup>nd</sup> & 3<sup>rd</sup> recipients)
- 2:45-3:00 **Short break – stretch your legs**
- 3:00-4:05 Session 15 (65 minutes: Immanuel story, Jesus in the room) *\*Video clip\**
- 4:05-4:25 **Break (20 minutes)**
- 4:25-5:30 Session 16 (65 minutes: Intimacy, closing prayer, closing announcements)

**Meals and snacks:** Snacks for breaks will be provided. Lunch boxes can be pre-ordered as a registration option (\$10/day), or bring your own lunch.

### **Refund policy:**

100% refund to 1 month prior (through October 11), minus \$20 administrative fee.  
50% refund to 2 weeks prior (October 12 through October 28).  
No refund after October 28.

**General questions?** Check out the frequently asked questions below.

### **Still have questions?**

Questions about venue or food? Email Jordan Gentes at [jordan@vineyardaz.com](mailto:jordan@vineyardaz.com)

Questions about registration or payment? Email Joanna Tsuyuki at [Admin@kclehman.com](mailto:Admin@kclehman.com)

### **Frequently Asked Questions:**

**I practice Immanuel regularly as a way of connecting to God in joy. Do I need to take the Basic training or can I just take the Intermediate-Advanced training?** Yes! You definitely still need to participate in the Basic training conference before taking the Intermediate-Advanced training. In addition to teaching principles and skills for connecting with God in joy, the Basic conference also includes teaching, demonstration, and practice regarding how to put the Immanuel Approach safety net in place, and how to process pain and heal trauma in the context of the Immanuel Approach. If you do not already have training and experience with respect to processing pain and healing trauma from some other setting, the Basic conference is definitely a prerequisite for the Intermediate-Advanced conference.

**Will the Intermediate-Advanced training include a practicum component?** The Intermediate-Advanced conference will include a small component of group exercises, where participants will practice several of the principles and tools regarding advanced safety nets and difficulty with finding positive memories. (Unfortunately, we have not found any way to address the HUGE logistical and safety challenges for practicing the other intermediate-advance principles and tools on intermediate-advance content in a large group setting). The good news is that detailed case study examples, video clips from live sessions, and live demonstrations will all provide experiential components for the right hemisphere.

**Will special meal options be available for those with dietary restrictions?:** The vendors supplying the meal boxes for this event offer vegetarian, gluten-free, and dairy-free options.

**Can I go out to lunch?** In order to maximize time for training, we've only allowed one hour for lunch each day. And especially for the basic training, every minute is carefully planned and later exercises require the foundation of earlier teaching and exercises. So it's really, really important to be in your seat and ready to go at the beginning of each session. Furthermore, it's extremely difficult to go out for lunch with a one hour lunch break and still get back in time. *Therefore*, we request that you either bring your own pack lunch or buy the meal boxes. (These can be pre-ordered as a registration option for an additional cost of \$10/day.)

**Are scholarships available?:** It would be wonderful if there were a university, a larger ministry, or a charitable organization behind Charlotte and I that could provide the funds and the discernment process for awarding scholarships. Unfortunately, this is not the case. The two organizations partnering to bring these conferences to AZ (Vineyard Community Church and Frontiers) are also unable to offer scholarships. So if you really, really, really want to participate in these excellent, valuable conferences but don't have the funds, I would encourage you to pursue a "Do It Yourself" scholarship. For example, check with your church, or the healing ministry you are volunteering with regarding the possibility that they might help. Also, if you are providing inexpensive or free ministry to family, friends, fellow-parishioners or clients, I would encourage you to invite them to help you with the cost of the training that enables you to provide the ministry you offer.

**Will CEUs be available?:** The bad news is that we will not be providing pre-approved Category 1 CEUs for all participants. The good news is that many states allow each mental

health professional to make their own, individual application for CEUs for a specific event. For example, in Pennsylvania the regulations for CEUs for LCSWs, LMFTs, and LPCs include the following: “(d) The Board may approve participation in other continuing education courses or programs for credit so long as the licensee submits, *prior to attendance*, an application for program approval and supporting documentation provided in § 47.35, and upon completion of the course or program submits verification of attendance.” I have carefully prepared supporting documentation (trying to emphasize the many ways in which this material would be legitimate for mental health professional CEUs), and participants pursuing this do-it-yourself CEU option will receive a certificate of attendance at the end of each of the seminars. (These documents can be downloaded from the bottom of the Events section of the Training page of [www.immanuelapproach.com](http://www.immanuelapproach.com)). If your state makes this provision for CEUs for your particular MHP category (Psychiatrist, Psychologist, Psychiatric Nurse Practitioner, LCSW, LMFT, LMHP, LCPC, Addictions Counselor, etc), then the supporting documents just mentioned and the certificate of attendance may enable you to obtain category 1 CEUs (unless your regulatory board has an intense negative reaction to the explicitly Christian components of the material).

More good news is that the CEU requirements in many states for many categories of mental health professional include a category 2 component with much less regulatory restriction. The supporting documents and certificate of attendance should easily be adequate for these category 2 requirements. The Basic IA training includes 19.5 contact hours, and the Intermediate-Advanced IA training includes 14 contact hours.

**Will we obtain Immanuel Approach certification from attending these conferences?:**

A number of people have asked whether they will be certified as Basic and/or Intermediate-Advanced Immanuel Approach facilitators as a result of participating in these conferences. Unfortunately, in order to certify a person’s ability to facilitate IA sessions I would need to evaluate emotional capacity and right-hemisphere skill issues, in addition to evaluating cognitive understanding of the material, and this would require hours of careful observation for each participant.

**Will live streaming and/or recordings be available?:** The bad news is that we will not be live-streaming or recording this conference (among other things, the unpredictable, personal content of the live demonstrations and live group exercises preclude live-streaming and make recording very complicated). **The good news** is that:

- Much of the teaching content is available in *The Immanuel Approach: For Emotional Healing and for Life*.
- Video recordings for a wide variety of live session demonstrations are available in both full length and condensed versions (see the *training videos* page of the website)
- Furthermore, several of the Live Ministry Session DVDs demonstrate the basic Immanuel approach principles and tools that are appropriate for beginners and group exercise settings (see, for example, LMS DVDs #18, #19, and #24).

**Please help us promote the conference:**

We would appreciate it if you can help us get the word out by sharing this information with anyone you think might be interested.

**Intermediate-Advanced Immanuel Approach Conference:**

Fri and Sat, Nov 15 & 16

If you are planning to attend this *intermediate-advanced* Immanuel Approach conference, you already know that the foundation for the Immanuel Approach is helping the person receiving to establish an interactive connection with the living presence of Jesus. You already know that the Immanuel Approach is unusually safe, gentle, effective, and transferrable. You also already know that one can learn the basic Immanuel Approach principles and tools in a matter of hours, but that it takes a lifetime to master the intermediate and advanced principles and tools. In this conference, Dr. Lehman will provide teaching and modeling regarding intermediate-advanced principles and tools for indentifying and resolving blockages when recipients are having difficulty connecting with Jesus, for other troubleshooting challenges, for identifying and resolving confusion, accidental counterfeits, and deliberate counterfeits that contaminate connections with Jesus, and for using the Immanuel Approach safety nets in difficult situations. Dr. Lehman will also talk about recipients who have trouble finding positive memories, he will describe how to care for dissociative parts who are pretending to be Jesus, and he will share new insights regarding how to avoid destroying your ministry or causing other harm due to inappropriate relationships. There will be some time for Q&A (as much as we can possibly squeeze in).

**Combined Getting Started and Intermediate-Advanced:** \$410 early registration (ending September 1), \$450 regular registration (ending October 28), \$510 late registration (through November 12). Plus the cost of meal boxes for those who pre-order them (\$10 each, Tues, Wed, Thurs, Fri, Sat lunches). **Note that combined registration includes a \$50 discount for attending both conferences!**