

Appendix C

Finding/Recruiting Your Own Immanuel Approach Facilitator

As mentioned earlier, I also receive many, many requests for assistance in finding a therapist or emotional healing minister who can facilitate Immanuel Approach emotional healing. I am working hard to train Immanuel Approach facilitators, and to get these people to post profiles on the network directory, but the small number of facilitators currently available are profoundly unable to provide sessions for the large number of people who want them.¹ Therefore (at least for now), an important part of the answer to these requests is for people to find or recruit their own Immanuel Approach facilitators.

I. Finding Your Own Immanuel Approach Facilitator: With respect to *finding* your own facilitator, contact the Christian therapists in your area and ask them if they are familiar with our Immanuel Approach for emotional healing, whether they have experience in using it, and whether they have seen good results. Ideally, you will find someone who is already experienced and getting good results. Another way to find your own facilitator is to find others in your area who want to learn the Immanuel Approach, and then get together as a group to discuss and practice the Immanuel Approach principles and tools.² Just as the group exercises described in Chapter 24 are a good way to learn to facilitate for others, they are also a good way to receive Immanuel healing for yourself.³

1. For example, when I put up the new Immanuel network directory (see the “Referrals” page of www.immanuelapproach.com), I had hoped that large numbers of facilitators would quickly post profiles, and that this would make it much easier for folks to find facilitators. However, it turns out that many well trained, experienced facilitators have chosen to not post profiles because they are already swamped with more requests than they can care for. Consequently, many who would like to receive Immanuel Approach sessions are still having difficulty in finding facilitators, and this problem will probably continue for some time.

2. 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 meal, discuss one of the draft 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.

3. As you are trying to find others in your area who would be willing to learn and practice with you, don’t forget to try the network directory on the “Referrals” page of www.immanuelapproach.com. (Use the “Immanuel Approach study group” search category.) Also, once the *Healing* module of the *Thriving: Recover Your Life* program (described in Appendix B) is completed, an especially effective way to find a group to practice with will be to check with the Life Model Works people to find a group in your area running the *Healing* module.

II. Recruiting Your Own Immanuel Approach Facilitator: With respect to *recruiting* your own Immanuel Approach facilitator, find someone with good right-brain interpersonal skills, maturity,⁴ high capacity for being with people displaying negative emotions, and good spiritual discernment. Ideally, this person will also already have training and experience with other techniques that are effective in working through the unresolved content carried inside traumatic memories (such as EMDR or Theophostic[®]-based emotional healing). Then use any legal, ethical method you can find (prayer, requests, argument, begging, payment, barter, calling in old debts, leveraging relationship connections, etc.) to get them to learn the Immanuel Approach. You can also recruit your own study/practice group by convincing a few of your family members/friends/church small-group members/colleagues to learn the Immanuel Approach with you.

Along these lines, the condensed versions of the live sessions are 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.⁵ Even shorter preview clips from the live-session DVDs (five to seven minutes each) are also now available as free downloads from the Immanuel Approach website; and although they are very brief, they still give the viewer a feel for the healing and fruit that we see with Immanuel Approach sessions.

III. It Is Okay to Ask Very Direct Questions: As you are working to find or recruit a facilitator, I want to *emphatically* assure you that it is okay to be very direct in asking a therapist whether she is already familiar with the Immanuel Approach, whether she has experience with it, whether she has seen good results, or even whether she would be willing to learn it and give it a try. If a therapist is threatened and/or offended by these direct questions it is because she is triggered, *and this is not your fault*. There may be some therapists that are really good, but that still get triggered by these questions *initially*. These

4. Again, 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 “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.”

5. There are currently seven sets of condensed sessions available: *Live Emotional Healing Ministry ~ Four Condensed Sessions* (Live Ministry Series #8), *Live Emotional Healing Ministry ~ Four MORE Condensed Sessions* (Live Ministry Series #10), *Live Emotional Healing Ministry ~ Condensed Sessions, 3rd Set*, (Live Ministry Series #15), and *Live Emotional Healing Ministry ~ Condensed Sessions, 4th Set* (Live Ministry Series #20), *Live Emotional Healing Ministry ~ Condensed, with Subtitles*, (Live Ministry Series #23), *Live Emotional Healing Ministry ~ Condensed Sessions, 5th Set* (Live Ministry Series #25), and *Live Emotional Healing Ministry ~ Condensed Sessions, 6th Set* (Live Ministry Series #28). I recommend starting with the first, fourth, and fifth sets if you will be sharing them with others as a first introduction to the Immanuel Approach. These DVDs can be obtained through the store page of www.kclehman.com.

good therapists will get over it. However, if the person you talk to is not able to handle this direct initial discussion, then you don't want to work with her.

It is also okay to move to a different therapist if the person you are working with does not seem able to facilitate the Immanuel Approach as described in these essays and as portrayed in the live-session DVDs. The bulimia case study posted on our kclehman website⁶ provides an important example. Mary would not have received life-changing healing if she had not been willing to move on to someone else when the first two therapists were not able to provide what she was looking for.⁷

Also, while recruiting someone who is already trained and experienced as a therapist may be necessary for more severe and/or complicated trauma, many less-severe, less-complicated traumatic memories can be resolved in the context of lay people facilitating for each other. That is, the "someone" with good right-brain interpersonal skills, maturity, high capacity for being with people displaying negative emotions, and good spiritual discernment might be a lay person, such as a close friend, a member of your prayer group, or your spouse. For example, in our church there are several groups of lay people that have gotten together to facilitate Immanuel Approach emotional healing for each other, and this has gone fairly well. I also know of several different couples who have learned to facilitate Immanuel healing for each other. In fact, my current perception is that lay people practicing with each other in the context of do-it-yourself Immanuel Approach study/practice groups will be one of the primary ways in which the general public will be able to receive Immanuel Approach emotional healing.

IV. Safety Note: If you and your prayer partner (or the others in your group, if you are working in a group setting) are all beginners, I recommend that you use the safety nets and exercise instructions described in Chapters 14 and 24. Even if you are facilitating one-on-one sessions for each other, as opposed to trying group exercises, I still strongly encourage you to use the group exercise safety nets when you are just getting started.⁸

6. See "Freedom from Bulimia: Case Study/Testimony," available as a free download from www.kclehman.com.

7. Chapter 39 provides additional discussion regarding this point, including several sobering true-story examples

8. 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.

