

Urbana IA Ministry, Synchronization Regarding Process Details (short version – just the bottom line)

(Thank you to Betsy Stalcup for help with the short version)

I'd like our IA community volunteers to be as synchronized as possible when we are facilitating prayer sessions with students. This will simplify the whole adventure, which will be especially helpful for the InterVarsity staff on the ministry team, most of whom are fairly new to the Immanuel Approach.

I've thought long and hard about what we are trying to do within the limits of Urbana.

- Not all recipients will be Christians
- Some (many?) recipients will have negative triggers associated with the Lord
- Most recipients will be total neophytes
- Session time will be limited
- Many facilitators will be relatively new to the process

For these reasons, I have some specific thoughts as to how I would like our IA team to facilitate sessions at Urbana. (Note: Charlotte and I have created four videos that demonstrate these points. These video segments are available on YouTube -- Links below.)

Option to start with brief relaxation component: The Immanuel Approach summary/outline handout that we are putting together for Urbana includes an optional "Quiet anxiety" first step for any students that are anxious/agitated at the beginning of the session. If you already have a relaxation technique that you are comfortable with, you can just use that. Otherwise, you can use a very simple deep-breathing exercise that Charlotte and I explain and demonstrate in a very brief (6 min) video training segment: <https://youtu.be/rrypeJofVqM>

Deliberate-appreciation focusing on details of positive memory (as opposed to focusing more on attributes of God's character and heart): For the positive memory recall and deliberate appreciation step, coach recipients to focus on and describe the details of their positive memory (as opposed to focusing more on attributes of God's character and heart). This approach works well with recipients who are not yet believers and/or recipients who have triggered negative reactions associated with the Lord. It is also a bit simpler to explain and easier to implement, which will be helpful with beginner recipients and limited time.

Establishing Jesus-connection in context of positive memory (as opposed to establishing connection in context of IA session in present, or both): For the connection-with-Jesus step, help recipients connect with Jesus in the context of their positive memories (as opposed to helping them connect in the context of the IA session in the present, or both). Using just this one option will take less time to explain than offering two options. Also, establishing the Jesus connection in the context of an

autobiographical memory provides a safety net that is a bit stronger and a bit easier to deploy.

Note: We are *not* expecting you to use the exact words from exercise handouts: Just to clarify -- I am *not* expecting that we will all be using the exact wording from the practice-exercise handouts that Charlotte and I are working from in the training demonstrations. The exercise handouts provide helpful sample coaching for people who are just learning, but I am aware that we all modify the specific language a bit as we each become comfortable with our own personal style for facilitating IA sessions.

First three segments from new basic training series:

Basic training segment 1: <https://www.youtube.com/watch?v=2TVJHii-fwI&t=17s>

Basic training segment 2: <https://www.youtube.com/watch?v=GGv-dSHBiyE&t=1s>

Basic training segment 3: <https://www.youtube.com/watch?v=OEYtrFKg5s>

Short video explaining and demonstrating very simple relaxation technique

Very simple deep-breathing relaxation technique ****PENDING****