

## The Immanuel Approach, Learning Resource Summary

Greetings! I'm glad you are wanting to learn more about the Immanuel Approach. Here are some resources that should be helpful:

### Immanuel Approach Introductory Resources:

**1. Immanuel Approach Introductory/Promotional “Pamphlet” (both sides 1 page):** This document/pamphlet provides a very, very short introduction/summary. It includes a *very* brief overview of the Immanuel Approach, a very, very brief summary of the brain science and biblical principles that provide the foundation for the Immanuel Approach, a bullet-point summary of the components/aspects that are new/unique with the Immanuel Approach, and a bullet-point summary of the kinds of healing and transformation we are seeing with the Immanuel Approach. Link for PDF: <https://www.immanuelapproach.com/wp-content/uploads/2022/11/IAIntroductionPamphlet.pdf>

**2. Super-short intro essay (5.5 pages):** This document provides a very short written introduction. It includes a brief overview of the Immanuel Approach, a very brief summary of the brain science and biblical principles that provide the foundation for the Immanuel Approach, a very brief summary of the components/aspects that are new/unique with the Immanuel Approach, and a very brief summary of the kinds of healing and transformation we are seeing with the Immanuel Approach. Link for PDF: <https://www.immanuelapproach.com/wp-content/uploads/2022/11/IAIntroductionSuperShort.pdf>

**3. Intro video (20 min):** The Intro segment for our Basic Training Seminar provides a 20 min video introduction to the Immanuel Approach. This is especially nice if you want to get an overview of the Immanuel Approach while eating dinner, washing the dishes, or riding your exercise bike. Link for the free-download version on youtube: <https://www.youtube.com/watch?v=SnA1KzoOIGs&t=13s>

**4. Short intro essay (14 pages):** This longer intro essay provides a moderate-length written introduction. It includes a brief overview of the Immanuel Approach, a brief discussion of each of the brain-science mentioned above, a brief discussion of each of the components/aspects that are new/unique with the Immanuel Approach, and several true stories about Immanuel Approach healing for psychological trauma. Link from Immanuel Approach website: <https://www.immanuelapproach.com/wp-content/uploads/2021/04/IAIntroductionThirdVar.pdf>

**5. Live Ministry Session trailers/previews (5-7 min each):** The following videos present free-download trailer/preview versions of several basic live ministry sessions. 1-2 minutes of "here's the problem," 1-2 minutes of "here's the underlying traumatic memory," 1-2 minutes of "here's the living presence of Jesus healing the traumatic memory," and then 1-2 minutes of follow-up interview, where the recipient describes lasting, observable positive changes that they perceive to be direct results of the IA healing session. These previews are super-short (5-7 minutes), so they obviously provide only glimpses of these sessions, but they will give you a feel for the profound healing and transformation that occurs with Immanuel Approach healing for psychological trauma.

- Alex: Very First IA Trauma-Work Session, Preview 2:  
<https://www.youtube.com/watch?v=CjNO5N0kMUI&list=PLsQFMWFRjsxw3bnxcsvjYDA4jvJ-gxGLS&index=1&t=23s>
- Maggie #3: Labor & Delivery Trauma, Preview:  
<https://www.youtube.com/watch?v=mFze2LmtnaM&list=PLsQFMWFRjsxw3bnxcsvjYDA4jvJ-gxGLS&index=8>
- Rocky: Father-Son Wounds, Preview: <https://www.youtube.com/watch?v=7-9iAQkNgVE&list=PLsQFMWFRjsxw3bnxcsvjYDA4jvJ-gxGLS&index=25&t=23s>
- Ian: "I'm not enough," Preview:  
<https://www.youtube.com/watch?v=NyAOEExZ1xQ&list=PLsQFMWFRjsxw3bnxcsvjYDA4jvJ-gxGLS&index=3>

**6. Live ministry sessions, condensed versions (15-20 min):** These condensed sessions provide 15-20 minute "reader's digest" versions of our live ministry sessions (in contrast to the 5-7 min previews/trailers). 3-5 minutes of "here's the problem," 3-5 minutes of "here's the underlying traumatic memory," 3-5 minutes of "here's the living presence of Jesus healing the traumatic memory," and then 3-5 minutes of follow-up interview, where the recipient describes lasting, observable positive changes that they perceive to be direct results of the IA healing session. At 15 to 20 minutes these condensed sessions don't include all of the details of the process, but you can easily follow the main components of the Immanuel Approach healing work, and you will get a subjective sense of what an Immanuel Approach session looks like and feels like. The following link will take you to the platform for our online courses, where you can purchase the inexpensive condensed versions of these basic sessions: <https://immanuelapproach.pathwright.com/library/>

- Alex: Very First IA Trauma-Work Session, Condensed 2
- Maggie #3: Labor & Delivery Trauma, Condensed
- Rocky: Father-Son Wounds, Condensed
- Ian: "I'm not enough," Condensed

**7. Testimonies, video (2-12 min) and written (1-7 pages):** Some people find that testimonies provide a particularly engaging, accessible introduction to the Immanuel Approach. These true stories describe people's Immanuel Approach experiences with the living, tangible, personal, interactive, life-giving, healing, friendship presence of Jesus. Seven video testimonies (2-12 min each), twenty-seven written testimonies (1-7 pages each). <https://www.immanuelapproach.com/testimonies-about/>

**8. Alternative introduction – the story of the development of the Immanuel Approach (30 pages):** One way to introduce the Immanuel Approach is to explain the process, describe the brain science and biblical principles that support the process, and discuss the components of the Immanuel Approach that are new/different/unique. The 5.5 page super-short introduction and the 14 page short introduction (above) provide this kind of introduction. In contrast, an alternative way to introduce the Immanuel Approach is to tell the story of how it was developed. Our brains process and store stories differently than logical explanations, and most people find that stories are easier to remember. Also, I find that the story of how and why something was developed often gives me a deeper understanding of why each piece is

important, a clearer picture of how they fit together, and more appreciation for the new pieces. Link to essay: <https://www.immanuelapproach.com/wp-content/uploads/2022/10/Chapter-3-CS5-MoreIntro.pdf>

**9. Alternative introduction, video version (43 min):** This video is essentially a condensed, video version of the alternative introduction essay. (There are a few pieces that the video leaves out, but it includes most of the content from the essay.)

[https://www.youtube.com/watch?v=6uoF8np\\_M3s&list=PLsQFMWFRjsxzEmDy1XpQKiMd1zsv6exVH&index=40&t=9s](https://www.youtube.com/watch?v=6uoF8np_M3s&list=PLsQFMWFRjsxzEmDy1XpQKiMd1zsv6exVH&index=40&t=9s)

**10. Pastor Patti Velotta's Introductory Video (8 min):** This short video presents an introduction to the Immanuel Approach from a very different perspective (as compared to my introduction essays and videos):

<https://www.youtube.com/watch?v=IswL11HZ5W0&t=3s>

### **In depth information regarding the Immanuel Approach:**

**1. Immanuel approach website, [www.immanuelapproach.com](http://www.immanuelapproach.com):** In addition to the introductory material just mentioned above, our Immanuel Approach website also offers thousands of pages of free-download essays that address a wide variety of Immanuel-Approach-related subjects.

**2. Basic Training Seminar:** Our Immanuel Approach Basic Training Seminar is now available as a set of training videos. Each component of the Immanuel Approach is briefly explained, and then demonstrated. And there are practice exercise handouts, so that viewers can then practice with each other what they have just heard explained and seen demonstrated. (Available from the Store page, <http://www.immanuelapproach.com/products-page/> )

**3. *The Immanuel Approach: For Emotional Healing and for Life* (also known as the big lion book):** This book about the Immanuel Approach is an excellent, thorough reference resource that I would recommend to anyone who is serious about the Immanuel Approach. Every one of the points mentioned above, from the brain science to the aspects of the Immanuel Approach that are new and different to the true stories about dramatic transformation with the Immanuel Approach, are discussed in detail in this book. (Available from the Store page of the IA website, <http://www.immanuelapproach.com/products-page/> )

**4. Full-length Live Ministry Sessions:** We have a large library of full-length live ministry sessions, which present actual, live, Immanuel Approach sessions. These are excellent for anyone wanting to learn how to facilitate the Immanuel Approach process. You can see the Immanuel Approach process, for a wide variety of clinical situations, modeled in actual live sessions. (Available from the Store page, <http://www.immanuelapproach.com/products-page/>

**5. Mentoring groups:** Small training/mentoring groups can be very helpful for anyone who is struggling with getting started with facilitating basic Immanuel Approach sessions. For example, if you have specific triggers that are getting in the way, or there are portions of your maturity-skill profile that need to be strengthened, participating in a mentoring group can help you get past these initial difficulties. And mentoring groups are also one of the best resources for intermediate-advanced training. For example, I run several mentoring groups in which I provide intermediate and advanced teaching, modeling, coaching, and supervision

for small cohorts of eight participants in each group. For more information regarding mentoring groups: <https://www.immanuelapproach.com/training-mentoring-groups/>

**6. Others who are providing training regarding the Immanuel Approach:** A number of others are also providing training regarding the Immanuel Approach. For example,

- Pastor Patti Velotta (see <http://immanuelpracticum.com/book/>),
- Melinda Wilson and Cathy Little with Face to Face Ministries (see [www.facetofaceministries.org](http://www.facetofaceministries.org)),
- Peter Horton (for those associated with InteVarsity Christian Fellowship)
- Betsy Stalcup with Healing Center International (see <https://www.godhealstoday.org>)
- Jim Wilder with Life Model Works (see <https://lifemodelworks.org>),
- Chris and Jen Coursey with THRIVE (see [www.thrivetoday.org](http://www.thrivetoday.org)),
- Andy Ross (see <https://immanuelfocusedtraining.com>) all provide training regarding the Immanuel Approach.
- Margaret Webb with Alive & Well (see <https://www.alivewell.org>)

And there are many others providing Immanuel Approach training, especially in smaller, local settings. (NOTE: These different trainers have very different styles, so you will want to find the training source that is the best fit for you. Also, if you have a difficult experience with one source of training, please look into the material from some of the other trainers before deciding that the Immanuel Approach is not for you).